

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.7.11 Upaññātasuttam 'Let my Efforts be Maintained until I have Attained what is Attainable!'



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Upaññātasuttaṃ	'Let my Efforts be Maintained until I have
	Attained what is Attainable!'
Dvinnāham, bhikkhave, dhammānam upaññāsim – yā ca asantuṭṭhitā kusalesu	There are two facts, O' Bhikkhus, that I have fully realized: Not to be contented with the wholesome states so far developed and never to stop
dhammesu, yā ca appațivānitā padhānasmim.	fighting one's own resistance.
Appațivānī sudāham, bhikkhave,	Without shrinking back, I exert myself
padahāmi —	thus: "May my skin and sinews, my bones
'kāmam taco ca nhāru ca atthi ca	remain and the flesh and blood of my body dry
avasissatu, sarīre upasussatu mamsalohitam,	up but let my energy be maintained until I have
yam tam purisathāmena purisavīriyena	attained what is attainable by exertion,
purisaparakkamena pattabbam na tam	resolution, energy and all the exertion of a
apāpuņitvā vīriyassa saņṭhānam bhavissatī'ti.	man."
Tassa mayham, bhikkhave, appamādādhigatā sambodhi, appamādādhigato anuttaro yogakkhemo.	In this way, Bhikkhus, did I through my uninterruptedness gain full enlightenment; through uninterruptedness did I obtain unsurpassed freedom from bondage.
Tumhe cepi, bhikkhave, appațivānam	"You, O'Bhikkhus, should yourselves
padaheyyātha – 'kāmam taco ca nhāru ca	strive without any obstruction: "May my skin

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ațțhi ca avasissatu, sarīre upasussatu	and sinews, my bones remain and the flesh and
mamsalohitam, yam tam purisathamena	blood of my body dry up but let my energy be
purisavīriyena purisaparakkamena pattabbam	maintained until I have attained what is
na tam apāpuņitvā vīriyassa saņțhānam	attainable by exertion, resolution, energy and all
bhavissatī'ti,	the exertion of a man."
tumhepi, bhikkhave, nacirasseva –	Then you, Bhikkhus will in not too long
yassatthāya kulaputtā sammadeva agārasmā	time attain that aim for which any clansman
anagāriyam pabbajanti tadanuttaram –	rightly leaves his home into homelessness.
brahmacariyapariyosānam diţtheva dhamme	Having thus realized that unsurpassed goal of
sayam abhiññā sacchikatvā upasampajja	the holy life in this very life through self-
viharissatha.	realization you should abide therein.
Tasmātiha, bhikkhave, evam	Therefore, Bhikkhus you should train
sikkhitabbam – 'appațivānam padahissāma.	yourselves: "Shall we not shrink in our efforts.
Kāmam taco ca nhāru ca atthi ca avasissatu,	May my skin and sinews, my bones remain and
sarīre upasussatu mamsalohitam, yam tam	the flesh and blood of my body dry up but let
purisathāmena purisavīriyena	my efforts be maintained until I have attained
purisaparakkamena pattabbam na tam	what is attainable by exertion, resolution,
apāpuņitvā vīriyassa saņțhānam bhavissatī'ti.	energy and all the exertion of a man." In this
Evañhi vo, bhikkhave, sikkhitabba''nti.	way, Bhikkhus, you should train yourselves.