

Exploring the Ancient Path in the Buddha's Own Words Lesson 3.8.7



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Vedanānupassanā

‘Kathañca pana, bhikkhave, bhikkhu vedanāsu vedanānupassī viharati?’

Idha, bhikkhave, bhikkhu sukhaṃ vā vedanaṃ vedayamāno ‘sukhaṃ vedanaṃ vedayāmī’ti pajānāti. Dukkhaṃ vā vedanaṃ vedayamāno ‘dukkhaṃ vedanaṃ vedayāmī’ti pajānāti. Adukkhamasukhaṃ vā vedanaṃ vedayamāno ‘adukkhamasukhaṃ vedanaṃ vedayāmī’ti pajānāti.

Sāmisamaṃ vā sukhaṃ vedanaṃ vedayamāno ‘sāmisamaṃ sukhaṃ vedanaṃ vedayāmī’ti pajānāti, nirāmisamaṃ vā sukhaṃ vedanaṃ vedayamāno ‘nirāmisamaṃ sukhaṃ vedanaṃ vedayāmī’ti pajānāti.

Sāmisamaṃ vā dukkhaṃ vedanaṃ vedayamāno ‘sāmisamaṃ dukkhaṃ vedanaṃ vedayāmī’ti pajānāti, nirāmisamaṃ vā dukkhaṃ vedanaṃ vedayamāno ‘nirāmisamaṃ dukkhaṃ vedanaṃ vedayāmī’ti pajānāti.

Sāmisamaṃ vā adukkhamasukhaṃ vedanaṃ vedayamāno ‘sāmisamaṃ adukkhamasukhaṃ vedanaṃ vedayāmī’ti pajānāti, nirāmisamaṃ vā adukkhamasukhaṃ vedanaṃ vedayamāno ‘nirāmisamaṃ adukkhamasukhaṃ vedanaṃ vedayāmī’ti pajānāti.

Iti ajjhattaṃ vā vedanāsu vedanānupassī viharati, bahiddhā vā vedanāsu vedanānupassī viharati, ajjhatabhiddhā vā vedanāsu vedanānupassī viharati. Samudayadhammānupassī vā vedanāsu viharati, vayadhammānupassī vā vedanāsu viharati, samudayavayadhammānupassī vā vedanāsu viharati. ‘Atthi vedanā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu vedanāsu vedanānupassī viharati.

Mahāsatipaṭṭhānasuttaṃ, Mahāvaggapāli, Dīghanikāyo



anissito	a + nissito (pp. of nissayati)	not + depending on, hanging on,
attached		
nirāmisā	nis + āmisā	no + reaw meat, free from desires
ñāṇamattāya	ñāṇa + mattāya	insight + measure
paccupaṭṭhitā	pp. of paccupaṭṭhahati	presented, present
paṭissatimattāya	paṭi + s + sati + mattāya	awareness + measure
sāmisā	sa + āmisā	with + raw meat, carnal, physical
samudayadhammānupassī	samudaya + dhamma+ anupassī	arising + phenomena + observing
samudaya vāyadhammānupassī	samudaya + vāya + dhamma +anupassī	arising + passing + phenomena
+ observing		
vāyadhammānupassī	vāya + dhamma +anupassī	passing + phenomena + observing