

Exploring the Ancient Path in the Buddha's Own Words Lesson 3.8.3



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Ekadhammasuttaṃ

Sāvattthinidānaṃ.

Tatra kho bhagavā bhikkhū āmantesi— “bhikkhavo”ti. “Bhadante”ti te bhikkhū bhagavato paccassosun. Bhagavā etadavoca— “ekadhammo, bhikkhave, bhāvito bahulīkato mahapphalo hoti mahānisamsa. Katamo ekadhammo?

Ānāpānassati. Kathaṃ bhāvitā ca, bhikkhave, ānāpānassati kathaṃ bahulīkatā mahapphalā hoti mahānisamsā?

Idha, bhikkhave, bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā nisīdati pallaṅkaṃ ābhujitvā ujum kāyaṃ pañidhāya parimukhaṃ satim upatthapetvā. So satova assasati, satova passasati. Dīghaṃ vā assasanto ‘dīghaṃ assasāmī’ti pajānāti, dīghaṃ vā passasanto ‘dīghaṃ passasāmī’ti pajānāti; rassaṃ vā assasanto ‘rassaṃ assasāmī’ti pajānāti, rassaṃ vā passasanto ‘rassaṃ passasāmī’ti pajānāti; ‘sabbakāyappaṭisaṃvedī assasissāmī’ti sikkhati, ‘sabbakāyappaṭisaṃvedī passasissāmī’ti sikkhati; ‘passambhayaṃ kāyasaṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ kāyasaṅkhāraṃ passasissāmī’ti sikkhati;

‘pītippaṭisaṃvedī assasissāmī’ti sikkhati, ‘pītippaṭisaṃvedī passasissāmī’ti sikkhati; ‘sukhappaṭisaṃvedī assasissāmī’ti sikkhati, ‘sukhappaṭisaṃvedī passasissāmī’ti sikkhati; ‘cittasaṅkhārappaṭisaṃvedī assasissāmī’ti sikkhati,

‘cittasaṅkhārappaṭisaṃvedī passasissāmī’ti sikkhati; ‘passambhayaṃ cittasaṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ cittasaṅkhāraṃ passasissāmī’ti sikkhati; ‘cittappaṭisaṃvedī assasissāmī’ti sikkhati, ‘cittappaṭisaṃvedī passasissāmī’ti sikkhati; ‘abhippamodayaṃ cittaṃ assasissāmī’ti sikkhati, ‘abhippamodayaṃ cittaṃ passasissāmī’ti sikkhati; ‘samādahaṃ cittaṃ assasissāmī’ti sikkhati ‘samādahaṃ cittaṃ passasissāmī’ti

sikkhati;

‘vimocayaṃ cittaṃ assasissāmī’ti sikkhati, ‘vimocayaṃ cittaṃ passasissāmī’ti sikkhati; ‘aniccānupassī assasissāmī’ti sikkhati,

‘aniccānupassī passasissāmī’ti sikkhati; ‘virāgānupassī assasissāmī’ti sikkhati, ‘virāgānupassī passasissāmī’ti sikkhati; ‘nirodhānupassī assasissāmī’ti sikkhati, ‘nirodhānupassī passasissāmī’ti sikkhati; ‘paṭinissaggānupassī assasissāmī’ti sikkhati, ‘paṭinissaggānupassī passasissāmī’ti sikkhati.

Evam bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulīkatā mahapphalā hoti mahānisamsā”ti.

Ekadhammavaggo, Ānāpānasamyuttaṃ, Mahāvaggo, Samyuttanikāyo

abhippamodayaṃ	abhi+p+pamodayaṃ	rejoice, please
cittappaṭisaṃvedī	citta+p+paṭi+saṃvedī	mind + feeling
cittasaṅkhārappaṭisaṃvedī	citta+saṅkhāra+p+paṭi+saṃvedī	mind + mental reaction +
experience		
kāyasaṅkhāraṃ	kāya+saṅkhāraṃ	body + mental reaction
nirodhānupassī	nirodha+anu+passī	extinction + observe
paṇidhāya	abs.	aspiring to, having the intention of
passambhayaṃ		calming down
paṭinissaggānupassī	paṭi+nissagga+anu+passī	relinquishment + observe
pītippaṭisaṃvedī	pīti+p+paṭi+saṃvedī	joy, bliss + experience
sabbakāyappaṭisaṃvedī	sabba+kāya+p+paṭi+saṃvedī	whole + body + experience
samādahaṃ	samādahati (pr.part.)	composing, concentrating
sikkhati		train
upaṭṭhāpetvā	upaṭṭhahati (caus. ger.)	put forth, provide, get ready
vimocayaṃ	vimuccati (caus. pr.part.)	releasing, liberating
virāgānupassī	virāga+anu+passī	dispassion + experience
