

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.8.5

Kāyagatāsativaggo

Many Benefits derive from Bodily Awareness



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Kāyagatāsativaggo	Many Benefits derive from Bodily Awareness
<p>“Yassa kassaci, bhikkhave, mahāsamuddo cetasā phuṭo antogadhā tassa kunnadiyo yā kāci samuddaṅgamā; evamevaṃ, bhikkhave, yassa kassaci kāyagatā sati bhāvitā bahulīkatā antogadhā tassa kusalā dhammā ye keci vijjābhāgiyā”ti.</p>	<p>“Just as, Bhikkhus, someone may mentally imagine the great ocean including all the rivers that inevitably flow into this ocean, in the same way, Bhikkhus, whosoever develops and increases safeguarding of constant awareness of the body automatically includes all the wholesome states that are conducive to wisdom!”</p>
<p>“Ekadhammo, bhikkhave, bhāvito bahulīkato mahato saṃvegāya saṃvattati, bhāvito bahulīkato mahato atthāya saṃvattati, bhāvito bahulīkato mahato yogakkhemāya saṃvattati, bhāvito bahulīkato satisampajaññāya saṃvattati, bhāvito bahulīkato ñānadassanappaṭilābhāya saṃvattati, bhāvito bahulīkato</p>	<p>“There is one thing, Bhikkhus, that when developed and increased, gives rise to thrill, when developed and increased it brings about great benefit, when developed and increased it bears great security from bondage, when developed and increased it results in awareness and constant thorough understanding of impermanence, when developed and increased it leads to the attainment of insight knowledge and wisdom,</p>

<p>diṭṭhadhammasukhavihārāya saṃvattati, bhāvito bahulīkato vijjāvimutti phalāsacchikiriyāya saṃvattati.</p>	<p>when developed and increased comfortable living during this very existence ensue and when developed and increased it enables to the realization of the fruit of liberation through wisdom.</p>
<p>Katamo ekadhammo? Kāyagatā sati.</p>	<p>What is this one thing? It is the safeguarding of constant awareness of the body.</p>
<p>Ayaṃ kho, bhikkhave, ekadhammo bhāvito bahulīkato mahato saṃvegāya saṃvattati, bhāvito bahulīkato mahato atthāya saṃvattati, bhāvito bahulīkato mahato yogakkhemāya saṃvattati, bhāvito bahulīkato satisampajaññāya saṃvattati, bhāvito bahulīkato ñānadassanappaṭilābhāya saṃvattati, bhāvito bahulīkato diṭṭhadhammasukhavihārāya saṃvattati, bhāvito bahulīkato vijjāvimutti phalāsacchikiriyāya saṃvattati”ti.</p>	<p>This is the one thing, Bhikkhus, that when developed and increased, gives rise to thrill, when developed and increased brings about great benefit, when developed and increased bears great security from bondage, when developed and increased results in awareness and constant thorough understanding of impermanence, when developed and increased leads to the attainment of insight knowledge and wisdom, when developed and increased comfortable living during this very existence ensue and when developed and increased enables to the realization of the fruit of liberation through knowledge.</p>

<p>“Ekadhamme, bhikkhave, bhāvite bahulīkate kāyopi passambhati, cittampi passambhati, vitakkavicārāpi vūpasammanti, kevalāpi vijjābhāgiyā dhammā bhāvanāpāripūriṃ gacchanti.</p>	<p>“There is one thing, Bhikkhus, when developed and increased, it calms the body, it calms the mind, thoughts and the rolling in thoughts come to rest and all beneficial states that are conducive to wisdom reach full development.</p>
<p>Katasmim ekadhamme? Kāyagatāya satiyā. Imasmim kho, bhikkhave, ekadhamme bhāvite bahulīkate kāyopi passambhati, cittampi passambhati, vitakkavicārāpi vūpasammanti, kevalāpi vijjābhāgiyā dhammā bhāvanāpāripūriṃ gacchantī”ti.</p>	<p>What is this one thing? It is the safeguarding of constant awareness of the body. This is the one thing, Bhikkhus, when developed and increased, calms the body, calms the mind, thoughts and the rolling in thoughts come to rest and all beneficial states that are conducive to wisdom reach full development.</p>
<p>“Ekadhamme, bhikkhave, bhāvite bahulīkate anuppannā ceva akusalā dhammā nuppajjanti, uppannā ca akusalā dhammā pahīyanti.</p>	<p>There is one thing, Bhikkhus, that when developed and increased, unwholesome mental states that have not arisen in him will not arise, unwholesome mental states that have arisen in him will get abandoned.</p>
<p>Katasmim ekadhamme? Kāyagatāya satiyā. Imasmim kho, bhikkhave, ekadhamme bhāvite bahulīkate anuppannā ceva akusalā dhammā nuppajjanti, uppannā ca akusalā dhammā</p>	<p>What is this one thing? It is the safeguarding of constant awareness of the body. This is the one thing, Bhikkhus, when developed and increased unwholesome mental states that have not arisen in him will not arise, unwholesome mental states that have arisen</p>

<p>pahīyanti”ti.</p>	<p>in him will get abandoned.</p>
<p>“Ekadhamme, bhikkhave, bhāvite bahulīkate anuppannā ceva kusalā dhammā uppajjanti, uppannā ca kusalā dhammā bhīyyobhāvāya vepullāya saṃvattanti.</p>	<p>There is one thing, Bhikkhus, that when developed and increased, wholesome mental states that have not yet arisen in him will arise, wholesome mental states that have arisen in him will get multiplied and brought to full maturity.</p>
<p>Katamasmim ekadhamme? Kāyagatāya satiyā. Imasmim kho, bhikkhave, ekadhamme bhāvite bahulīkate anuppannā ceva kusalā dhammā uppajjanti, uppannā ca kusalā dhammā bhīyyobhāvāya vepullāya saṃvattanti”ti.</p>	<p>What is this one thing? It is the safeguarding of constant awareness of the body. This is the one thing, Bhikkhus, when developed and increased, wholesome mental states that have not yet arisen in him will arise, wholesome mental states that have arisen in him will get multiplied and brought to full maturity.</p>
<p>“Ekadhamme, bhikkhave, bhāvite bahulīkate avijjā pahīyati, vijjā uppajjati, asmimāno pahīyati, anusayā samugghātaṃ gacchanti, saṃyojanā pahīyanti.</p>	<p>There is one thing, Bhikkhus, that when developed and increased, abandons ignorance, wisdom arises, the conceit of ‘self’ gets abandoned, underlying tendencies of unwholesomeness get eradicated and bondages of attachment rejected.</p>

<p>Katamasmim ekadhamme? Kāyagatāya satiyā. Imasmim kho, bhikkhave, ekadhamme bhāvite bahulīkate avijjā pahīyati, vijjā uppajjati, asmimāno pahīyati, anusayā samugghātaṃ gacchanti, saṃyojanā pahīyantī’’ti.</p>	<p>What is this one thing? It is the safeguarding of constant awareness of the body. This is the one thing, Bhikkhus, when developed and increased, ignorance gets abandoned, wisdom arises, the conceit of ‘self’ gets abandoned, underlying tendencies of unwholesomeness get eradicated and bondages of attachment rejected.</p>
<p>“Ekadhammo, bhikkhave, bhāvito bahulīkato sotāpattiphalasacchikiriyāya saṃvattati, bhāvito bahulīkato sakadāgāmiphalasacchikiriyāya saṃvattati bhāvito bahulīkato anāgāmiphalasacchikiriyāya saṃvattati bhāvito bahulīkato arahattaphalasacchikiriyāya saṃvattati.</p>	<p>There is one thing, Bhikkhus, when developed and increased, leads to the realization of the fruits of Sotāpatti, leads to the realization of the fruits of Sakadāgāmi, leads to the realization of the fruits of Anāgāmi, leads to the realization of the fruits of Arahatta.</p>
<p>Katamo ekadhammo? Kāyagatā sati. Ayaṃ kho, bhikkhave, ekadhammo bhāvito bahulīkato sotāpattiphalasacchikiriyāya saṃvattati, bhāvito bahulīkato sakadāgāmiphalasacchikiriyāya</p>	<p>What is this one thing? It is the safeguarding of constant awareness of the body. This is the one thing, Bhikkhus, when developed and increased, leads to the realization of the fruits of Sotāpatti, leads to the realization of the fruits of Sakadāgāmi,</p>



saṃvattati, bhāvito bahulīkato anāgāmi-phalasacchikiri-yāya saṃvattati, bhāvito bahulīkato arahattaphalasacchikiri-yāya saṃvattatī”ti.	leads to the realization of the fruits of Anāgāmi, leads to the realization of the fruits of Arahatta.
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