

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.8.10

Pātālasuttaṃ

How to Endure Negative Experiences and Realise Proper Comprehension of *Dukkha*?



Pātālasutta	How to Endure Negative Experiences and Realise Proper Comprehension of <i>Dukkha</i> ?
<p>“Assutavā bhikkhave, puthujjano yaṃ vācaṃ bhāsati– ‘atthi mahāsamudde pātālo’ti. Taṃ kho panetaṃ, bhikkhave, assutavā puthujjano asantaṃ avijjamānaṃ evaṃ vācaṃ bhāsati– ‘atthi mahāsamudde pātālo’ti. Sārīrikānaṃ kho etaṃ, bhikkhave, dukkhānaṃ vedanānaṃ adhivacanaṃ yadidaṃ ‘pātālo’ti.</p>	<p>“Bhikkhus, when an uninstructed worldling makes the following statement, “This ocean is a bottomless abyss”, he is saying something that doesn't exist, that can't be found.</p> <p>The word 'bottomless abyss', Bhikkhus, is a designation for unpleasant bodily sensations.</p>
<p>Assutavā, bhikkhave, puthujjano sārīrikāya dukkhāya vedanāya phuṭṭho samāno socati kilamati paridevati urattāḷiṃ kandati sammohaṃ āpajjati. Ayaṃ vuccati, bhikkhave, ‘assutavā puthujjano pātāle na paccuṭṭhāsi, gādhañca nājjhagā’.</p>	<p>When an uninstructed worldling, Bhikkhus, experiences unpleasant bodily sensations, he equally cries, grieves, laments, beats his breast, becomes bewildered. This is called, Bhikkhus, an uninstructed worldling who has not arisen from the bottomless abyss, who has not gained a foothold.</p>

<p>Sutavā ca kho, bhikkhave, ariyasāvako sārīrikāya dukkhāya vedanāya phuṭṭho samāno neva socati, na kilamati, na paridevati, na urattāḷim kandati, na sammohaṃ āpajjati.</p> <p>Ayaṃ vuccati, bhikkhave, ‘sutavā ariyasāvako pātāle paccuṭṭhāsi, gādhañca ajjhagā”ti.</p>	<p>When a well instructed noble disciple, Bhikkhus, experiences unpleasant bodily sensations, he does not cry, grieve, lament, beat his breast, nor does he become bewildered.</p> <p>This is called, Bhikkhus, a well instructed noble disciple, who thus emerges from the bottomless abyss, who has reached solid ground.</p>
<p><i>“Yo etā nādhivāseti, uppannā vedanā dukkhā; Sārīrikā pāṇaharā, yāhi phuṭṭho pavedhati.</i></p> <p><i>Akkandati parodati, dubbalo appathāmako; Na so pātāle paccuṭṭhāsi, atho gādhampi nājjhagā.</i></p>	<p><i>Whoever cannot endure the arising of unpleasant bodily sensations, That endanger his life, who trembles when touched by them, Who cries and wails, feeble and void of strength, He has not arisen from the bottomless abyss, has not gained a foothold.</i></p>
<p><i>Yo cetā adhivāseti, uppannā vedanā dukkhā; Sārīrikā pāṇaharā, yāhi phuṭṭho na vedhati.</i></p> <p><i>Sa ve pātāle paccuṭṭhāsi, atho gādhampi ajjhagā”ti.</i></p>	<p><i>But whoever can endure the arising of unpleasant bodily sensations, That endanger his life, and does not tremble when touched by them, Such a one emerges from the bottomless abyss, reaching solid ground.</i></p>