

Exploring the Ancient Path in the Buddha's Own Words Lesson 3.8.12



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Cittānupassanā

“Kathañca pana, bhikkhave, bhikkhu citte cittānupassī viharati? Idha, bhikkhave, bhikkhu sarāgaṃ vā cittaṃ ‘sarāgaṃ citta’nti pajānāti, vītarāgaṃ vā cittaṃ ‘vītarāgaṃ citta’nti pajānāti. Sadosaṃ vā cittaṃ ‘sadosaṃ citta’nti pajānāti, vītadosaṃ vā cittaṃ ‘vītadosaṃ citta’nti pajānāti. Samohaṃ vā cittaṃ ‘samohaṃ citta’nti pajānāti, vītamohaṃ vā cittaṃ ‘vītamohaṃ citta’nti pajānāti. Saṅkhittaṃ vā cittaṃ saṅkhittaṃ ‘citta’nti pajānāti, vikkhittaṃ vā cittaṃ ‘vikkhittaṃ citta’nti pajānāti. Mahaggataṃ vā cittaṃ ‘mahaggataṃ citta’nti pajānāti, amahaggataṃ vā cittaṃ ‘amahaggataṃ citta’nti pajānāti. Sauttaraṃ vā cittaṃ ‘sauttaraṃ citta’nti pajānāti, anuttaraṃ vā cittaṃ ‘anuttaraṃ citta’nti pajānāti. Samāhitaṃ vā cittaṃ ‘samāhitaṃ citta’nti pajānāti, asamāhitaṃ vā cittaṃ ‘asamāhitaṃ citta’nti pajānāti. Vimuttaṃ vā cittaṃ ‘vimuttaṃ citta’nti pajānāti. Avimuttaṃ vā cittaṃ ‘avimuttaṃ citta’nti pajānāti. Iti ajjhattaṃ vā citte cittānupassī viharati, bahiddhā vā citte cittānupassī viharati, ajjhatabhiddhā vā citte cittānupassī viharati. Samudayadhammānupassī vā cittasmiṃ viharati, vayadhammānupassī vā cittasmiṃ viharati, samudayavayadhammānupassī vā cittasmiṃ viharati, ‘atthi citta’nti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu citte cittānupassī viharati.

Mahāsatipatṭhānasuttaṃ, Mahāvaggapāli, Dīghanikāyo

| | | |
|------------------|--------------------------------|---------------------------------------|
| amahaggata | a + maha + g + gata | not + great + gone |
| anissito | a + nissito (pp. of nissayati) | not + depending on, hanging on, |
| attached | | |
| anuttara | an + uttara | not + higher, to be crossed, superior |
| asamāhita | a + samāhita | not + concentrated |
| avimutta | a + vimutta | not + liberated |
| mahaggata | maha + g + gataṃ | great + gone |
| ñāṇamattāya | ñāṇa + mattāya | insight + measure |
| paccupaṭṭhitā | pp. of paccupaṭṭhahati | presented, present |
| paṭissatimattāya | paṭi + s + sati + mattāya | awareness + measure |
| sadosa | sa + dosa | with + aversion |



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| | | |
|---------------------------|-------------------------------------|-------------------------------------|
| samāhita | samāhita | concentrated |
| samoha | sa + moha | with + delusion |
| samudayadhammānupassī | samudaya + dhamma+ anupassī | arising + phenomena + observing |
| samudayavayadhammānupassī | samudaya + vaya + dhamma +anupassī | arising + passing + phenomena + |
| observing | | |
| saṅkhitta | saṃ + khitta (pp. of saṅkhipati) | with + overthrown, cast, contracted |
| sarāga | sa + rāga | with + craving, lust |
| sauttara | sa + uttara | with + higher, to be crossed, |
| superior | | |
| vayadhammānupassī | vaya + dhamma +anupassī | passing + phenomena + observing |
| vikkhitta | vi + k + khitta (pp. of vikkhipati) | upset, perplexed |
| vimutta | vimutta | liberated, emancipated |
| vītadosa | vīta + dosa | without + aversion |
| vītamoha | vīta + moha | without + delusion |
| vītarāga | vīta + rāga | without + craving, lust |