

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.7.8



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3.7.8 Nīvaraṇapabbam

Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati? Idha, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu nīvaraṇesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu nīvaraṇesu?

“Idha, bhikkhave, bhikkhu santam vā ajjhattam kāmaccandaṃ ‘atthi me ajjhattam kāmaccando’ti pajānāti, asantam vā ajjhattam kāmaccandaṃ ‘natthi me ajjhattam kāmaccando’ti pajānāti, yathā ca anuppanassa kāmaccandassa uppādo hoti tañca pajānāti, yathā ca uppanassa kāmaccandassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa kāmaccandassa āyatim anuppādo hoti tañca pajānāti.

Santam vā ajjhattam byāpādam ‘atthi me ajjhattam byāpādo’ti pajānāti, asantam vā ajjhattam byāpādam ‘natthi me ajjhattam byāpādo’ti pajānāti, yathā ca anuppanassa byāpādassa uppādo hoti tañca pajānāti, yathā ca uppanassa byāpādassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa byāpādassa āyatim anuppādo hoti tañca pajānāti.

Santam vā ajjhattam thinamiddham ‘atthi me ajjhattam thinamiddha’nti pajānāti, asantam vā ajjhattam thinamiddham ‘natthi me ajjhattam thinamiddha’nti pajānāti, yathā ca anuppanassa thinamiddhassa uppādo hoti tañca pajānāti, yathā ca uppanassa thinamiddhassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa thinamiddhassa āyatim anuppādo hoti tañca pajānāti.

Santam vā ajjhattam uddhaccakukkuccam ‘atthi me ajjhattam uddhaccakukkucca’nti pajānāti, asantam vā ajjhattam uddhaccakukkuccam ‘natthi me ajjhattam uddhaccakukkucca’nti pajānāti, yathā ca anuppanassa uddhaccakukkuccassa uppādo hoti tañca pajānāti, yathā ca uppanassa uddhaccakukkuccassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa uddhaccakukkuccassa āyatim anuppādo hoti tañca pajānāti.

Santaṃ vā ajjhattaṃ vicikicchā ‘atthi me ajjhattaṃ vicikicchā’ti pajānāti, asantaṃ vā ajjhattaṃ vicikicchā ‘natthi me ajjhattaṃ vicikicchā’ti pajānāti, yathā ca anuppannāya vicikicchāya uppādo hoti tañca pajānāti, yathā ca uppannāya vicikicchāya pahānaṃ hoti tañca pajānāti, yathā ca pahānāya vicikicchāya āyatiṃ anuppādo hoti tañca pajānāti.

Iti ajjhattaṃ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhatabhiddhā vā dhammesu dhammānupassī viharati samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavayadhammānupassī vā dhammesu viharati ‘atthi dhammā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñānamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu nīvaraṇesu.”

Nīvaraṇapabbaṃ, Dhammānupassanā, Mahāsatipaṭṭhānasuttaṃ, Mahāvaggapāḷi, Dīghanikāyo

ajjhatta	adj.	inner, inwardly, internally, within
anissito	a + nissito	not + attached, hanging on: unsupported
anuppanna	an + uppajjati (pp)	not + arisen
asantaṃ	a + santa (adj.)	not + existing
āyati	(f.)	future
bahiddhā	adj.	outwardly, externally
byāpādo		aversion, anger, ill will
kāmacchanda	kāma + c + chanda	sensual, sexual + desire, craving
nīvaraṇa		hindrance, obstacle
paccupaṭṭhito	paccupaṭṭhāti (pp)	present, imminent, presented
paṭissatimattāya	paṭi + s + sati + matta (instr.)	awareness + by measure, consisting of
samudayadhammānupassī	samudaya + dhamma + anupassī	arising + states + observing
thinamiddha	thina + middha	sloth + torpor
uddhaccakukkucca	uddhacca + kukkucca	restlessness + remote feeling
uppanna	uppajjati (pp)	arisen
vayadhammānupassī	vaya + dhamma + anupassī	passing + states + observing
vicikicchā		doubt