

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

### Lesson 3.8.1

### Vibhaṅgasuttaṃ-8

### What is Right Awareness



Play Audio

| <i>Vibhaṅgasuttaṃ</i>  | What is Right Awareness in one Verse   |
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| ... <i>Katamā ca, bhikkhave, sammāsati?</i>  | And what, O' Bhikkhus, is Right Awareness?   |
| <i>Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ;</i> | Here, O' Bhikkhus, a Bhikkhu dwells ardent with awareness and constant thorough understanding of impermanence, observing body in body, having removed craving and aversion towards the world of mind and matter; |
| <i>vedanāsu vedanānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ;</i>                    | he dwells ardent with awareness and constant thorough understanding of impermanence, observing sensations in sensations, having removed craving and aversion towards the world of mind and matter;               |

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| <p><i>citte cittānupassī viharati ātāpī<br/>sampajāno satimā, vineyya loke<br/>abhijjhādomanassaṃ;</i></p>     | <p>he dwells ardent with awareness and constant thorough understanding of impermanence, observing mind in mind, having removed craving and aversion towards the world of mind and matter;</p>                       |
| <p><i>dhammesu dhammānupassī<br/>viharati ātāpī sampajāno satimā,<br/>vineyya loke abhijjhādomanassaṃ—</i></p> | <p>he dwells ardent with awareness and constant thorough understanding of impermanence, observing mental contents in mental contents, having removed craving and aversion towards the world of mind and matter.</p> |
| <p><i>ayaṃ vuccati, bhikkhave,<br/>sammāsati.</i></p>  | <p>This, O' Bhikkhus, is called Right Awareness.</p>  |