

## Exploring the Ancient Path in the Buddha's Own Words

### Lesson 3.7.11

#### Upaṇṇātasuttaṃ

**‘Let my Efforts be Maintained until I have Attained what is Attainable!’**



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Upaṇṇātasuttaṃ	‘Let my Efforts be Maintained until I have Attained what is Attainable!’
<p>Dvinnāhaṃ, bhikkhave, dhammānaṃ upaṇṇāsiraṃ –</p> <p>yā ca asantuṭṭhitā kusalesu dhammesu, yā ca appaṭivānitā padhānasmiraṃ.</p>	<p>There are two facts, O’ Bhikkhus, that I have fully realized:</p> <p>Not to be contented with the wholesome states so far developed and never to stop fighting one’s own resistance.</p>
<p>Appaṭivānī sudāhaṃ, bhikkhave, padahāmi –</p> <p>‘kāmaṃ taco ca nhāru ca aṭṭhi ca avasissatu, sarīre upasussatu maṃsalohitaṃ, yaṃ taṃ purisathāmena purisavīriyena purisaparakkamena pattaḃbaṃ na taṃ apāpuṇitvā vīriyassa saṅṭhānaṃ bhavissatī’ti.</p>	<p>Without shrinking back, I exert myself thus: “May my skin and sinews, my bones remain and the flesh and blood of my body dry up but let my energy be maintained until I have attained what is attainable by exertion, resolution, energy and all the exertion of a man.”</p>
<p>Tassa mayhaṃ, bhikkhave, appamādādhigatā sambodhi, appamādādhigato anuttaro yogakkhemo.</p>	<p>In this way, Bhikkhus, did I through my uninterruptedness gain full enlightenment; through uninterruptedness did I obtain unsurpassed freedom from bondage.</p>
<p>Tumhe cepi, bhikkhave, appaṭivānaṃ padaheyyātha – ‘kāmaṃ taco ca nhāru ca</p>	<p>“You, O’ Bhikkhus, should yourselves strive without any obstruction: “May my skin</p>

<p>atthi ca avasissatu, sarīre upasussatu maṃsalohitaṃ, yaṃ taṃ purisathāmena purisavīriyena purisaparakkamena pattabbaṃ na taṃ apāpuṇitvā vīriyassa saṅghānaṃ bhavissatī'ti,</p> <p>tumhepi, bhikkhave, nacirasseva – yassatthāya kulaputtā sammadeva agāasmā anagāriyaṃ pabbajanti tadanuttaraṃ – brahmacariyapariyosānaṃ diṭṭheva dhamme sayamaṃ abhiññā sacchikatvā upasampajja viharissatha.</p>	<p>and sinews, my bones remain and the flesh and blood of my body dry up but let my energy be maintained until I have attained what is attainable by exertion, resolution, energy and all the exertion of a man.”</p> <p>Then you, Bhikkhus will in not too long time attain that aim for which any clansman rightly leaves his home into homelessness. Having thus realized that unsurpassed goal of the holy life in this very life through self-realization you should abide therein.</p>
<p>Tasmātiha, bhikkhave, evaṃ sikkhitabbaṃ – ‘appaṭivānaṃ padahissāma. Kāmaṃ taco ca nhāru ca atthi ca avasissatu, sarīre upasussatu maṃsalohitaṃ, yaṃ taṃ purisathāmena purisavīriyena purisaparakkamena pattabbaṃ na taṃ apāpuṇitvā vīriyassa saṅghānaṃ bhavissatī'ti. Evañhi vo, bhikkhave, sikkhitabba’’nti.</p>	<p>Therefore, Bhikkhus you should train yourselves: “Shall we not shrink in our efforts. May my skin and sinews, my bones remain and the flesh and blood of my body dry up but let my efforts be maintained until I have attained what is attainable by exertion, resolution, energy and all the exertion of a man.” In this way, Bhikkhus, you should train yourselves.</p>