

## Exploring the Ancient Path in the Buddha's Own Words Lesson 3.8.5



### Kāyagatāsativaggo

“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.

“Ekadhammo, bhikkhave, bhāvito bahulīkato mahato saṃvegāya saṃvattati,  
bhāvito bahulīkato mahato atthāya saṃvattati,  
bhāvito bahulīkato mahato yogakkhemāya saṃvattati,  
bhāvito bahulīkato satisampajaññāya saṃvattati,  
bhāvito bahulīkato ñāṇadassanappaṭilābhāya saṃvattati,  
bhāvito bahulīkato diṭṭhadhammasukhavihārāya saṃvattati,  
bhāvito bahulīkato vijjāvimuttiphalaśacchikiriyāya saṃvattati.  
Katamo ekadhammo? Kāyagatā sati.

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 ñāṇadassanappaṭilābhāya saṃvattati,  
bhāvito bahulīkato diṭṭhadhammasukhavihārāya saṃvattati,  
bhāvito bahulīkato vijjāvimuttiphalaśacchikiriyāya saṃvattati”ti.

“Ekadhamme, bhikkhave, bhāvite bahulīkate kāyopi passambhati,

cittampi passambhati,  
vitakkavicārāpi vūpasammanti,  
kevalāpi vijjābhāgiyā dhammā bhāvanāpāripūriṃ gacchanti.  
Katamasmim ekadhamme? Kāyagatāya satiyā. Imasmim kho, bhikkhave,  
ekadhamme bhāvite bahulīkate kāyopi passambhati,  
cittampi passambhati,  
vitakkavicārāpi vūpasammanti,  
kevalāpi vijjābhāgiyā dhammā bhāvanāpāripūriṃ gacchantī”ti.

“Ekadhamme, bhikkhave, bhāvite bahulīkate anuppannā ceva akusalā dhammā  
nuppajjanti, uppannā ca akusalā dhammā pahīyanti.

Katamasmim ekadhamme? Kāyagatāya satiyā.

Imasmim kho, bhikkhave, ekadhamme bhāvite bahulīkate anuppannā ceva akusalā  
dhammā nuppajjanti, uppannā ca akusalā dhammā pahīyantī”ti.

“Ekadhamme, bhikkhave, bhāvite bahulīkate anuppannā ceva kusalā dhammā  
uppajjanti, uppannā ca kusalā dhammā bhīyyobhāvāya vepullāya saṃvattanti.

Katamasmim ekadhamme? Kāyagatāya satiyā. Imasmim kho, bhikkhave,  
ekadhamme bhāvite bahulīkate anuppannā ceva kusalā dhammā uppajjanti, uppannā ca  
kusalā dhammā bhīyyobhāvāya vepullāya saṃvattantī”ti.

“Ekadhamme, bhikkhave, bhāvite bahulīkate avijjā pahīyati,

vijjā uppajjati,

asmimāno pahīyati,

anusayā samugghātaṃ gacchanti,

saṃyojanā pahīyanti.

Katamasmim ekadhamme? Kāyagatāya satiyā.

Imasmim kho, bhikkhave, ekadhamme bhāvite bahulīkate avijjā pahīyati,

vijjā uppajjati,

asmimāno pahīyati,

anusayā samugghātaṃ gacchanti,  
saṃyojanā pahīyantī”ti.

“Ekadhammo, bhikkhave, bhāvito bahulīkato sotāpattiphalasacchikiriyāya  
saṃvattati,

bhāvito bahulīkato sakadāgāmiphallasacchikiriyāya saṃvattati

bhāvito bahulīkato anāgāmiphallasacchikiriyāya saṃvattati

bhāvito bahulīkato arahattaphallasacchikiriyāya saṃvattati.

Katamo ekadhammo? Kāyagatā sati.

Ayaṃ kho, bhikkhave, ekadhammo bhāvito bahulīkato sotāpattiphalasacchikiriyāya  
saṃvattati,

bhāvito bahulīkato sakadāgāmiphallasacchikiriyāya saṃvattati,

bhāvito bahulīkato anāgāmiphallasacchikiriyāya saṃvattati,

bhāvito bahulīkato arahattaphallasacchikiriyāya saṃvattatī”ti.

### ***Aṅguttaranikāyo, Ekakanipātapāḷi***

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anāgāmiphallasacchikiriyāya	anāgāmi + phala + sacchi + kiriyāya	Anāgāmi+fruit+truth+making
antogadhā	anto + ogadhā	inner + plunged into: included
asmimāno	asmi + māno	I am, self + pride
bhāvanāpāripūriṃ	bhāvanā + pāripūriṃ	development + full
diṭṭhadhammasukhavihārāya	diṭṭha + dhamma + sukha + vihāra	this very life + happiness+
dwelling		
kunnadi	kum + nadi	rivulet, small river
nuppajjanti	na + uppajjanti	not + arise
ñāṇadassanappaṭilābhāya	ñāṇa + dassana + p + paṭilābhāya	knowledge + insight + acquisition
pahīyantī	pajahati (pass.)	to be abandoned, to vanish
passambhati		to calm down, to allay
phuṭo	pharati (pp.)	pervaded, expanded
samuddaṅgamā	samudda + aṅgamā	ocean + entered, joined
samugghātaṃ	sam + ud + ghāta	jerking, removing
saṃvegāya		thrill, agitation, anxiety
vijjābhāgiyā	vijjā + bhāgiyā	wisdom + part of: conducive to
wisdom		



vitakkavicārāpi  
vūpasammanti

vitakka + vicāra + api  
vi + upasammanti  
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thoughts + rolling in thoughts  
to be quieted, extinguished