

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.7.9

Ānāpānassatisuttaṃ

Perfecting the Seven Factors of Enlightenment



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Ānāpānassatisuttaṃ	Perfecting the Seven Factors of Enlightenment
<p>“Evaṃ bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulīkatā cattāro satipaṭṭhāne paripūreti.</p> <p>Kathaṃ bhāvitā ca, bhikkhave, cattāro satipaṭṭhānā kathaṃ bahulīkatā satta bojjhaṅge paripūrenti?</p>	<p>In this way, Bhikkhus, by development and the complete cultivation of ānāpānassati the four satipaṭṭhānas get perfected. And how, Bhikkhus, by such development and cultivation of the four satipaṭṭhānas do the seven bojjhaṅgas get fulfilled?</p>

<p>Yasmiṃ samaye, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā vineyya loke abhiññhādomanassaṃ, upaṭṭhitāssa tasmīṃ samaye sati hoti asammuttā.</p> <p>Yasmiṃ samaye, bhikkhave, bhikkhuno upaṭṭhitā sati hoti asammuttā, satisambojjhaṅgo tasmīṃ samaye bhikkhuno āradhho hoti. Satisambojjhaṅgaṃ tasmīṃ samaye bhikkhu bhāveti, satisambojjhaṅgo tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>When, Bhikkhus, the Bhikkhu dwells in this way observing body in body, ardent with awareness and constant thorough understanding of impermanence, detached, without clinging towards anything in the world, on that occasion, continuous awareness gets established within him. Whenever, Bhikkhus, continuous awareness gets established within him, then on that occasion the satisambojjhaṅga is aroused. Then on that occasion the Bhikkhu develops satisambojjhaṅga. And then on that occasion the satisambojjhaṅgo to reach fulfilment.</p>
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<p>So tathāsato viharanto taṃ dhammaṃ paññāya pavicinati pavicayati parivīmaṃsaṃ āpajjati. Yasmaṃ samaye, bhikkhave, bhikkhu tathāsato viharanto taṃ dhammaṃ paññāya pavicinati pavicayati parivīmaṃsaṃ āpajjati, dhammavicayasambojjhaṅgo tasmaṃ samaye bhikkhuno āraddho hoti, dhammavicayasambojjhaṅgaṃ tasmaṃ samaye bhikkhu bhāveti, dhammavicayasambojjhaṅgo tasmaṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>Then on that occasion, dwelling thus, he reflects on that state with wisdom, examines it thoroughly and investigates it. When, Bhikkhus, the Bhikkhu reflects on that state with wisdom, examines it thoroughly and investigates it, on that occasion dhammavicayasambojjhaṅga gets firmly established within him and on that occasion he develops dhammavicayasambojjhaṅga. When he develops dhammavicayasambojjhaṅga, on that occasion dhammavicayasambojjhaṅga comes to fulfilment in him.</p>
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<p>Tassa taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āraddhaṃ hoti vīriyaṃ asallīnaṃ.</p> <p>Yasmiṃ samaye, bhikkhave, bhikkhuno taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āraddhaṃ hoti vīriyaṃ asallīnaṃ, vīriyasambojjhaṅgo tasmīṃ samaye bhikkhuno āraddho hoti, vīriyasambojjhaṅgaṃ tasmīṃ samaye bhikkhu bhāveti, vīriyasambojjhaṅgo tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>While reflecting on that state with wisdom, examining thoroughly and investigating he applies resolved and with unshakable energy. When, Bhikkhus, the Bhikkhu reflecting that state with wisdom, examining thoroughly and investigating he applies resolved and with unshakable energy, then on that occasion vīriyasambojjhaṅga gets firmly established within him. Then on that occasion he develops vīriyasambojjhaṅga. When he develops vīriyasambojjhaṅga on that occasion vīriyasambojjhaṅga comes to fulfilment in him.</p>
<p>Āraddhavīriyassa uppajjati pīti nirāmisā.</p> <p>Yasmiṃ samaye, bhikkhave, bhikkhuno āraddhavīriyassa uppajjati pīti nirāmisā, pītisambojjhaṅgo tasmīṃ samaye bhikkhuno āraddho hoti, pītisambojjhaṅgaṃ tasmīṃ samaye bhikkhu bhāveti, pītisambojjhaṅgo tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>With resolved and unshakable energy bliss that is free from defilements arises. When, Bhikkhus, for a Bhikkhu, because of resolved and unshakable energy bliss, free from defilements arises, then pītisambojjhaṅga gets originated. On that occasion he develops pītisambojjhaṅga. When he thus develops pītisambojjhaṅga on that occasion pītisambojjhaṅga comes to fulfilment in him.</p>

<p>Pīṭimanassa kāyopi passambhati, cittampi passambhati. Yasmiṃ samaye, bhikkhave, bhikkhuno pīṭimanassa kāyopi passambhati, cittampi passambhati, passaddhisambojjhaṅgo tasmīṃ samaye bhikkhuno āradḍho hoti, passaddhisambojjhaṅgaṃ tasmīṃ samaye bhikkhu bhāveti, passaddhisambojjhaṅgo tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>With the arising of bliss the body gets tranquil and the mind gets serene. On that occasion, when with the arising of bliss the body gets tranquil and the mind gets serene, then on that occasion passaddhisambojjhaṅga gets originated. When he thus develops passaddhisambojjhaṅga on that occasion passaddhisambojjhaṅga comes to fulfilment in him.</p>
<p>Passaddhakāyassa sukhino cittaṃ samādhīyati. Yasmiṃ samaye, bhikkhave, bhikkhuno passaddhakāyassa sukhino cittaṃ samādhīyati, samādhisambojjhaṅgo tasmīṃ samaye bhikkhuno āradḍho hoti, samādhisambojjhaṅgaṃ tasmīṃ samaye bhikkhu bhāveti, samādhisambojjhaṅgo tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>With tranquil body and developed mental happiness the mind becomes concentrated. When on that occasion, Bhikkhus, for a Bhikkhu with tranquil body and developed mental happiness the mind becomes concentrated on that occasion samādhisambojjhaṅga gets originated. When he thus develops samādhisambojjhaṅga then on that occasion samādhisambojjhaṅga comes to fulfilment in him.</p>

<p>So tathāsamāhitam cittam sādhukam ajjhupekkhitā hoti.</p> <p>Yasmiṃ samaye, bhikkhave, bhikkhu tathāsamāhitam cittam sādhukam ajjhupekkhitā hoti, upekkhāsambojjhaṅgo tasmīṃ samaye bhikkhuno āraddho hoti, upekkhāsambojjhaṅgam tasmīṃ samaye bhikkhu bhāveti, upekkhāsambojjhaṅgo tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.</p>	<p>Thus with developed mental concentration one observes attentively and objectively. When on that occasion, Bhikkhus, a Bhikkhu with a thus concentrated mind remains fully attentive and objective then on that occasion upekkhāsambojjhaṅga gets originated. When he thus develops upekkhāsambojjhaṅga then on that occasion upekkhāsambojjhaṅga comes to fulfilment in him.</p>
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