

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.7.9



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Ānāpānassatisuttaṃ cont.

“Evaṃ bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulīkatā cattāro satipaṭṭhāne paripūreti. Kathaṃ bhāvitā ca, bhikkhave, cattāro satipaṭṭhānā kathaṃ bahulīkatā satta bojjhaṅge paripūrenti?

Yasmiṃ samaye, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ, upaṭṭhitāssa tasmिṃ samaye sati hoti asammuttā. Yasmiṃ samaye, bhikkhave, bhikkhuno upaṭṭhitā sati hoti asammuttā, satisambojjhaṅgo tasmिṃ samaye bhikkhuno āraddho hoti. Satisambojjhaṅgaṃ tasmिṃ samaye bhikkhu bhāveti, satisambojjhaṅgo tasmिṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.

So tathāsato viharanto taṃ dhammaṃ paññāya pavicinati pavicayati parivīmaṃsaṃ āpajjati. Yasmiṃ samaye, bhikkhave, bhikkhu tathāsato viharanto taṃ dhammaṃ paññāya pavicinati pavicayati parivīmaṃsaṃ āpajjati, dhammavicayasambojjhaṅgo tasmिṃ samaye bhikkhuno āraddho hoti, dhammavicayasambojjhaṅgaṃ tasmिṃ samaye bhikkhu bhāveti, dhammavicayasambojjhaṅgo tasmिṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.

Tassa taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āraddhaṃ hoti vīriyaṃ asallīnaṃ. Yasmiṃ samaye, bhikkhave, bhikkhuno taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āraddhaṃ hoti vīriyaṃ asallīnaṃ, vīriyasambojjhaṅgo tasmिṃ samaye bhikkhuno āraddho hoti, vīriyasambojjhaṅgaṃ tasmिṃ samaye bhikkhu bhāveti, vīriyasambojjhaṅgo tasmिṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.

Āraddhavīriyassa uppajjati pīti nirāmisā. Yasmiṃ samaye, bhikkhave, bhikkhuno āraddhavīriyassa uppajjati pīti nirāmisā, pītisambojjhaṅgo tasmिṃ samaye bhikkhuno

āradhho hoti, pītisambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, pītisambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Pītimanassa kāyopi passambhati, cittampi passambhati. Yasim̐ samaye, bhikkhave, bhikkhuno pītimanassa kāyopi passambhati, cittampi passambhati, passaddhisambojjhaṅgo tasmim̐ samaye bhikkhuno āradhho hoti, passaddhisambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, passaddhisambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Passaddhakāyassa sukhino cittaṃ samādhiyati. Yasim̐ samaye, bhikkhave, bhikkhuno passaddhakāyassa sukhino cittaṃ samādhiyati, samādhisambojjhaṅgo tasmim̐ samaye bhikkhuno āradhho hoti, samādhisambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, samādhisambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

So tathāsamāhitaṃ cittaṃ sādhukaṃ ajjupekkhitā hoti. Yasim̐ samaye, bhikkhave, bhikkhu tathāsamāhitaṃ cittaṃ sādhukaṃ ajjupekkhitā hoti, upekkhāsambojjhaṅgo tasmim̐ samaye bhikkhuno āradhho hoti, upekkhāsambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, upekkhāsambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Yasim̐ samaye, bhikkhave, bhikkhu vedanāsu...pe... citte... dhammesu dhammānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ, upaṭṭhitāssa tasmim̐ samaye sati hoti asammūṭṭhā.

Yasim̐ samaye, bhikkhave, bhikkhuno upaṭṭhitā sati hoti asammūṭṭhā, satisambojjhaṅgo tasmim̐ samaye bhikkhuno āradhho hoti, satisambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, satisambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

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Tassa taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āradhhaṃ hoti vīriyaṃ asallīnaṃ. Yasim̐ samaye, bhikkhave, bhikkhuno taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āradhhaṃ hoti vīriyaṃ asallīnaṃ,

vīriyasambojjhaṅgo tasmim samaye bhikkhuno āraddho hoti, vīriyasambojjhaṅgaṃ tasmim samaye bhikkhu bhāveti, vīriyasambojjhaṅgo tasmim samaye bhikkhuno bhāvanāpāripūrim gacchati.

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Passaddhakāyassa sukhino cittaṃ samādhīyati. Yasmiṃ samaye, bhikkhave, bhikkhuno passaddhakāyassa sukhino cittaṃ samādhīyati, samādhisambojjhaṅgo tasmim samaye bhikkhuno āraddho hoti, samādhisambojjhaṅgaṃ tasmim samaye bhikkhu bhāveti, samādhisambojjhaṅgo tasmim samaye bhikkhuno bhāvanāpāripūrim gacchati.

So tathāsamāhitaṃ cittaṃ sādhukaṃ ajjupekkhitā hoti. Yasmiṃ samaye, bhikkhave, bhikkhu tathāsamāhitaṃ cittaṃ sādhukaṃ ajjupekkhitā hoti, upekkhāsambojjhaṅgo tasmim samaye bhikkhuno āraddho hoti, upekkhāsambojjhaṅgaṃ tasmim samaye bhikkhu bhāveti, upekkhāsambojjhaṅgo tasmim samaye bhikkhuno bhāvanāpāripūrim gacchati. Evaṃ bhāvitā kho, bhikkhave, cattāro satipaṭṭhānā evaṃ bahulīkatā satta sambojjhaṅge paripūrenti.

Kathaṃ bhāvitā ca, bhikkhave, satta bojjhaṅgā kathaṃ bahulīkatā vijjāvimuttiṃ paripūrenti? Idha, bhikkhave, bhikkhu satisambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. Dhammavicayasambojjhaṅgaṃ bhāveti...pe... vīriyasambojjhaṅgaṃ bhāveti... pītisambojjhaṅgaṃ bhāveti... passaddhisambojjhaṅgaṃ bhāveti... samādhisambojjhaṅgaṃ bhāveti... upekkhāsambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. Evaṃ bhāvitā kho, bhikkhave, satta bojjhaṅgā evaṃ bahulīkatā vijjāvimuttiṃ paripūrentī’ ti.

Idamavoca bhagavā. Attamanā te bhikkhū bhagavato bhāsitaṃ abhinanduntī.

Ānāpānassatisuttaṃ, Anupadavaggo, Uparipaṇṇāsapāḷi, Majjhimanikāye

ajjhupekkhitā		one who looks with detachment
āpajjati		enter, undergo
āraddho	ārabbhati (pp.)	bent on, undertaking, resolved,
energetic		
asallīnam	a + sallīnam (saṃ + līna)	relentless, non sluggish, unshaken
asammutṭhā	a + sammutṭha pp. of sammussati)	not + forgotten: present, continuous
bhāvanāpāripūriṃ	bhāvanā + pāripūriṃ	producing + accomplishment
parivīmaṃsaṃ	parivīmaṃsati (refl. 3rd. sing.)	examines, thinks over
pavicinato	pa + vicinato	investigating
pavicayato	pa + vicayato	researching
passaddhakāyassa	passaddha + kāyo (gen.)	tranqule, calm + body
passaddhisambojjhaṅgo	passaddhi + sambojjhaṅgo	tranquility, calm + factor of
enlightenment		
pītisambojjhaṅgo	pītisam + bojjhaṅgo	bliss, joy, ‘spiritual’ rapture + factor
of enlightenment		
samādhisambojjhaṅgo	samādhi + sambojjhaṅgo	concentration + factor of
enlightenment		
satisambojjhaṅgo	sati + sambojjhaṅgo	awareness, mindfulness + factor of
enlightenment		
upaṭṭhitā	upaṭṭhitati (pp.)	present, serving, got ready
upekkhāsambojjhaṅgo	upekkhā + sambojjhaṅgo	equanimity + factor of
enlightenment		
vīriyasambojjhaṅgo	vīriya + sambojjhaṅgo	energy + factor of enlightenment

Dhammānupassanā, Nīvaraṇapabbhaṃ, Mahāvaggapāḷi, Dīghanikāyo