

Exploring the Ancient Path in the Buddha's Own Words Lesson 3.8.2



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Satisuttam

Ekam samayaṃ bhagavā vesāliyaṃ viharati ambapālivane. Tatra kho bhagavā bhikkhū āmantesi— “bhikkhavo”ti. “Bhadante”ti te bhikkhū bhagavato paccassosum. Bhagavā etadavoca—“Sato, bhikkhave, bhikkhu vihareyya sampajāno. Ayaṃ vo amhākaṃ anusāsani.

Kathaṅca, bhikkhave, bhikkhu sato hoti? Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ; vedanāsu vedanānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ; citte cittānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ; dhammesu dhammānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassaṃ. Evaṃ kho, bhikkhave, bhikkhu sato hoti.

Kathaṅca, bhikkhave, bhikkhu sampajāno hoti? Idha, bhikkhave, bhikkhu abhikkante paṭikkante sampajānakārī hoti, ālokite vilokite sampajānakārī hoti, samiñjite pasārite sampajānakārī hoti, saṅghāṭipattacīvaradhāraṇe sampajānakārī hoti, asite pīte khāyite sāyite sampajānakārī hoti, uccārapassāvakamme sampajānakārī hoti, gate ṭhite nisinne sutte jāgarite bhāsīte tuṅhībhāve sampajānakārī hoti. Evaṃ kho, bhikkhave, bhikkhu sampajānakārī hoti. Sato, bhikkhave, bhikkhu vihareyya sampajāno. Ayaṃ vo amhākaṃ anusāsani”ti.

Samyuttanikāyo, Mahāvaggo, Satipaṭṭhānasamyuttam, Ambapālivaggo

abhikkante

abhikkamati

walking forwards

anusāsani

instruction, advise

asite

taking food, eating

jāgarite

awaken

khāyite		chewing
nisinne		sitting
pīte		drinking
paṭikkante	paṭikkamati	walking backwards
pasārite		stretching, moving forward
sāyite		savouring
saṅghāṭi-pattacīvaradhāraṇe	saṅghāṭi+patta+cīvara+dhāraṇe	upper garment+ bowl+ lower garment + taking
samiñjite		bending
sampajānakārī	sampajāna + kārī	with full understanding +
performing		
sutte	supati (pp.)	sleeping
tuṅhībhāve		being silent
uccārapassāvakamme	uccāra+passāva+kamme	faeces+urine+attending to
