

# PĀḲI CHANTING

Daily Dhamma Reflection

每日佛法省思

# CONTENTS

Devārādhana	5
Vandanā	5
Sambodhi-Udāna	5
Paṭiccasamuppāda	6
Ven. Assajī's Teaching to Ven. Sāriputta	8
Paccayā	8
Buddhānussati	9
Dhammānussati	9
Saṅghānussati	9
Mettasuttaṃ	10
Khandhasuttaṃ	11
Ovāda-Pātimokkha-Gāthā	13
Bhaddekaratta-Gāthā	13
Dasadhammāsuttaṃ	14
Catupaccavekkhaṇā	15
Subha-Patthanā & Paritta	17
Pattidāna	19
Accaya-Vivaraṇa & Khamāpana	20
Patthanā	20
Good Wishes for Ven. Pa-Auk Sayadaw, Ariyadhamma Mahāthera & Other Theras	21
Sugatovāda	21
Tathāgatassa Pacchimā Vācā	22
Anumodanā & Khamāpana	22
Dhammacakkappavattanasuttaṃ	23
Anattalakkhaṇasuttaṃ	29
Jaya Paritta	33

Ādittasuttaṃ.....	34
Maṅgalasuttaṃ.....	37
Ratanasuttaṃ.....	39
Paṭiccasamuppādavibhaṅgo.....	42
Dhammasaṅgaṇī Tikamātikā.....	47
Tirokuṭṭasuttaṃ.....	49
Dhammapada Verses of Reality of Life.....	50
Bojjhaṅgasuttaṃ.....	52
Jayamaṅgala-Gāthā.....	53
Paṭṭhāna.....	55
Mahānamakkāra Pāli.....	67
Mahāsatipaṭṭhānasuttaṃ.....	72
Uddeso.....	72
Kāyānupassanā Ānāpānapabbaṃ.....	72
Kāyānupassanā Iriyāpathapabbaṃ.....	74
Kāyānupassanā Sampajānapabbaṃ.....	74
Kāyānupassanā Paṭikūlamanasikārapabbaṃ.....	75
Kāyānupassanā Dhātumanasikārapabbaṃ.....	76
Kāyānupassanā Navasivathikapabbaṃ.....	77
Vedanānupassanā.....	82
Cittānupassanā.....	83
Dhammānupassanā Nīvaraṇapabbaṃ.....	84
Dhammānupassanā Khandhapabbaṃ.....	86
Dhammānupassanā Āyatanapabbaṃ.....	87
Dhammānupassanā Bojjhaṅgapabbaṃ.....	89
Dhammānupassanā Saccapabbaṃ.....	91
Dukkhasaccaniddeso.....	91
Samudayasaccaniddeso.....	95
Nirodhasaccaniddeso.....	99
Maggasaccaniddeso.....	104

Satta-Buddha-Vandanā .....	110
Aṭṭhavīsati Buddhā Paritta .....	111
Morasuttam̃ .....	112
Vaṭṭasuttam̃.....	113
Tesattati Ñāṇāni.....	114
Mettānisaṃsasuttam̃ .....	120
Dutiyamārapāsasuttam̃ .....	121
Kesamuttisuttam̃ (Kālāmasuttam̃) .....	122
Aṅgulimāla-Paritta.....	130
Bhikkhu-Aparihāniyadhammā .....	131
The Four Buddhist Sacred Places .....	139
Dānānumodana-Gāthā .....	140
Cetiya-Vandanā.....	141
Bodhi-Vandanā .....	141
Buddha-Pūjā.....	142
Buddha-Vandanā .....	143
Dhamma-Vandanā .....	144
Saṅgha-Vandanā .....	145
Mettā Chanting .....	146
Good Wishes and Sharing of Merit etc.....	147
Aṭṭhaṅga-Uposatha-Sīla.....	149
Pañca-Sīla .....	151
Ājīva-Aṭṭhamaka-Sīla .....	153
Table of Chanting Sequence 課誦順序表 .....	155

## **Devārādhana**

Samantā cakka-vāḷesu  
Atrāgacchantu devatā;  
Saddhammaṃ Muni-rājassa  
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

## **Vandanā**

Namo tassa Bhagavato Arahato Sammāsambuddhassa.  
(x3)

## **Sambodhi-Udāna**

Aneka-jāti saṃsāraṃ  
Sandhāvissaṃ anibbisāṃ,  
Gaha-kāraṃ gavesanto  
Dukkhā jāti punappunāṃ.

Gaha-kāraka, diṭṭho'si  
Puna gehaṃ na kāhasi,  
Sabbā te phāsukā bhaggā  
Gaha-kūṭaṃ visaṅkhataṃ,  
Visaṅkhāra-gataṃ cittaṃ  
Taṇhānaṃ khayamajjhagā.

## Paṭiccasamuppāda

Iti imasmim̐ sati idaṃ hoti, imassuppādā idaṃ  
uppajjati, yadidaṃ:

Avijjā-paccayā saṅkhārā, saṅkhāra-paccayā  
viññāṇaṃ, viññāṇa-paccayā nāmarūpaṃ, nāmarūpa-  
paccayā saḷāyatanaṃ, saḷāyatana-paccayā phasso,  
phassapaccayā vedanā, vedanāpaccayā taṇhā, taṇhā-  
paccayā upādānaṃ, upādāna-paccayā bhavo, bhava-  
paccayā jāti, jātipaccayā jarāmaraṇaṃ soka-parideva-  
dukkha-domanassupāyāsā sambhavanti. Evametassa  
kevalassa dukkhakkhandhassa samudayo hoti.

Yadā have pātubhavanti dhammā,  
Ātāpino jhāyato brāhmaṇassa,  
Athassa kaṅkhā vapayanti sabbā,  
Yato pajānāti sahetudhammaṃ.

Iti imasmim̐ asati idaṃ na hoti, imassa nirodhā idaṃ  
nirujjhati, yadidaṃ:

Avijjā-nirodhā saṅkhāra-nirodho, saṅkhāra-nirodhā  
viññāṇa-nirodho, viññāṇa-nirodhā nāmarūpa-nirodho,  
nāmarūpa-nirodhā saḷāyatana-nirodho, saḷāyatana-  
nirodhā phassa-nirodho, phassa-nirodhā vedanā-  
nirodho, vedanā-nirodhā taṇhā-nirodho, taṇhā-nirodhā  
upādāna-nirodho, upādāna-nirodhā bhava-nirodho,  
bhava-nirodhā jāti-nirodho, jāti-nirodhā jarā-maraṇaṃ  
soka-parideva-dukkha-domanassupāyāsā nirujjhanti.  
Evametassa kevalassa dukkhakkhandhassa nirodho  
hoti.

Yadā have pātubhavanti dhammā  
Ātāpino jhāyato brāhmaṇassa,  
Athassa kaṅkhā vapayanti sabbā,  
Yato khayam paccayānam avedi.

Iti imasmim sati idam hoti, imassuppādā idam  
uppajjati, imasmim asati idam na hoti, imassa nirodhā  
idam nirujjhati, yadidam:

Avijjā-paccayā saṅkhārā, saṅkhāra-paccayā  
viññāṇam, viññāṇa-paccayā nāmarūpam, nāmarūpa-  
paccayā saḷāyatanaṃ, saḷāyatana-paccayā phasso,  
phassa-paccayā vedanā, vedanā-paccayā taṇhā, taṇhā-  
paccayā upādānam, upādāna-paccayā bhavo, bhava-  
paccayā jāti, jāti-paccayā jarā-maraṇam soka-parideva-  
dukkha-domanassupāyāsā sambhavanti. Evametassa  
kevalassa dukkhakkhandhassa samudayo hoti.

Avijjāya tveva asesavirāganirodhā saṅkhāranirodho,  
saṅkhāra-nirodhā viññāṇa-nirodho, viññāṇa-nirodhā  
nāmarūpa-nirodho, nāmarūpa-nirodhā saḷāyatana-  
nirodho, saḷāyatana-nirodhā phassa-nirodho, phassa-  
nirodhā vedanā-nirodho, vedanā-nirodhā taṇhā-  
nirodho, taṇhā-nirodhā upādāna-nirodho, upādāna-  
nirodhā bhava-nirodho, bhava-nirodhā jāti-nirodho, jāti-  
nirodhā jarā-maraṇam soka-parideva-dukkha-  
domanassupāyāsā nirujjhanti. Evametassa kevalassa  
dukkhakkhandhassa nirodho hoti.

Yadā have pātubhavanti dhammā,  
Ātāpino jhāyato brāhmaṇassa,  
Vidhūpayam tiṭṭhati māra-senam,  
Suriyo'va obhāsayamantalikkham.

## **Ven. Assajī's Teaching to Ven. Sāriputta**

Ye dhammā hetuppabhavā,  
Tesaṃ hetuṃ Tathāgato āha;  
Tesañca yo nirodho,  
Evaṃ-vādī Mahā-samaṇo.

### **Paccayā**

Hetupaccayo, ārammaṇapaccayo,  
adhipatipaccayo, anantarapaccayo,  
samanantarapaccayo, saha-jātapaccayo,  
añña-mañña-paccayo, nissayapaccayo,  
upanissayapaccayo, purejātapaccayo,  
pacchājātapaccayo, āsevanapaccayo,  
kamma-paccayo, vipāka-paccayo,  
āhāra-paccayo, indriya-paccayo,  
jhāna-paccayo, magga-paccayo,  
sampayutta-paccayo, vippayutta-paccayo,  
atthi-paccayo, natthi-paccayo,  
viga-paccayo, aviga-paccayoti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*



## **Buddhānussati**

Iti'pi so bhagavā araham, sammāsambuddho,  
vijjācaraṇa-sampanno, sugato, lokavidū, anuttaro  
purisadamma-sārathi, satthā devamanussānam,  
buddho, bhagavā.

## **Dhammānussati**

Svākkhāto bhagavatā dhammo, sandiṭṭhiko, akāliko,  
ehi-passiko, opanayiko, paccattam veditabbo viññūhi.

## **Saṅghānussati**

Suppaṭipanno bhagavato sāvaka-saṅgho,  
Ujupaṭipanno bhagavato sāvaka-saṅgho,  
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,  
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;  
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-puggalā,  
esa bhagavato sāvaka-saṅgho;  
Āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjali-karaṇīyo,  
anuttaram puññakkhettaṃ lokassa.

Evaṃ buddham sarantānam  
Dhammam saṅghañca bhikkhavo,  
Bhayaṃ vā chambhitattam vā  
Lomahaṃso na hessati.

Etena saccavajjena pātu tvaṃ ratanattayam. (x3)

## Mettasuttam

Yassānubhāvato yakkhā neva dassenti bhīsanam  
Yamhi cevānuyuñjanto rattindivamatandito.

Sukham supati sutto ca pāpam kiñci na passati,  
Evamādiguṇūpetam, parittam tam bhaṇāma he.

Karaṇīyamatthakusalena, yantasantam padam  
abhisamecca;

Sakko ujū ca suhujū ca, suvaco cassa mudu anātimānī.

Santussako ca subhāro ca, appakicco ca sallahukavutti;  
Santindriyo ca nipako ca, appagabbho  
kulesvananugiddho.

Na ca khuddamācare kiñci, yena viññū pare  
upavadeyyum;

Sukhinova khemino hontu, sabbasattā bhavantu  
sukhitattā.

Ye keci pāṇabhūtatti, tasā vā thāvarā vanavasesā;  
Dīghā vā yeva mahantā, majjhimā rassakā aṇukathulā.

Diṭṭhā vā yeva adiṭṭhā, ye va dūre vasanti avidūre;  
Bhūtā va sambhavesī va, sabbasattā bhavantu  
sukhitattā.

Na paro param nikubbetha, nātimaññetha katthaci na  
kañci;

Byārosanā paṭighasaññā, nāññamaññassa  
dukkhamiccheyya.

Mātā yathā niyaṃ puttamāyusā ekaputtamanurakkhe;  
Evampi sabbabhūtesu, mānasam bhāvaye aparimāṇam.

Mettañca sabbalokasmi, mānasam bhāvaye  
aparimāṇam;  
Uddham adho ca tiriyañca, asambādham  
averamasapattam.

Tiṭṭham caram nisinno va, sayāno yāvatāssa  
vitamiddho;  
Etaṃ satim adhiṭṭheyya, brahmametam  
vihāramidhamāhu.

Diṭṭhiñca anupaggamma, sīlavā dassanena sampanno;  
Kāmesu vinaya gedham, na hi jātuggabbhaseyya puna  
reti.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalam.*

## **Khandhasuttam**

Sabbāsivisajātīnam dibbamantāgadam viya  
Yaṃ nāseti visam ghoram sesañcāpi parissayam.

Āṇākkhettamhi sabbattha sabbadā sabbapāṇīnam  
Sabbasopi nivāreti, parittam tam bhaṇāma he.

Virūpakkhehi me mettam, mettam Erāpathehi me,  
Chabyāputtehi me mettam, mettam Kaṇhāgotamakehi ca.

Apādakehi me mettaṃ, mettaṃ dvipādakehi me,  
Catuppadehi me mettaṃ, mettaṃ bahuppadehi me.

Mā maṃ apādako hiṃsi, mā maṃ hiṃsi dvipādako,  
Mā maṃ catuppado hiṃsi, mā maṃ hiṃsi bahuppado.

Sabbe sattā sabbe pāṇā sabbe bhūtā ca kevalā,  
Sabbe bhadrāni passantu, mā kañci pāpamāgamā.

Appamāṇo Buddho, appamāṇo Dhammo,  
Appamāṇo Saṅgho. Pamāṇavantāni sirimśapāni:  
Ahi-vicchikā, satapadī, uṇṇanābhi, sarabū, mūsikā.

Katā me rakkhā, kataṃ me parittaṃ,  
Paṭikkamantu bhūtāni. So'haṃ namo Bhagavato,  
Namo sattannaṃ Sammā-sambuddhānaṃ.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

(For additional chanting, please see the 'Table of Chanting Sequence' at the back of this book.)

(關於附加課誦，請參考本書後面的「課誦順序表」。

## Ovāda-Pātimokkha-Gāthā

Khantī paramaṃ tapo titikkhā, nibbānaṃ paramaṃ  
vadanti Buddhā;  
Na hi pabbajito parūpaghātī, na samaṇo hoti paraṃ  
vihetḥayanto.

Sabba-pāpassa akaraṇaṃ, kusalassa upasampadā,  
Sacitta-pariyodapanam, etaṃ Buddhāna'Sāsanam.

Anūpavādo, anūpaghāto, pātimokkhe ca saṃvaro,  
Mattaññutā ca bhattasmiṃ, pantañca sayanāsanam,  
Adhicitte ca āyogo, etaṃ Buddhāna'Sāsanam.

## Bhaddekaratta-Gāthā

Atītaṃ nānvāgameyya, nappaṭikaṅkhe anāgataṃ;  
Yadatītaṃ pahīnaṃ taṃ, appattañca anāgataṃ.

Paccuppannañca yo dhammaṃ tattha tattha vipassati;  
Asaṃhīraṃ asaṅkuppaṃ taṃ vidvā manubrūhaye;

Ajjeva kiccaṃātappaṃ, ko jaññā maraṇaṃ suve;  
Na hi no saṅgarantena mahā-senena maccunā.

Evaṃ vihāriṃ ātāpiṃ ahorattamatanditaṃ,  
Taṃ ve 'bhaddeka-ratto'ti santo ācikkhate Muni'ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Dasadhammāsuttam

Evaṃ me sutam: ekam samayam Bhagavā Sāvattiyam viharati Jeta-vane Anātha-piṇḍikassa ārāme. Tatra kho Bhagavā bhikkhū āmantesi: “Bhikkhavo”ti. “Bhadante”ti te bhikkhū Bhagavato paccassosum, Bhagavā etadavoca:

“Dasayime, bhikkhave, dhammā pabbajitena abhiṇham paccavekkhitabbā. Katame dasa?

1. ‘Vevaṇṇiyamhi ajjhupagato’ti pabbajitena abhiṇham paccavekkhitabbam;

2. ‘Para-paṭibaddhā me jīvikā’ti pabbajitena abhiṇham paccavekkhitabbam;

3. ‘Añño me ākappo karaṇīyo’ti pabbajitena abhiṇham paccavekkhitabbam;

4. ‘Kacci nu kho me attā sīlato na upavadatī’ti pabbajitena abhiṇham paccavekkhitabbam;

5. ‘Kacci nu kho maṃ anuvicca viññū sabrahma-cārī sīlato na upavadantī’ti pabbajitena abhiṇham paccavekkhitabbam;

6. ‘Sabbehi me piyehi manāpehi nānā-bhāvo vinā-bhāvo’ti pabbajitena abhiṇham paccavekkhitabbam;

7. ‘Kammassakomhi kamma-dāyādo kamma-yoni kamma-bandhu kamma-paṭisaraṇo, yaṃ kamman karissāmi kalyāṇam vā pāpakam vā tassa dāyādo bhavissāmī’ti pabbajitena abhiṇham paccavekkhitabbam;

8. ‘Kathambhūtassa me rattindivā vītivattantī’ti pabbajitena abhiṇham paccavekkhitabbam;

9. 'Kacci nu kho ahaṃ suññāgāre abhiraṃāmi'ti  
pabbajitena abhiñhaṃ paccavekkhitabbaṃ;

10. 'Atthi nu kho me uttari-manussa-dhammo  
alamariya-ñāṇa-dassana-viseso adhigato, yenāhaṃ  
pacchime kāle sabrahmacārihi puṭṭho na maṅku  
bhavissāmi'ti pabbajitena abhiñhaṃ  
paccavekkhitabbaṃ.

Ime kho, bhikkhave, dasa dhammā pabbajitena  
abhiñhaṃ paccavekkhitabbā'ti. Idamavoca Bhagavā.  
Attamanā te bhikkhū Bhagavato bhāsitaṃ  
abhinandun'ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## **Catupaccavekkhaṇā**

Paṭisaṅkhā yoniso cīvaraṃ paṭisevāmi, yāvadeva  
sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-  
makasa-vātātapa-siriṃsapa-samphassānaṃ  
paṭighātāya, yāvadeva hiri-kopīna-paṭicchādanatthaṃ.

Yathā-paccayaṃ pavattamānaṃ dhātu-  
mattamevetam yadidaṃ cīvaraṃ tadupabhuñjako ca  
puggalo dhātu-mattako nissatto nijjīvo suñño, sabbāni  
pana imāni cīvarāni ajigucchaniyāni imaṃ pūtikāyaṃ  
patvā ativiya jigucchaniyāni jāyanti.

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi, neva  
davāya na madāya na maṇḍanāya na vibhūsanāya,  
yāvadeva imassa kāyassa ṭhitiyā yāpanāya

vihimsūparatiyā brahmacariyānuggahāya, iti purāṇaṅca vedanaṃ paṭihaṅkhāmi, navaṅca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsu-vihāro ca.

Yathā-paccayaṃ pavattamānaṃ dhātu-mattamevetam yadidaṃ piṇḍapāto tadupabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño, sabbo panāyaṃ piṇḍapāto ajigucchaniyo, imaṃ pūtikāyaṃ patvā ativiya jigucchaniyo jāyati.

Paṭisaṅkhā yoniso senāsanam paṭisevāmi, yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya, ḍaṃsa-makasa-vātātapa-siriṃsapa-samphassānaṃ paṭighātāya, yāvadeva utu-parissaya-vinodanam paṭisallānārāmattham.

Yathā-paccayaṃ pavattamānaṃ dhātu-mattamevetam yadidaṃ senāsanam tadupabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño. Sabbāni pana imāni senāsanāni ajigucchaniyāni imaṃ pūtikāyaṃ patvā ativiya jigucchaniyāni jāyanti.

Paṭisaṅkhā yoniso gilāna-paccaya-bhesajja-parikkhāraṃ paṭisevāmi, yāvadeva uppanānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya, abyāpajjha-paramatāya.

Yathā-paccayaṃ pavattamānaṃ dhātu-mattamevetam yadidaṃ gilāna-paccaya-bhesajja-parikkhāro tadupabhuñjako ca puggalo dhātu-mattako nissatto nijjīvo suñño. Sabbo panāyaṃ gilāna-paccaya-bhesajja-parikkhāro ajigucchaniyo imaṃ pūtikāyaṃ patvā ativiya jigucchaniyo jāyati.



## Subha-Patthanā & Paritta

Yaṃ dunnimittam avamaṅgalañca,  
Yo cāmanāpo sakuṇassa saddo,  
Pāpaggaho dussupinaṃ akantaṃ,  
Buddhānubhāvena vināsamentu.

Yaṃ dunnimittam avamaṅgalañca,  
Yo cāmanāpo sakuṇassa saddo,  
Pāpaggaho dussupinaṃ akantaṃ,  
Dhammānubhāvena vināsamentu.

Yaṃ dunnimittam avamaṅgalañca,  
Yo cāmanāpo sakuṇassa saddo,  
Pāpaggaho dussupinaṃ akantaṃ,  
Saṅghānubhāvena vināsamentu.

Sabbītiyo vivajjantu, sabba-rogo vinassatu,  
Mā te bhavatvantarāyo, sukhī dīghāyuko bhava.

Bhavatu sabba-maṅgalaṃ, rakkhantu sabba-devatā,  
Sabba-buddhānubhāvena sadā sotthi bhavantu te.

Bhavatu sabba-maṅgalaṃ, rakkhantu sabba-devatā,  
Sabba-dhammānubhāvena sadā sotthi bhavantu te.

Bhavatu sabba-maṅgalaṃ, rakkhantu sabba-devatā,  
Sabba-saṅghānubhāvena sadā sotthi bhavantu te.

Nakkhatta-yakkha-bhūtānaṃ pāpaggaha-nivāraṇā,  
Parittassānubhāvena hantu tesāṃ upaddave.

Dukkappattā ca niddukkā, bhayappattā ca nibbhayā,  
Sokappattā ca nissokā, hontu sabbe'pi pāṇino.

Dānaṃ dadantu saddhāya, sīlaṃ rakkhantu sabbadā,  
Bhāvanābhiratā hontu, gacchantu devatāgatā.

Sabbe Buddhā balappattā, Paccekānañca yaṃ balaṃ,  
Arahantānañca tejena, rakkhaṃ bandhāmi sabbaso.

Ākāsaṭṭhā ca bhummaṭṭhā  
Devā nāgā mahiddhikā,  
Puññantaṃ anumoditvā  
Ciraṃ rakkhantu Sambuddha-sāsaṇaṃ.

Ākāsaṭṭhā ca bhummaṭṭhā  
Devā nāgā mahiddhikā,  
Puññantaṃ anumoditvā  
Ciraṃ rakkhantu Sambuddha-desanaṃ.

Ākāsaṭṭhā ca bhummaṭṭhā  
Devā nāgā mahiddhikā,  
Puññantaṃ anumoditvā  
Ciraṃ rakkhantu Sambuddha-sāvakaṃ,  
Ciraṃ rakkhantu maṃ paraṃ.

## Pattidāna

Ettāvatā ca amhehi sambhataṃ puññasampadaṃ,  
Sabbe devā'numodantu sabba-sampatti siddhiyā.

Ettāvatā ca amhehi sambhataṃ puññasampadaṃ,  
Sabbe bhūtā'numodantu sabba-sampatti siddhiyā.

Ettāvatā ca amhehi sambhataṃ puññasampadaṃ,  
Sabbe sattā'numodantu sabba-sampatti siddhiyā.

Idaṃ me ñātīnaṃ hotu, sukhitā hontu ñātayo. (3X)

Kappa-sata-sahassāni soḷasāpi asaṅkhaye,  
Sambharaṃ bodhi-sambhāre āgato jāti-jāṭisu,

Niyato Buddha-bhāvāya bhadda-kappe idhantime,  
Bodhi-satto ca Metteyyo puññaṃ me anumodatu.

Asmiṃ vihāre ca ārāme adhivatthā ca devatā,  
Anumoditvā imaṃ puññaṃ rakkhantu Jina-sāsaṇaṃ.

Sabbe sattā ca majjhattā hitā ca ahitā ca me,  
Anumoditvā imaṃ puññaṃ bujjhantu amataṃ padaṃ.

## Accaya-Vivaraṇa & Khamāpana

Kāyena vācā-cittena  
Pamādena mayā kataṃ,  
Accayaṃ khama me Bhante  
Bhūri-pañña Tathāgata.

Kāyena vācā-cittena  
Pamādena mayā kataṃ,  
Accayaṃ khama me Dhamma  
Sandiṭṭhika, akālika.

Kāyena vācā-cittena  
Pamādena mayā kataṃ,  
Accayaṃ khama me Saṅgha  
Puññakkhetta anuttara.

### Patthanā

Iminā puñña-kammena  
Mā me bāla-samāgamo,  
Sataṃ samāgamo hotu  
Yāva nibbāna-pattiyā.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.  
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puñña-bhāgaṃ sabbasattānaṃ bhājemi;  
Te sabbe me samaṃ puñña-bhāgaṃ labhantu.

## **Good Wishes for Ven. Pa-Auk Sayadaw, Ariyadhamma Mahāthera & Other Theras**

Dhammena nena mati-siddha-mudācitenā  
Buddhādi-vatthu-gata-dhamma-balena saddhim,  
Therāsabho Āciṇṇo yatinda-nātho  
Dīghāyuko bhavatu sadhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitenā  
Buddhādi-vatthu-gata-dhamma-balena saddhim,  
Therāsabho Ariyadhammo yatinda-nātho  
Dīghāyuko bhavatu sadhu-samiddha-citto.

Dhammena nena mati-siddha-mudācitenā  
Buddhādi-vatthu-gata-dhamma-balena saddhim,  
Therāsabhātha garu-gārava-bhāvaniyā  
Dīghāyukā bhavatha sadhu-samiddha-cittā.

### **Sugatovāda**

Appamādena, bhikkhave, sampādetha.  
Dullabho Buddhuppādo lokasmim.  
Dullabho manussatta-paṭilābho.  
Dullabhā khaṇa-sampatti. Dullabhā saddhā-sampatti,  
Dullabhā pabbajjā. Dullabharim Saddhammasavaṇan'ti.  
Evaṃ Bhagavā divase divase ovādi,  
Evaṃ Sugato divase divase ovadi.

## **Tathāgatassa Pacchimā Vācā**

... parinibbāna-samaye ... Bhagavā bhikkhū āmantesi:  
"Handa'dāni, bhikkhave, āmantayāmi vo: vaya-dhammā  
saṅkhārā, appamādena sampādethā"ti. Ayaṃ  
Tathāgatassa pacchimā vācā.

### **Anumodanā & Khamāpana**

Junior: Okāsa, vandāmi, bhante. (bow 1x)

Senior: Sukhī hontu! Nibbāna-paccayo hotu.

Junior: Mayā kataṃ puññaṃ sāminā anumoditabbaṃ.

Senior: Sādhu! Sādhu! Anumodāmi.

Junior: Sāminā kataṃ puññaṃ mayhaṃ dātabbaṃ.

Senior: Sādhu! Anumoditabbaṃ.

Junior: Sādhu! Sādhu! Anumodāmi. Okāsa,  
dvārattayena kataṃ sabbaṃ accayaṃ  
khamatha me, bhante.

Senior: Khamāmi, khamitabbaṃ!

Junior: Sādhu! Okāsa, khamāmi, bhante! (bow 3x)

Senior: Sukhī hontu! Nibbāna-paccayo hotu.

## Dhammacakkappavattanasuttaṃ

Evam me sutam: ekam samayam Bhagavaṃ  
Bārāṇasiyam viharati Isi-patane miga-dāye. Tatra kho  
Bhagavā pañca-vaggiye bhikkhū āmantesi:

“Dve’me, bhikkhave, antā pabbajitena na sevitabbā.  
Katame dve? Yo cāyam kāmesu kāmasukhallikānuyogo  
hīno gammo pothujjaniko anariyo anatta-samhito, yo  
cāyam atta-kilamathānuyogo dukkho anariyo anatta-  
samhito. Ete kho, bhikkhave, ubho ante anupagamma  
majjhimā paṭipadā Tathāgatena abhisambuddhā  
cakkhu-karaṇī ñāṇa-karaṇī upasamāya abhiññāya  
sambodhāya nibbānāya samvattati.

“Katamā ca sā, bhikkhave, majjhimā paṭipadā  
Tathāgatena abhisambuddhā cakkhu-karaṇī ñāṇa-  
karaṇī upasamāya abhiññāya sambodhāya nibbānāya  
samvattati?

“Ayameva ariyo aṭṭhaṅgiko maggo, seyyathīdam:  
sammā-ditṭhi sammā-saṅkappo sammā-vācā sammā-  
kammanto sammā-ājīvo sammā-vāyāmo sammā-sati  
sammā-samādhi. Ayam kho sā, bhikkhave, majjhimā  
paṭipadā Tathāgatena abhisambuddhā cakkhu-karaṇī  
ñāṇa-karaṇī upasamāya abhiññāya sambodhāya  
nibbānāya samvattati.

“Idam kho pana, bhikkhave, dukkham ariya-saccam:  
jāti’pi dukkhā, jarā’pi dukkhā, byādhi’pi dukkho,  
maraṇam’pi dukkham, appiyehi sampayogo dukkho,  
piyehi vippayogo dukkho, yam’piccham na labhati  
tam’pi dukkham — samkhittena pañcupādānakkhandhā  
dukkhā.

“Idaṃ kho pana, bhikkhave, dukkha-samudayaṃ ariyasaccaṃ: yāyaṃ taṇhā ponobbhavikā nandi-rāga-sahagatā tatra-tatrābhinandinī, seyyathidaṃ: kāma-taṇhā, bhava-taṇhā, vibhava-taṇhā.

“Idaṃ kho pana, bhikkhave, dukkha-nirodhaṃ ariyasaccaṃ: yo tassāyeva taṇhāya asesavirāga-nirodho cāgo paṭinissaggo mutti anālayo.

“Idaṃ kho pana, bhikkhave, dukkha-nirodha-gāminī paṭipadā ariya-saccaṃ, ayameva ariyo aṭṭhaṅgiko maggo, seyyathidaṃ: sammā-ditṭhi sammā-saṅkappo sammā-vācā sammā-kammanto sammā-ājīvo sammā-vāyāmo sammā-sati sammā-samādhī.

“ `Idaṃ dukkhaṃ ariya-saccaṃ'ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. `Taṃ kho panidaṃ dukkhaṃ ariya-saccaṃ pariññeyyaṃ'ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. `Taṃ kho panidaṃ dukkhaṃ ariya-saccaṃ pariññātan'ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“ `Idaṃ dukkha-samudayaṃ ariya-saccaṃ'ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. `Taṃ kho panidaṃ dukkha-samudayaṃ ariya-saccaṃ pahātabbaṃ'ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.



‘Taṃ kho panidaṃ dukkha-samudayaṃ ariya-saccaṃ pahīnaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“ ‘Idaṃ dukkha-nirodhaṃ ariya-saccaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. ‘Taṃ kho panidaṃ dukkhanirodhaṃ ariyasaccaṃ sacchikātabban’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. ‘Taṃ kho panidaṃ dukkha-nirodhaṃ ariya-saccaṃ sacchi-kataṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“ ‘Idaṃ dukkhanirodhagāminī paṭipadā ariya-saccaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. ‘Taṃ kho panidaṃ dukkhanirodhagāminī paṭipadā ariya-saccaṃ bhāvetabban’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi. ‘Taṃ kho panidaṃ dukkhanirodhagāminī paṭipadā ariya-saccaṃ bhāvitaṃ’ti me, bhikkhave, pubbe ananussutesu dhammesu cakkhumṃ udapādi, ñāṇaṃ udapādi, paññā udapādi, vijjā udapādi, āloko udapādi.

“Yāva-kīvañca me, bhikkhave, imesu catūsu ariya-saccesu evaṃ tiparivaṭṭaṃ dvādasākāraṃ yathābhūtaṃ ñāṇadassanaṃ na suvisuddhaṃ ahosi, neva tāvāhaṃ,

bhikkhave, sadevake loke samārake sabrahmake  
sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya  
anuttaraṃ sammā-sambodhiṃ abhisambuddho'ti  
paccaññāsim.

"Yato ca kho me, bhikkhave, imesu catūsu ariya-  
saccesu evaṃ tiparivaṭṭaṃ dvādasākāraṃ yathābhūtaṃ  
ñāṇadassanaṃ suvisuddhaṃ ahoṣi, athāhaṃ,  
bhikkhave, sadevake loke samārake sabrahmake  
sassamaṇa-brāhmaṇiyā pajāya sadeva-manussāya  
anuttaraṃ sammā-sambodhiṃ abhisambuddho'ti  
paccaññāsim.

"Ñāṇaṅca pana me dassanaṃ udapādi: 'akuppā me  
vimutti, ayamantimā jāti, natthi'dāni punabbhavo'ti."  
Idamavoca Bhagavā, attamaṇā pañca-vaggiyā bhikkhū  
Bhagavato bhāsitaṃ abhinandun'ti.

Imasmiṅca pana veyyākaraṇasmim bhaññamāne  
āyasmato Koṇḍaññaṃ virajaṃ vīta-malaṃ dhamma-  
cakkhuṃ udapādi: "yaṃ kiñci samudaya-dhammaṃ,  
sabbaṃ taṃ nirodha-dhammaṃ"ti.

Pavattite ca pana Bhagavatā Dhammacakke  
Bhummā devā saddamanussāvesuṃ: "Etaṃ Bhagavatā  
Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhamma-  
cakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā  
brāhmaṇena vā devena vā mārena vā brahmunā vā  
kenaci vā lokasmin"ti.

Bhummānaṃ devānaṃ saddaṃ sutvā Cātu-mahā-  
rājikā devā saddamanussāvesuṃ: "Etaṃ Bhagavatā  
Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhamma-  
cakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā

brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Cātu-mahā-rājikānaṃ devānaṃ saddaṃ sutvā Tāvatiṃsā devā saddamanussāvesuṃ: “Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Tāvatiṃsānaṃ devānaṃ saddaṃ sutvā Yāmā devā saddamanussāvesuṃ: “Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Yāmānaṃ devānaṃ saddaṃ sutvā Tusitā devā saddamanussāvesuṃ: “Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Tusitānaṃ devānaṃ saddaṃ sutvā Nimmānaratī devā saddamanussāvesuṃ: “Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Nimmānaratīnaṃ devānaṃ saddaṃ sutvā Paranimmitta-vasa-vattī devā saddamanussāvesuṃ: “Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena

vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Para-nimmita-vasa-vattīnaṃ devānaṃ saddaṃ sutvā Brahma-kāyikā devā saddamanussāvesuṃ: “Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane migadāye anuttaraṃ Dhammacakkaṃ pavattitaṃ appaṭivattiyaṃ samaṇena vā brāhmaṇena vā devena vā mārena vā brahmunā vā kenaci vā lokasmin”ti.

Iti ha tena khaṇena tena layena tena muhuttena yāva brahma-lokā saddo abbhuggacchi. Ayañca dasa-sahassi-loka-dhātu saṅkampi sampakampi sampavedhi, appamaṇo ca uḷāro obhāso loke pāturaḥosi atikkamma devānaṃ devānubhāvanti. Atha kho Bhagavā imaṃ udānaṃ udānesi: “Aññāsi vata, bho, Koṇḍañño, aññāsi vata, bho, Koṇḍañño!”ti Iti hidam āyasmato Koṇḍaññaassa Aññāsi-Koṇḍañño tveva nāmaṃ ahoṣi.

Atha kho āyasmā Aññāsi-Koṇḍañño diṭṭhadhammo pattadhammo veditadhammo pariyoḡāhadhammo tiṇṇavicikiccho vigatakathaṃkatho vesārajjappatto aparappaccayo satthusāsane bhagavantaṃ etadavoca: “Labheyāhaṃ, bhante, bhagavato santike pabbajjaṃ, labheyyaṃ upasampadan”ti.

“Ehi bhikkhū”ti bhagavā avoca: “Svākkhāto dhammo, cara brahmacariyaṃ sammā dukkhassa antakiriya”ti. Sāva tassa āyasmato upasampadā ahoṣīti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Anattalakkhaṇasuttam

Evam me sutam: Ekaṃ samayaṃ Bhagavā  
Bārāṇasiyaṃ viharati Isi-patane miga-dāye. Tatra kho  
Bhagavā pañca-vaggiye bhikkhū āmantesi:  
"bhikkhavo"ti. "Bhadante"ti te bhikkhū Bhagavato  
paccassosun. Bhagavā etadavoca:

"Rūpaṃ, bhikkhave, anattā. Rūpañca hidam,  
bhikkhave, attā abhaviṣṣa, nayidaṃ rūpaṃ ābādhāya  
saṃvatteyya, labbheṭṭha ca rūpe `evam me rūpaṃ hotu,  
evam me rūpaṃ mā ahoṣī"ti. Yasmā ca kho, bhikkhave,  
rūpaṃ anattā, tasmā rūpaṃ ābādhāya saṃvattati, na  
ca labbhati rūpe `evam me rūpaṃ hotu, evam me  
rūpaṃ mā ahoṣī"ti.

"Vedanā anattā. Vedanā ca hidam, bhikkhave, attā  
abhaviṣṣa, nayidaṃ vedanā ābādhāya saṃvatteyya,  
labbheṭṭha ca vedanāya `evam me vedanā hotu, evam  
me vedanā mā ahoṣī"ti. Yasmā ca kho, bhikkhave,  
vedanā anattā, tasmā vedanā ābādhāya saṃvattati, na  
ca labbhati vedanāya `evam me vedanā hotu, evam me  
vedanā mā ahoṣī"ti.

"Saññā anattā. Saññā ca hidam, bhikkhave, attā  
abhaviṣṣa, nayidaṃ saññā ābādhāya saṃvatteyya,  
labbheṭṭha ca saññāya `evam me saññā hotu, evam me  
saññā mā ahoṣī"ti. Yasmā ca kho, bhikkhave, saññā  
anattā, tasmā saññā ābādhāya saṃvattati, na ca  
labbhati saññāya `evam me saññā hotu, evam me  
saññā mā ahoṣī"ti.

"Saṅkhārā anattā. Saṅkhārā ca hidam, bhikkhave,  
attā abhaviṣṣamsu, nayidaṃ saṅkhārā ābādhāya

samvatteyyum, labbhetha ca saṅkhāresu `evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun'ti. Yasmā ca kho, bhikkhave, saṅkhārā anattā, tasmā saṅkhārā ābādhāya samvattanti, na ca labbhati saṅkhāresu `evam me saṅkhārā hontu, evam me saṅkhārā mā ahesun'ti.

"Viññāṇam anattā. Viññāṇaṅca hidam, bhikkhave, attā abhavissa, nayidam viññāṇam ābādhāya samvatteyya, labbhetha ca viññāṇe `evam me viññāṇam hotu, evam me viññāṇam mā aho'si'ti. Yasmā ca kho, bhikkhave, viññāṇam anattā, tasmā viññāṇam ābādhāya samvattati, na ca labbhati viññāṇe `evam me viññāṇam hotu, evam me viññāṇam mā aho'si'ti.

"Taṃ kiṃ maññatha, bhikkhave, rūpaṃ niccaṃ vā aniccaṃ vā?"ti "Aniccaṃ, Bhante." "Yaṃ paṇāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?"ti "Dukkhaṃ, Bhante." "Yaṃ paṇāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ: `etaṃ mama, eso'hamasmi, eso me attā?"ti "No hetam, Bhante."

"Vedanā niccā vā aniccā vā?"ti "Aniccā, Bhante." "Yaṃ paṇāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?"ti "Dukkhaṃ, Bhante." "Yaṃ paṇāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ samanupassituṃ: `etaṃ mama, eso'hamasmi, eso me attā?"ti "No hetam, Bhante."

"Saññā niccā vā aniccā vā?"ti "Aniccā, Bhante." "Yaṃ paṇāniccaṃ dukkhaṃ vā taṃ sukhaṃ vā?"ti "Dukkhaṃ, Bhante." "Yaṃ paṇāniccaṃ dukkhaṃ vipariṇāma-dhammaṃ, kallaṃ nu taṃ

samanupassitum: `etaṃ mama, eso`hamasmi, eso me attā?`ti "No hetam, Bhante."

"Saṅkhārā niccā vā aniccā vā?"ti "Aniccā, Bhante."  
"Yaṃ panāniccam dukkham vā taṃ sukham vā?"ti  
"Dukkham, Bhante." "Yaṃ panāniccam dukkham  
vipariṇāma-dhammaṃ, kallaṃ nu taṃ  
samanupassitum: `etaṃ mama, eso`hamasmi, eso me  
attā?`ti "No hetam, Bhante."

"Viññāṇam niccam vā aniccam vā?"ti "Aniccam,  
Bhante." "Yaṃ panāniccam dukkham vā taṃ sukham  
vā?"ti "Dukkham, Bhante." "Yaṃ panāniccam dukkham  
vipariṇāma-dhammaṃ, kallaṃ nu taṃ  
samanupassitum: `etaṃ mama, eso`hamasmi, eso me  
attā?`ti "No hetam, Bhante."

"Tasmātiha, bhikkhave, yaṃ kiñci rūpaṃ  
atītānāgata-paccuppannaṃ ajjhataṃ vā bahiddhā vā  
oḷārikaṃ vā sukhumāṃ vā hīnaṃ vā paṇītaṃ vā yaṃ  
dūre santike vā, sabbam rūpaṃ `netam mama,  
neso`hamasmi, na meso attā`ti evametaṃ yathā-  
bhūtaṃ sammappaññāya datṭhabbam.

"Yā kāci vedanā atītānāgata-paccuppannā ajjhata  
vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇīta  
vā yā dūre santike vā, sabbā vedanā `netam mama,  
neso`hamasmi, na meso attā`ti evametaṃ yathā-  
bhūtaṃ sammappaññāya datṭhabbam.

"Yā kāci saññā atītānāgata-paccuppannā ajjhata vā  
bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇīta vā  
yā dūre santike vā, sabbā saññā `netam mama,  
neso`hamasmi, na meso attā`ti evametaṃ yathā-  
bhūtaṃ sammappaññāya datṭhabbam.

“Ye keci saṅkhārā atītānāgata-paccuppannā ajjhattā  
vā bahiddhā vā oḷārikā vā sukhumā vā hīnā vā paṇītā  
vā ye dūre santike vā, sabbe saṅkhārā `netarṃ mama,  
neso`hamasmi, na meso attā`ti evametaṃ yathā-  
bhūtaṃ sammappaññāya datṭhabbaṃ.

“Yaṃ kiñci viññāṇaṃ atītānāgata-paccuppannaṃ  
ajjhattaṃ vā bahiddhā vā oḷārikaṃ vā sukhumarṃ vā  
hīnarṃ vā paṇītaṃ vā yaṃ dūre santike vā, sabbaṃ  
viññāṇaṃ `netarṃ mama, neso`hamasmi, na meso attā`ti  
evametaṃ yathā-bhūtaṃ sammappaññāya  
datṭhabbaṃ.

“Evaṃ passaṃ, bhikkhave, sutavā ariya-sāvako  
rūpasmim`pi nibbindati, vedanāya`pi nibbindati,  
saññāya`pi nibbindati, saṅkhāresu`pi nibbindati,  
viññāṇasmim`pi nibbindati. Nibbindaṃ virajjati; virāgā  
vimuccati. Vimuttasmiṃ vimuttamiti ñāṇaṃ hoti: `Khīṇā  
jāti, vusitaṃ brahma-cariyaṃ, kataṃ karaṇīyaṃ,  
nāparaṃ itthattāyā`ti pajānāti`ti.

Idamavoca Bhagavā. Attamanā pañcavaggiyā  
bhikkhū Bhagavato bhāsitaṃ abhinandurṃ. Imasmiñca  
pana veyyākaraṇasmim bhaññamāne pañcavaggiyānaṃ  
bhikkhūnaṃ anupādāya āsavehi cittāni vimuccimsū`ti.

*Etena sacca-vajjena, sotthi te hotu sabbadā.*

*Etena sacca-vajjena, sabba-rogo vinassatu.*

*Etena sacca-vajjena, hotu te jaya-maṅgalam.*



## Jaya Paritta

Mahā-kāruṇiko nātho hitāya sabba-pāṇinaṃ  
Pūretvā pāramī sabbā patto sambodhimuttamaṃ.  
Etena sacca-vajjena sotthi te hotu sabbadā.

Jayanto bodhiyā mule Sakyānaṃ nandivuddhano,  
Evameva jayo hotu jayassu jaya-maṅgale.

Aparājita-pallaṅke sīse puthuvipukkhole,  
Abhiseke sabbabuddhānaṃ aggapatto pamodati.

Sunakkhattaṃ sumaṅgalaṃ suppabhātaṃ suhuṭṭhitaṃ;  
Sukhaṇo sumuhutto ca, suyitṭhaṃ brahmacārisu.  
Padakkhiṇaṃ kāyakammaṃ, vācākammaṃ  
padakkhiṇaṃ;  
Padakkhiṇaṃ manokammaṃ, paṇidhi te padakkhiṇe.

Padakkhiṇāni katvāna labhantatthe padakkhiṇe.  
Te attha-laddhā sukhitā virūḷhā Buddha-sāsane;  
Arogā sukhitā hotha saha sabbehi ñātibhi.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Ādittasuttam

Evam me sutam: Ekam samayam Bhagava Gayayam viharati Gayasise saddhim bhikkhusahassena. Tatra kho Bhagava bhikkhu amantesi – “Sabbam, bhikkhave, adittam. Kiñca, bhikkhave, sabbam adittam?

“Cakkhu, bhikkhave, adittam, rupā adittā, cakkhu-viññāṇam adittam, cakkhusamphasso aditto. Yam’pidam cakkhusamphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam’pi adittam. Kena adittam? ‘Rāgagginā dosagginā mohagginā adittam, jātiyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi adittan’ti vadāmi.

“Sotam adittam, saddā adittā, sota-viññāṇam adittam, sota-samphasso aditto. Yam’pidam sota-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam’pi adittam. Kena adittam? ‘Rāgagginā dosagginā mohagginā adittam, jātiyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi adittan’ti vadāmi.

“Ghānam adittam, gandhā adittā, ghāna-viññāṇam adittam, ghāna-samphasso aditto. Yam’pidam ghāna-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tam’pi adittam. Kena adittam? ‘Rāgagginā dosagginā mohagginā adittam, jātiyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi adittan’ti vadāmi.

“Jivhā adittā, rasā adittā, jivhā-viññāṇam adittam, jivhā-samphasso aditto. Yam’pidam jivhā-samphassa-

paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā taṃ'pi ādittaṃ. Kena ādittaṃ? 'Rāgagginā dosagginā mohagginā ādittaṃ, jātiyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

"Kāyo āditto, phoṭṭhabbā ādittā, kāya-viññāṇaṃ ādittaṃ, kāya-samphasso āditto. Yam'pidaṃ kāya-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā taṃ'pi ādittaṃ. Kena ādittaṃ? Rāgagginā dosagginā mohagginā ādittaṃ, jātiyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

"Mano āditto, dhammā ādittā, mano-viññāṇaṃ ādittaṃ, mano-samphasso āditto. Yam'pidaṃ mano-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā taṃ'pi ādittaṃ. Kena ādittaṃ? 'Rāgagginā dosagginā mohagginā ādittaṃ, jātiyā jarāya maraṇena sokehi paridevehi dukkhehi domanassehi upāyāsehi ādittan'ti vadāmi.

"Evaṃ passaṃ, bhikkhave, sutavā ariya-sāvako cakkhusmim'pi nibbindati, rūpesu'pi nibbindati, cakkhu-viññāṇe'pi nibbindati, cakkhu-samphasse'pi nibbindati, yam'pidaṃ cakkhu-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim'pi nibbindati.

"Sotasmim'pi nibbindati, saddesu'pi nibbindati, sota-viññāṇe'pi nibbindati, sota-samphasse'pi nibbindati, yam'pidaṃ sota-samphassa-paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā tasmim'pi nibbindati.

“Ghānasmim’pi nibbindati, gandhesu’pi nibbindati, ghānaviññāṇe’pi nibbindati, ghāna-samphasse’pi nibbindati, yam’pidam ghānasamphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Jivhāya’pi nibbindati, rasesu’pi nibbindati, jivhā-viññāṇe’pi nibbindati, jivhā-samphasse’pi nibbindati, yam’pidam jivhā-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Kāyasmim’pi nibbindati, phoṭṭhabbesu’pi nibbindati, kāya-viññāṇe’pi nibbindati, kāya-samphasse’pi nibbindati, yam’pidam kāya-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Manasmim’pi nibbindati, dhammesu’pi nibbindati, mano-viññāṇe’pi nibbindati, mano-samphasse’pi nibbindati, yam’pidam mano-samphassa-paccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmim’pi nibbindati.

“Nibbindam virajjati; virāgā vimuccati; vimuttasmim vimuttamiti ñāṇam hoti. ‘Khīṇā jāti, vusitam brahmacariyam, kataṃ karaṇīyam, nāparam itthattāyā’ti pajānāti’ti. Idamavoca Bhagavā. Attamanā te bhikkhū Bhagavato bhāsitaṃ abhinandunṃ. Imasmiñca pana veyyākaraṇasmim bhaññamāne tassa bhikkhu-sahassassa anupādāya āsavehi cittāni vimuccimsū’ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalam.*

## Maṅgalasuttam

Yaṃ maṅgalam dvādasahi cintayimsu sadevakā,  
Sotthānam nādhigacchanti aṭṭhattimsaṅca maṅgalam

Desitam devadevena sabbapāpavināsanam,  
Sabbalokahitattāya maṅgalam tam bhaṇāma he.

Evam me sutam – ekam samayam bhagavā  
sāvattiyam viharati jetavane anāthapiṇḍikassa ārāme.  
Atha kho aññatarā devatā abhikkantāya rattiyā  
abhikkantavaṇṇā kevalakappam jetavanam obhāsetvā  
yena bhagavā tenupasaṅkami; upasaṅkamitvā  
bhagavantam abhivādetvā ekamantam aṭṭhāsi.  
Ekamantam ṭhitā kho sā devatā bhagavantam gāthāya  
ajjhabhāsi –

“Bahū devā manussā ca, maṅgalāni acintayum;  
Ākaṅkhamānā sotthānam, brūhi maṅgalamuttamam.”

“Asevanā ca bālānam, paṇḍitānaṅca sevanā;  
Pūjā ca pūjaneyyānam, etam maṅgalamuttamam.

“Patirūpadesavāso ca, pubbe ca katapuññatā;  
Attasammāpaṇidhi ca, etam maṅgalamuttamam.

“Bāhusaccaṅca sippaṅca, vinayo ca susikkhito;  
Subhāsītā ca yā vācā, etam maṅgalamuttamam.

“Mātāpitu upaṭṭhānaṃ, puttadārassa saṅgaho;  
Anākulā ca kammantā, etaṃ maṅgalamuttamaṃ.

“Dānañca dhammacariyā ca, ñātakānañca saṅgaho;  
Anavajjāni kammāni, etaṃ maṅgalamuttamaṃ.

“Āratī viratī pāpā, majjapānā ca saṃyamo;  
Appamādo ca dhammesu, etaṃ maṅgalamuttamaṃ.

“Gāravo ca nivāto ca, santuṭṭhi ca kataññutā;  
Kālena dhammassavanaṃ, etaṃ maṅgalamuttamaṃ.

“Khantī ca sovacassatā, samaṇānañca dassanaṃ;  
Kālena dhammasākacchā, etaṃ maṅgalamuttamaṃ.

“Tapo ca brahmacariyañca, ariyasaccāna dassanaṃ;  
Nibbānasacchikiriyā ca, etaṃ maṅgalamuttamaṃ.

“Phuṭṭhassa lokadhammehi, cittaṃ yassa na kampati;  
Asokaṃ virajaṃ khemaṃ, etaṃ maṅgalamuttamaṃ.

“Etādisāni katvāna, sabbatthamaparājītā;  
Sabbattha sotthiṃ gacchanti, taṃ tesāṃ  
maṅgalamuttamaṃ”ti.

*Etena sacca-vajjena, sotthi te hotu sabbadā.  
Etena sacca-vajjena, sabba-rogo vinassatu.  
Etena sacca-vajjena, hotu te jaya-maṅgalaṃ.*

## Ratanasuttaṃ

Paṇidhānato paṭṭhāya, Tathāgatassa dasa pāramiyo,  
Dasa upapāramiyo, dasa paramatthapāramiyoti  
Samatiṃsa pāramiyo, pañca mahāpariccāge,  
Lokatthacariyaṃ ñātatthacariyaṃ buddhatthacariyanti  
Tisso cariyāyo pacchimabhave gabbhavokkantim  
Jātim abhinikkhamanaṃ padhānacariyaṃ bodhipallaṅke  
Māravijayaṃ sabbaññutaññāṇappaṭivedhaṃ  
Dhammacakkappavattanaṃ, nava lokuttaradhammeti  
Sabbepiṃme Buddhaguṇe āvajjetvā Vesāliyā tīsu  
pākārañtesu tiyāmarattim parittaṃ karonto  
Āyasmā Ānandatthero viya kāruññacittam upaṭṭhapetvā  
Koṭīsatasahassesu cakkavāḷesu devatā  
Yassāṇaṃ paṭiggaṇhanti yañca Vesāliyā pure.

Rogāmanussadubbhikkhasambhūtaṃ tividhaṃ bhayaṃ  
Khippamantaradhāpesi, parittaṃ taṃ bhaṇāma he.

Yānidha bhūtāni samāgatāni,  
Bhummaṇi vā yāni va antalikkhe;  
Sabbeva bhūtā sumanā bhavantu,  
Athopi sakkacca suṇantu bhāsitaṃ.

Tasmā hi bhūtā nisāmetha sabbe,  
Mettaṃ karotha mānusiya pajāya;  
Divā ca ratto ca haranti ye balim,  
Tasmā hi ne rakkhatha appamattā.

Yaṃ kiñci vittaṃ idha vā huram vā,  
Saggesu vā yaṃ ratanaṃ paṇītaṃ;  
Na no samaṃ atthi tathāgatena,  
Idampi buddhe ratanaṃ paṇītaṃ;  
Etena saccena suvatthi hotu.

Khayaṃ virāgaṃ amataṃ paṇītaṃ,  
Yadajjhagā sakyamunī samāhito;  
Na tena dhammena samatthi kiñci,  
Idampi dhamme ratanaṃ paṇītaṃ;  
Etena saccena suvatthi hotu.

Yaṃ buddhasett̃ho parivaṇṇayī sucim,  
Samādhimānantarikaññamāhu;  
Samādhinā tena samo na vijjati,  
Idampi dhamme ratanaṃ paṇītaṃ;  
Etena saccena suvatthi hotu.

Ye puggalā aṭṭha satam pasatthā,  
Cattāri etāni yugāni honti;  
Te dakkhiṇeyyā sugatassa sāvakā,  
Etesu dinnāni mahapphalāni;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Ye suppayuttā manasā daḷhena,  
Nikkāmino gotamasāsanamhi;  
Te pattipattā amataṃ vigayha,  
Laddhā mudhā nibbutim bhuñjamānā;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Yathindakhīlo pathavissito siyā,  
Catubbhi vātehi asampakampiyo;  
Tathūpamaṃ sappurisaṃ vadāmi,  
Yo ariyasaccāni avecca passati;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.



Ye ariyasaccāni vibhāvayanti,  
Gambhīrapaññaena sudesitāni;  
Kiñcāpi te honti bhusaṃ pamattā,  
Na te bhavaṃ atṭhamamādiyanti;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Sahāvassa dassanasampadāya,  
Tayassu dhammā jahitā bhavanti;  
Sakkāyadiṭṭhī vicikicchitañca,  
Sīlabbataṃ vāpi yadatthi kiñci.  
Catūhapāyehi ca vipṇamutto,  
Chaccābhiṭṭhānāni abhabba kāturaṃ;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Kiñcāpi so kamma karoti pāpakaṃ,  
Kāyena vācā uda cetasā vā;  
Abhabba so tassa paṭicchadāya,  
Abhabbatā diṭṭhapadassa vuttā;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Vanappagumbe yatha phussitagge,  
Gimhānamāse paṭhamasmiraṃ gimhe;  
Tathūpamaṃ dhammavaraṃ adesayi,  
Nibbānagāmirāṃ paramaṃ hitāya;  
Idampi buddhe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Varo varaññū varado varāharo,  
Anuttaro dhammavaraṃ adesayi;  
Idampi buddhe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Khīṇaṃ purāṇaṃ nava natthi sambhavaṃ,  
Virattacittāyatike bhavasmiṃ;  
Te khīṇabijā avirūhichandā,  
Nibbanti dhīrā yathāyaṃ paḍīpo;  
Idampi saṅghe ratanaṃ paṇītaṃ,  
Etena saccena suvatthi hotu.

Yānīdha bhūtāni samāgatāni,  
Bhummāni vā yāni va antalikkhe;  
Tathāgataṃ devamanussapūjitaṃ  
Buddhaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni  
Bhummāni vā yāni va antalikkhe;  
Tathāgataṃ devamanussapūjitaṃ  
Dhammaṃ namassāma suvatthi hotu.

Yānīdha bhūtāni samāgatāni  
Bhummāni vā yāni va antalikkhe;  
Tathāgataṃ devamanussapūjitaṃ  
Saṅghaṃ namassāma suvatthi hotu.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## **Paṭiccasamuppādavibhaṅgo**

### **Suttantabhājanīyaṃ**

Avijjāpaccayā saṅkhārā, saṅkhārapaccayā  
viññāṇaṃ, viññāṇapaccayā nāmarūpaṃ, nāmarūpa-  
paccayā saḷāyatanāṃ, saḷāyatanapaccayā phasso,  
phassapaccayā vedanā, vedanāpaccayā taṇhā, taṇhā-

paccayā upādānaṃ, upādānapaccayā bhavo, bhava-paccayā jāti, jātipaccayā jarāmaṇaṃ sokaparideva-dukkhadomanassupāyāsā sambhavanti. Evametassa kevalassa dukkhakkhandhassa samudayo hoti.

Tattha katamā avijjā? Dukkhe aññāṇaṃ, dukkha-samudaye aññāṇaṃ, dukkhanirodhe aññāṇaṃ, dukkhanirodhagāminiyā paṭipadāya aññāṇaṃ: ayaṃ vuccati "avijjā". Tattha katame avijjāpaccayā saṅkhārā? Puññābhisaṅkhāro, apuññābhisaṅkhāro, āneñjābhisāṅkhāro, kāyasaṅkhāro, vacīsaṅkhāro, cittasaṅkhāro.

Tattha katamo puññābhisaṅkhāro? Kusalā cetaṇā kāmāvacarā rūpāvacarā dānamayā sīlamayā bhāvanāmayā: ayaṃ vuccati "puññābhisaṅkhāro".

Tattha katamo apuññābhisaṅkhāro? Akusalā cetaṇā kāmāvacarā: ayaṃ vuccati "apuññābhisaṅkhāro".

Tattha katamo āneñjābhisāṅkhāro? Kusalā cetaṇā arūpāvacarā: ayaṃ vuccati "āneñjābhisāṅkhāro".

Tattha katamo kāyasaṅkhāro? Kāyasañcetaṇā kaya-sāṅkhāro, vacīsañcetaṇā vacīsaṅkhāro, manosañcetaṇā cittasaṅkhāro. Ime vuccanti "avijjāpaccayā saṅkhārā".

Tattha katamaṃ saṅkhārapaccayā viññāṇaṃ? Cakkhaviññāṇaṃ, sotaviññāṇaṃ, ghānaviññāṇaṃ, jivhāviññāṇaṃ, kāyaviññāṇaṃ, manoviññāṇaṃ: idaṃ vuccati "saṅkhārapaccayā viññāṇaṃ".

Tattha katamaṃ viññāṇapaccayā nāmarūpaṃ? Atthi nāmaṃ, atthi rūpaṃ. Tattha katamaṃ nāmaṃ? Vedanākkhandho, saññākkhandho, saṅkhārakkhandho: idaṃ vuccati "nāmaṃ". Tattha katamaṃ rūpaṃ? Cattāro mahābhūtā, catunnañca mahābhūtānaṃ upādāya rūpaṃ: idaṃ vuccati "rūpaṃ". Iti idaṅca

nāmaṃ, idañca rūpaṃ. Idaṃ vuccati “viññāṇapaccayā nāmarūpaṃ”.

Tattha katamaṃ nāmarūpapaccayā saḷāyatanam? Cakkhāyatanam, sotāyatanam, ghāṇāyatanam, jivhāyatanam, kāyāyatanam, manāyatanam: idaṃ vuccati “nāmarūpapaccayā saḷāyatanam”.

Tattha katamo saḷāyatanapaccayā phasso? Cakkhusamphasso sotasamphasso ghānasamphasso jivhāsamphasso kāyasamphasso manosamphasso: ayaṃ vuccati “saḷāyatanapaccayā phasso”.

Tattha katamā phassapaccayā vedanā? Cakkhusamphassajā vedanā, sotasamphassajā vedanā, ghānasamphassajā vedanā, jivhāsamphassajā vedanā, kāyasamphassajā vedanā, manosamphassajā vedanā: ayaṃ vuccati “phassapaccayā vedanā”.

Tattha katamā vedanāpaccayā taṇhā? Rūpatañhā, saddatañhā, gandhatañhā, rasatañhā, phoṭṭhabbatañhā, dhammatañhā: ayaṃ vuccati “vedanāpaccayā tañhā”.

Tattha katamaṃ tañhāpaccayā upādānam? Kāmupādānam, diṭṭhupādānam, sīlabbatupādānam, attavadupādānam: idaṃ vuccati “tañhāpaccayā upādānam”. Tattha katamo upādānapaccayā bhavo? Bhavo duvidhena: atthi kammabhavo, atthi upapattibhavo. Tattha katamo kammabhavo? Puññābhisaṅkhāro, apuññābhisaṅkhāro, āneñjābhisaṅkhāro: ayaṃ vuccati “kammabhavo”. Sabbampi bhavagāmikammaṃ kammabhavo.

Tattha katamo upapattibhavo? Kāmabhavo, rūpabhavo, arūpabhavo, saññābhavo, asaññābhavo,

nevasaññānāsaññābhavo, ekavokārabhavo, catuvokārabhavo, pañcavokārabhavo: ayaṃ vuccati "upapattibhavo". Iti ayañca kammabhavo, ayañca upapattibhavo. Ayaṃ vuccati "upādānapaccayā bhavo".

Tattha katamā bhavapaccayā jāti? Yā tesāṃ tesāṃ sattānaṃ tamhi tamhi sattanikāye jāti sañjāti okkanti abhinibbatti, khandhānaṃ pātubhāvo, āyatanānaṃ paṭilābho: ayaṃ vuccati "bhavapaccayā jāti".

Tattha katamaṃ jātipaccayā jarāmarāṇaṃ? Atthi jarā, atthi marāṇaṃ. Tattha katamā jarā? Yā tesāṃ tesāṃ sattānaṃ tamhi tamhi sattanikāye jarā jiraṇatā khaṇḍiccaṃ pāliccaṃ valittacatā āyuno saṃhāni indriyānaṃ paripāko: ayaṃ vuccati "jarā".

Tattha katamaṃ marāṇaṃ? Yā tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā bhedo antaradhānaṃ maccu marāṇaṃ kālakiriyā khandhānaṃ bhedo kaḷavarassa nikkhepo jīvitindriyassupacchedo: idaṃ vuccati "marāṇaṃ". Iti ayañca jarā, idañca marāṇaṃ. Idaṃ vuccati "jātipaccayā jarāmarāṇaṃ".

Tattha katamo soko? Ñātibyaśanena vā phutṭhassa, bhogabyaśanena vā phutṭhassa, rogabyaśanena vā phutṭhassa, sīlabyaśanena vā phutṭhassa, ditṭhibyaśanena vā phutṭhassa, aññataraññatarena byaśanena samannā-gatassa, aññataraññatarena dukkhadhammena phutṭhassa soko socanā socitattaṃ antosoko antoparisoko cetaso pariññhāyanā domanassaṃ sokasallaṃ: ayaṃ vuccati "soko".

Tattha katamo paridevo? Ñātibyaśanena vā phutṭhassa, bhogabyaśanena vā phutṭhassa,

rogabyasanena vā phuṭṭhassa, sīlabyasanena vā phuṭṭhassa, diṭṭhibyasanena vā phuṭṭhassa, aññataraññatarena byasanena samannāgatassa, aññataraññatarena dukkhadhammena phuṭṭhassa ādevo paridevo ādevanā paridevanā ādevitattam paridevitattam vācā palāpo vippalāpo lālapo lālappanā lālappitattam: ayam vuccati paridevo”.

Tattha katamam dukkham? Yam kāyikam asātam kāyikam dukkham kāyasamphassajam asātam dukkham vedayitam kāyasamphassajā asātā dukkhā vedanā: idam vuccati “dukkham”.

Tattha katamam domanassam? Yam cetasikam asātam, cetasikam dukkham, cetosamphassajam asātam dukkham vedayitam, cetosamphassajā asātā dukkhā vedanā: idam vuccati “domanassam”.

Tattha katamo upāyāso? Nātibyasanena vā phuṭṭhassa, bhogabyasanena vā phuṭṭhassa, roga-byasanena vā phuṭṭhassa, sīlabyasanena vā phuṭṭhassa, diṭṭhibyasanena vā phuṭṭhassa, aññataraññatarena byasanena samannāgatassa, aññataraññatarena dukkhadhammena phuṭṭhassa āyāso upāyāso āyāsittam upāyāsittam: ayam vuccati “upāyāso”.

Evametassa kevalassa dukkhakkhandhassa samudayo hotīti, evametassa kevalassa dukkhakkhandhassa saṅgati hoti, samāgamo hoti, samodhānam hoti, pātubhāvo hoti. Tena vuccati “evametassa kevalassa dukkhakkhandhassa samudayo hotī”ti.

*Etena saccavajjena dukkhā vūpasamentu te.*

*Etena saccavajjena bhayā vūpasamentu te.*

*Etena saccavajjena sokā vūpasamentu te.*

## Dhammasaṅgaṇī Tikamātikā

1. Kusalā dhammā. Akusalā dhammā. Abyākatā dhammā.
2. Sukhāya vedanāya sampayuttā dhammā. Dukkāya vedanāya sampayuttā dhammā. Adukkhamasukhāya vedanāya sampayuttā dhammā.
3. Vipākā dhammā. Vipākadhammadhammā. Nevavipāka-navipākadhammadhammā.
4. Upādiṇṇupādāniyā dhammā. Anupādiṇṇupādāniyā dhammā. Anupādiṇṇa-anupādāniyā dhammā.
5. Saṃkiliṭṭha-saṃkilesikā dhammā. Asaṃkiliṭṭha-saṃkilesikā dhammā. Asaṃkiliṭṭha-asāṃkilesikā dhammā.
6. Savitakka-savicārā dhammā. Avitakka-vicāramattā dhammā. Avitakka-avicārā dhammā.
7. Pīisahagatā dhammā. Sukhasahagatā dhammā. Upekkhāsahagatā dhammā.
8. Dassanena pahātabbā dhammā. Bhāvanāya pahātabbā dhammā. Neva dassanena na bhāvanāya pahātabbā dhammā.
9. Dassanena pahātabbahetukā dhammā. Bhāvanāya pahātabbahetukā dhammā. Neva dassanena na bhāvanāya pahātabbahetukā dhammā.
10. Ācayagāmino dhammā. Apacayagāmino dhammā. Nevācayagāmi-nāpacayagāmino dhammā.
11. Sekkhā dhammā. Asekkhā dhammā. Nevasekkhā-nāsekkhā dhammā.
12. Parittā dhammā. Mahaggatā dhammā. Appamāṇā dhammā.

13. Parittārammaṇā dhammā. Mahaggaṭārammaṇā dhammā. Appamāṇārammaṇā dhammā.
14. Hīnā dhammā. Majjhimā dhammā. Paṇīṭā dhammā.
15. Micchatta-niyatā dhammā. Sammatta-niyatā dhammā. Aniyatā dhammā.
16. Maggārammaṇā dhammā. Maggaḥetukā dhammā. Maggādhipatino dhammā.
17. Uppannā dhammā. Anuppannā dhammā. Uppādino dhammā.
18. Atītā dhammā. Anāgatā dhammā. Paccuppannā dhammā.
19. Atītārammaṇā dhammā. Anāgaṭārammaṇā dhammā. Paccuppannārammaṇā dhammā.
20. Ajjhattā dhammā. Bahiddhā dhammā. Ajjhatabhiddhā dhammā.
21. Ajjhattārammaṇā dhammā. Bahiddhārammaṇā dhammā. Ajjhatabhiddhārammaṇā dhammā.
22. Sanidassana-sappaṭighā dhammā. Anidassana-sappaṭighā dhammā. Anidassana-appaṭighā dhammā.

*Etena saccavajjena dukkhā vūpasamentu te.*

*Etena saccavajjena bhayā vūpasamentu te.*

*Etena saccavajjena sokā vūpasamentu te.*



## Tirokuṭṭasuttam

Tirokuṭṭesu tiṭṭhanti, sandhisiṅghāṭakesu ca;  
Dvārabāhāsu tiṭṭhanti, āgantvāna sakam gharam.

Pahūte annapānamhi, khajjabhojje upatṭhite;  
Na tesam koci sarati, sattānam kammaṭṭaccayā.

Evam dadanti ñātīnam, ye honti anukampakā;  
Suciṁ paṇītam kālena, kappiyam pānabhojanam;  
Idam vo ñātīnam hotu, sukhitā hontu ñātayo.

Te ca tattha samāgantvā, ñātipetā samāgatā;  
Pahūte annapānamhi, sakkaccam anumodare.

Ciram jīvantu no ñātī, yesam hetu labhāmase;  
Amhākañca katā pūjā, dāyakā ca anipphalā.

Na hi tattha kasi atthi, gorakkhettha na vijjati;  
Vaṇijjā tādisī natthi, hiraññaena kayokayam;  
Ito dinnena yāpenti, petā kālaṅkatā tahiṁ.

Unname udakam vuṭṭham, yathā ninnam pavattati;  
Evameva ito dinnam, petānam upakappati.

Yathā vārivahā pūrā, paripūrenti sāgaram;  
Evameva ito dinnam, petānam upakappati.

Adāsi me akāsi me, ñātimittā sakhā ca me;  
Petānam dakkhiṇam dajjā, pubbe katamanussaram.

Na hi ruṇṇaṃ vā soko vā, yā caññā paridevaṇā;  
Na taṃ petānamatthāya, evaṃ tiṭṭhanti ñātayo.

Ayañca kho dakkhiṇā dinnā, saṅghamhi suppatiṭṭhitā;  
Dīgharattaṃ hitāyassa, ṭhānaso upakappati.

So ñātidhammo ca ayaṃ nidassito, petāna pūjā ca katā  
ulārā;  
Balañca bhikkhūnamanuppadinnaṃ, tumhehi puññaṃ  
pasutaṃ anappakanti.

*Etena saccavajjena dukkhā vūpasamentu te.*  
*Etena saccavajjena bhayā vūpasamentu te.*  
*Etena saccavajjena sokā vūpasamentu te.*

## **Dhammapada Verses of Reality of Life**

Aciraṃ vatayaṃ kāyo, pathaviṃ adhisessati;  
Chuddho apetaviññāṇo, niratthamva kaliṅgaram.

Ko nu hāso kimānando, niccaṃ pajjalite sati;  
Andhakārena onaddhā, padīpaṃ na gavesatha.

Parijīṇṇamidaṃ rūpaṃ, rogaṇīlaṃ pabhaṅguraṃ;  
Bhijjati pūṭisandeho, maraṇantañhi jīvitaṃ.

Paṇḍupalāsova dānisi, yamapurisāpi ca te upaṭṭhitā;  
Uyyogamukhe ca tiṭṭhasi, pātheyyampi ca te na vijjati.

So karohi dīpamattano, khippaṃ vāyama paṇḍito bhava;  
Niddhantamalo anaṅgaṇo, dibbaṃ ariyabhūmiṃ upehisi.

Upanītavayo ca dānisi, sampayātosī yamassa santike;  
Vāso te natthi antarā, pātheyyampi ca te na vijjati.

So karohi dīpamattano, khippaṃ vāyama paṇḍito bhava;  
Niddhantamalo anaṅgaṇo, na punaṃ jātijaraṃ upehisi.

“Sabbe saṅkhārā aniccā”ti, yadā paññāya passati;  
Atha nibbindati dukkhe, esa maggo visuddhiyā.

“Sabbe saṅkhārā dukkha”ti, yadā paññāya passati;  
Atha nibbindati dukkhe, esa maggo visuddhiyā.

“Sabbe dhammā anattā”ti, yadā paññāya passati;  
Atha nibbindati dukkhe, esa maggo visuddhiyā.

Na santi puttā tāṇāya, na pitā nāpi bandhavā;  
Antakenādhīpannessa, natthi ñātīsu tāṇatā.

Etamatthavasaraṃ ñatvā, paṇḍito sīlasamvuto;  
Nibbānagamanaṃ maggaṃ, khippameva visodhaye.

*Etena saccavajjena dukkhā vūpasamentu te.*

*Etena saccavajjena bhayā vūpasamentu te.*

*Etena saccavajjena sokā vūpasamentu te.*

## Bojjhaṅgasuttaṃ

Saṃsāre saṃsarantānaṃ, sabbadukkhavināsaṇe,  
Satta dhamme ca bojjhaṅge, mārasenāpamaddane,

Bujjhivā ye cime sattā, tibhavā muttakuttamā,  
Ajātimajarābyādhiṃ, amataṃ nibbhayaṃ gatā.

Evamādiguṇūpetam, anekaguṇasaṅgham,  
Osadhañca imaṃ mantam, bojjhaṅgañca bhaṅāma he.

Bojjhaṅgo satisaṅkhāto, dhammānaṃ vicayo tathā,  
Vīriyaṃ pīti passaddhi, bojjhaṅgā ca tathāpare,

Samādhupekkhā bojjhaṅga, sattete sabba-dassinā,  
Muninā sammadakkhātā, bhāvitā bahulikatā,

Samvattanti abhiññāya, nibbānāya ca bodhiyā,  
Etena sacca-vajjena, sotthi te hotu sabbadā.

Ekasmim samaye Nātho, Moggallānañca Kassapaṃ,  
Gilāne dukkhite disvā, bojjhaṅge satta desayi.

Te ca taṃ abhinanditvā, rogā muccimsu taṅkhaṇe.  
Etena sacca-vajjena, sotthi te hotu sabbadā.

Ekadā Dhammarājā'pi, gelaññenābhipīlito,  
Cundattherena taṃyeva, bhaṅāpetvāna sādaram.

Sammoditvāna ābādhā, tamhā vuṭṭhāsi ṭhānaso.  
Etena sacca-vajjena, sotthi te hotu sabbadā.

Pahinā te ca ābādhā, tiṇṇannam'pi Mahesinam,  
Maggahatā kilesāva, pattānuppatti-dhammatam.  
Etena sacca-vajjena, sotthi te hotu sabbadā.

*Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalam.*

## **Jayamaṅgala-Gāthā**

Bāhurū sahasamabhiniṃmita-sāyudham tam,  
Girimekhalam uditā-ghora-sasena-Māram,  
Dānādi-dhamma-vidhinā jitavā Munindo,  
Tam tejasā bhavatu te jaya-maṅgalāni!

Mārātirekamabhiyujjhita-sabba-rattim,  
Ghoram panĀlavakamakkhama-thaddha-yakkham,  
Khantī-sudanta-vidhinā jitavā Munindo,  
Tam tejasā bhavatu te jaya-maṅgalāni!

Nālāgirim gaja-varam atimatta-bhūtam,  
Dāvaggi-cakkamasanī'va sudāruṇam tam,  
Mettambu-seka-vidhinā jitavā Munindo,  
Tam tejasā bhavatu te jaya-maṅgalāni!

Ukkhitta-khagga-mati-hattha-sudāruṇam tam,  
Dhāvam ti-yojana-pathaṅguli-mālavantam,  
Iddhībhisaṅkhatamano jitavā Munindo,  
Tam tejasā bhavatu te jaya-maṅgalāni!

Katvāna katṭhamudaraṃ iva gabbhiniyā,  
Ciñcāya duṭṭha-vacanaṃ jana-kāya-majjhe,  
Santena soma-vidhinā jitavā Munindo,  
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Saccaṃ vihāya mati'Saccaka-vāda-ketuṃ,  
Vādābhiropitamaṇaṃ ati-andha-bhūtaṃ,  
Paññā-padīpa-jalito jitavā Munindo,  
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Nandopananda-bhujagaṃ vibudhaṃ mahiddhiṃ,  
Puttena thera-bhujagena damāpayanto,  
Iddhūpadesa-vidhinā jitavā Munindo,  
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Duggāha-ditṭhi'bhujagena sudatṭha-hatthaṃ,  
Brahmaṃ visuddhi-jutimiddhi-Bakābhiddhānaṃ,  
Ñāṇāgadena vidhinā jitavā Munindo,  
Taṃ tejasā bhavatu te jaya-maṅgalāni!

Etā'pi Buddha-jaya-maṅgala-aṭṭha-gāthā,  
Yo vācako dina-dine saratematandī,  
Hitvānaneka-vividhāni cupaddavāni,  
Mokkhaṃ sukhaṃ adhigameyya naro sapañño'ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

# Paṭṭhāna

Hetupaccayo, ārammaṇapaccayo, adhipatipaccayo, anantarapaccayo, samanantarapaccayo, saha-jāta-paccayo, añña-mañña-paccayo, nissayapaccayo, upanissayapaccayo, purejātapaccayo, pacchājāta-paccayo, āsevanapaccayo, kamma-paccayo, vipāka-paccayo, āhāra-paccayo, indriya-paccayo, jhāna-paccayo, magga-paccayo, sampayutta-paccayo, vippayutta-paccayo, atthi-paccayo, natthi-paccayo, viga-ta-paccayo, aviga-ta-paccayoti.

**1. Hetupaccayoti** – hetū hetusampayuttakānaṃ dhammānaṃ taṃsamuttāhānaṃ rūpānaṃ hetu-paccayena paccayo.

**2. Ārammaṇapaccayoti** – rūpāyatanānaṃ cakkhaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo. Saddāyatanānaṃ sotaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo. Gandhāyatanānaṃ ghānaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo. Rasāyatanānaṃ jivhāviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo. Phoṭṭhabbāyatanānaṃ kayaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo. Rūpāyatanānaṃ saddāyatanānaṃ gandhāyatanānaṃ rasāyatanānaṃ phoṭṭhabbāyatanānaṃ manodhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo. Sabbe dhammānaṃ manoviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ ārammaṇapaccayena paccayo.

Yaṃ yaṃ dhammaṃ ārabha ye ye dhammā  
uppajjanti cittacetasikā dhammā, te te dhammā tesarṃ  
tesarṃ dhammānaṃ ārammaṇapaccayena paccayo.

**3. Adhipatipaccayoti** – chandādhipati chanda-  
sampayuttakānaṃ dhammānaṃ taṃsamuttahānānañca  
rūpānaṃ adhipatipaccayena paccayo. Viriyādhipati viriya-  
sampayuttakānaṃ dhammānaṃ taṃsamuttahānānañca  
rūpānaṃ adhipatipaccayena paccayo. Cittādhipati citta-  
sampayuttakānaṃ dhammānaṃ taṃsamuttahānānañca  
rūpānaṃ adhipatipaccayena paccayo. Vīmaṃsādhipati  
vīmaṃsasampayuttakānaṃ dhammānaṃ taṃsamuttahā-  
nānañca rūpānaṃ adhipatipaccayena paccayo.

Yaṃ yaṃ dhammaṃ garuṃ katvā ye ye dhammā  
uppajjanti cittacetasikā dhammā, te te dhammā tesarṃ  
tesarṃ dhammānaṃ adhipatipaccayena paccayo.

**4. Anantarapaccayoti** – cakkhaviññāṇadhātu  
taṃsampayuttakā ca dhammā manodhātuyā taṃ-  
sampayuttakānañca dhammānaṃ anantarapaccayena  
paccayo. Manodhātu taṃsampayuttakā ca dhammā  
manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ anantarapaccayena paccayo.

Sotaviññāṇadhātu taṃsampayuttakā ca dhammā  
manodhātuyā taṃsampayuttakānañca dhammānaṃ  
anantarapaccayena paccayo. Manodhātu  
taṃsampayuttakā ca dhammā manoviññāṇadhātuyā  
taṃsampayuttakānañca dhammānaṃ anantara-  
paccayena paccayo.

Ghānaviññāṇadhātu taṃsampayuttakā ca dhammā  
manodhātuyā taṃsampayuttakānañca dhammānaṃ  
anantarapaccayena paccayo. Manodhātu taṃsampa-



yuttakā ca dhammā manoviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānaṁ anantarapaccayena paccayo.

Jivhāviññāṇadhātu taṁsampayuttakā ca dhammā  
manodhātuyā taṁsampayuttakānañca dhammānaṁ  
anantarapaccayena paccayo. Manodhātu taṁsampa-  
yuttakā ca dhammā manoviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānaṁ anantarapaccayena paccayo.

Kāyaviññāṇadhātu taṁsampayuttakā ca dhammā  
manodhātuyā taṁsampayuttakānañca dhammānaṁ  
anantarapaccayena paccayo. Manodhātu taṁsampa-  
yuttakā ca dhammā manoviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānaṁ anantarapaccayena paccayo.

Purimā purimā kusalā dhammā pacchimānaṁ  
pacchimānaṁ kusalānaṁ dhammānaṁ anantara-  
paccayena paccayo. Purimā purimā kusalā dhammā  
pacchimānaṁ pacchimānaṁ abyākatānaṁ dhammānaṁ  
anantarapaccayena paccayo.

Purimā purimā akusalā dhammā pacchimānaṁ  
pacchimānaṁ akusalānaṁ dhammānaṁ anantara-  
paccayena paccayo. Purimā purimā akusalā dhammā  
pacchimānaṁ pacchimānaṁ abyākatānaṁ  
dhammānaṁ anantarapaccayena paccayo.

Purimā purimā abyākatā dhammā pacchimānaṁ  
pacchimānaṁ abyākatānaṁ dhammānaṁ anantara-  
paccayena paccayo. Purimā purimā abyākatā dhammā  
pacchimānaṁ pacchimānaṁ kusalānaṁ dhammānaṁ  
anantarapaccayena paccayo. Purimā purimā abyākatā  
dhammā pacchimānaṁ pacchimānaṁ akusalānaṁ  
dhammānaṁ anantarapaccayena paccayo.

Yesarñ yesarñ dhammānañ anantarā ye ye dhammā  
uppajjanti cittacetāsikā dhammā, te te dhammā tesarñ  
tesarñ dhammānañ anantarapaccayena paccayo.

**5. Samanantarapaccayoti** – cakkhaviññāṇadhātu  
tañsampayuttakā ca dhammā manodhātuyā  
tañsampayuttakānañca dhammānañ samanantara-  
paccayena paccayo. Manodhātu tañsampayuttakā ca  
dhammā manoviññāṇadhātuyā tañsampayuttakānañca  
dhammānañ samanantara-paccayena paccayo.

Sotaviññāṇadhātu tañsampayuttakā ca dhammā  
manodhātuyā tañsampayuttakānañca dhammānañ  
samanantarapaccayena paccayo. Manodhātu  
tañsampayuttakā ca dhammā manoviññāṇadhātuyā  
tañsampayuttakānañca dhammānañ samanantara-  
paccayena paccayo.

Ghānaviññāṇadhātu tañsampayuttakā ca dhammā  
manodhātuyā tañsampayuttakānañca dhammānañ  
samanantarapaccayena paccayo. Manodhātu  
tañsampayuttakā ca dhammā manoviññāṇadhātuyā  
tañsampayuttakānañca dhammānañ samanantara-  
paccayena paccayo.

Jivhāviññāṇadhātu tañsampayuttakā ca dhammā  
manodhātuyā tañsampayuttakānañca dhammānañ  
samanantarapaccayena paccayo. Manodhātu  
tañsampayuttakā ca dhammā manoviññāṇadhātuyā  
tañsampayuttakānañca dhammānañ samanantara-  
paccayena paccayo.

Kāyaviññāṇadhātu tañsampayuttakā ca dhammā  
manodhātuyā tañsampayuttakānañca dhammānañ  
samanantarapaccayena paccayo. Manodhātu

taṁsampayuttakā ca dhammā manoviññāṇadhātuyā  
taṁsampayuttakānañca dhammānaṁ samanantara-  
paccayena paccayo.

Purimā purimā kusalā dhammā pacchimānaṁ  
pacchimānaṁ kusalānaṁ dhammānaṁ samanantara-  
paccayena paccayo. Purimā purimā kusalā dhammā  
pacchimānaṁ pacchimānaṁ abyākatānaṁ  
dhammānaṁ samanantarapaccayena paccayo.

Purimā purimā akusalā dhammā pacchimānaṁ  
pacchimānaṁ akusalānaṁ dhammānaṁ samanantara-  
paccayena paccayo. Purimā purimā akusalā dhammā  
pacchimānaṁ pacchimānaṁ abyākatānaṁ  
dhammānaṁ samanantarapaccayena paccayo.

Purimā purimā abyākatā dhammā pacchimānaṁ  
pacchimānaṁ abyākatānaṁ dhammānaṁ  
samanantara-paccayena paccayo. Purimā purimā  
abyākatā dhammā pacchimānaṁ pacchimānaṁ  
kusalānaṁ dhammānaṁ samanantarapaccayena  
paccayo. Purimā purimā abyākatā dhammā  
pacchimānaṁ pacchimānaṁ akusalānaṁ dhammānaṁ  
samanantarapaccayena paccayo.

Yesaṁ yesaṁ dhammānaṁ samanantarā ye ye  
dhammā uppajjanti cittacetāsikā dhammā, te te  
dhammā tesāṁ tesāṁ dhammānaṁ samanantara-  
paccayena paccayo.

**6. Sahajātapaccayoti** – cattāro khandhā arūpino  
aññamaññaṁ saḥajātapaccayena paccayo. Cattāro  
mahābhūtā aññamaññaṁ saḥajātapaccayena paccayo.  
Okkantikkhaṇe nāmarūpaṁ aññamaññaṁ saḥajāta-  
paccayena paccayo. Cittacetāsikā dhammā citta-

samuṭṭhānānaṃ rūpānaṃ sahaḷātapaccayena paccayo.  
Mahābhūtā upādārūpānaṃ sahaḷātapaccayena paccayo.  
Rūpino dhammā arūpīnaṃ dhammānaṃ kiñci kāle  
sahaḷātapaccayena paccayo, kiñci kāle na  
sahaḷātapaccayena paccayo.

**7. Aññamaññapaccayoti** – cattāro khandhā  
arūpino aññamaññapaccayena paccayo. Cattāro mahā-  
bhūtā aññamaññapaccayena paccayo. Okkantikkhaṇe  
nāmarūpaṃ aññamaññapaccayena paccayo.

**8. Nissayapaccayoti** – cattāro khandhā arūpino  
aññamaññānaṃ nissayapaccayena paccayo. Cattāro  
mahābhūtā aññamaññānaṃ nissayapaccayena paccayo.  
Okkantikkhaṇe nāmarūpaṃ aññamaññānaṃ nissaya-  
paccayena paccayo. Cittacetāsikā dhammā citta-  
samuṭṭhānānaṃ rūpānaṃ nissayapaccayena paccayo.  
Mahābhūtā upādārūpānaṃ nissayapaccayena paccayo.

Cakkhāyatanaṃ cakkhaviññāṇadhātuyā taṃsampa-  
yuttakānañca dhammānaṃ nissayapaccayena paccayo.  
Sotāyatanaṃ sotaviññāṇadhātuyā taṃsampayuttakā-  
nañca dhammānaṃ nissayapaccayena paccayo. Ghānā-  
yatanaṃ ghāna-viññāṇadhātuyā taṃsampayuttakā-  
nañca dhammānaṃ nissayapaccayena paccayo. Jivhā-  
yatanaṃ jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ nissayapaccayena paccayo. Kāyāyatanaṃ  
kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ nissayapaccayena paccayo.

Yaṃ rūpaṃ nissāya manodhātu ca manoviññāṇa-  
dhātu ca vattanti, taṃ rūpaṃ manodhātuyā ca  
manoviññāṇadhātuyā ca taṃsampayuttakānañca  
dhammānaṃ nissayapaccayena paccayo.

**9. Upanissayapaccayoti** – purimā purimā kusalā dhammā pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ upanissayapaccayena paccayo. Purimā purimā kusalā dhammā pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ kesañci upanissaya-paccayena paccayo. Purimā purimā kusalā dhammā pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ upanissayapaccayena paccayo.

Purimā purimā akusalā dhammā pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ upanissaya-paccayena paccayo. Purimā purimā akusalā dhammā pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ kesañci upanissayapaccayena paccayo. Purimā purimā akusalā dhammā pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ upanissayapaccayena paccayo.

Purimā purimā abyākatā dhammā pacchimānaṃ pacchimānaṃ abyākatānaṃ dhammānaṃ upanissaya-paccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ upanissayapaccayena paccayo. Purimā purimā abyākatā dhammā pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ upanissayapaccayena paccayo.

Utubhojanampi upanissayapaccayena paccayo. Puggalopi upanissayapaccayena paccayo. Senāsanampi upanissayapaccayena paccayo.

**10. Purejātapaccayoti** – cakkhāyatanaṃ cakkhuviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ purejātapaccayena paccayo. Sotāyatanaṃ sotaviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ purejātapaccayena paccayo. Ghānāyatanaṃ ghānaviññāṇa-

dhātuyā taṁsampayuttakānañca dhammānaṁ purejāta-  
paccayena paccayo. Jivhāyatanam jivhāviññāṇadhātuyā  
taṁsampayuttakānañca dhammānaṁ purejāta-  
paccayena paccayo. Kāyāyatanam kāyaviññāṇadhātuyā  
taṁsampayuttakānañca dhammānaṁ purejāta-  
paccayena paccayo.

Rūpāyatanam cakkhaviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānaṁ purejātapaccayena paccayo.  
Saddāyatanam sotaviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānaṁ purejātapaccayena paccayo.  
Gandhāyatanam ghānaviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānaṁ purejātapaccayena paccayo.  
Rasāyatanam jivhāviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānaṁ purejātapaccayena paccayo.  
Phoṭṭhabbāyatanam kayaviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānaṁ purejātapaccayena paccayo.  
Rūpāyatanam saddāyatanam gandhāyatanam rasā-  
yatanam phoṭṭhabbāyatanam manodhātuyā taṁsampa-  
yuttakānañca dhammānaṁ purejātapaccayena paccayo.

Yaṁ rūpaṁ nissāya manodhātu ca manoviññāṇa-  
dhātu ca vattanti, taṁ rūpaṁ manodhātuyā taṁsampa-  
yuttakānañca dhammānaṁ purejātapaccayena paccayo,  
manoviññāṇadhātuyā taṁsampayuttakānañca  
dhammānaṁ kiñci kāle purejātapaccayena paccayo,  
kiñci kāle na purejātapaccayena paccayo.

**11. Pacchājātapaccayoti** – pacchājātā  
cittacetāsikā dhammā purejātassa imassa kāyassa  
pacchājātapaccayena paccayo.

**12. Āsevanapaccayoti** – purimā purimā kusalā  
dhammā pacchimānaṁ pacchimānaṁ kusalānaṁ

dhammānaṃ āsevanapaccayena paccayo. Purimā purimā akusalā dhammā pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ āsevanapaccayena paccayo. Purimā purimā kiriyābyākatā dhammā pacchimānaṃ pacchimānaṃ kiriyābyākatānaṃ dhammānaṃ āsevanapaccayena paccayo.

**13. Kammapaccayoti** – kusalākusalaṃ kammaṃ vipākānaṃ khandhānaṃ kaṭattā ca rūpānaṃ kammappaccayena paccayo. Cetanā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ kammappaccayena paccayo.

**14. Vipākapaccayoti** – vipākā cattāro khandhā arūpino aññamaññaṃ vipākapaccayena paccayo.

**15. Āhārapaccayoti** – kabalīkāro āhāro imassa kāyassa āhārapaccayena paccayo. Arūpino āhārā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ āhārapaccayena paccayo.

**16. Indriyapaccayoti** – cakkhundriyaṃ cakkhaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyappaccayena paccayo. Sotindriyaṃ sotaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyappaccayena paccayo. Ghānindriyaṃ ghānaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyappaccayena paccayo. Jivhindriyaṃ jivhāviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyappaccayena paccayo. Kāyindriyaṃ kāyaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ indriyappaccayena paccayo. Rūpajīvitindriyaṃ kaṭattārūpānaṃ indriyappaccayena paccayo. Arūpino indriyā sampayuttakānaṃ dhammānaṃ taṃsamutṭhānānaṃ rūpānaṃ indriyappaccayena paccayo.

**17. Jhānapaccayoti** – jhānaṅgāni jhāna-sampayuttakānaṃ dhammānaṃ taṃsamuṭṭhānānaṃ rūpānaṃ jhānapaccayena paccayo.

**18. Maggapaccayoti** – maggaṅgāni magga-sampayuttakānaṃ dhammānaṃ taṃsamuṭṭhānānaṃ rūpānaṃ maggapaccayena paccayo.

**19. Sampayuttapaccayoti** – cattāro khandhā arūpino aññamaññaṃ sampayuttapaccayena paccayo.

**20. Vippayuttapaccayoti** – rūpino dhammā arūpīnaṃ dhammānaṃ vippayuttapaccayena paccayo. Arūpino dhammā rūpīnaṃ dhammānaṃ vippayuttapaccayena paccayo.

**21. Atthipaccayoti** – cattāro khandhā arūpino aññamaññaṃ atthipaccayena paccayo. Cattāro mahābhūtā aññamaññaṃ atthipaccayena paccayo. Okkantikkhaṇe nāmarūpaṃ aññamaññaṃ atthipaccayena paccayo. Cittacetāsikā dhammā citta-samuṭṭhānānaṃ rūpānaṃ atthipaccayena paccayo. Mahābhūtā upādārūpānaṃ atthipaccayena paccayo.

Cakkhāyatanaṃ cakkhaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ atthipaccayena paccayo. Sotāyatanaṃ sotaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ atthipaccayena paccayo. Ghāṇāyatanaṃ ghāṇaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ atthipaccayena paccayo. Jivhāyatanaṃ jivhāviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ atthipaccayena paccayo. Kāyāyatanaṃ kāyaviññāṇadhātuyā taṃsampayuttakānaṃ dhammānaṃ atthipaccayena paccayo.



Rūpāyatanam cakkhaviññāṇadhātuyā taṃsampa-  
yuttakānañca dhammānam atthipaccayena paccayo.  
Saddāyatanam sotaviññāṇadhātuyā taṃsampayuttakā-  
nañca dhammānam atthipaccayena paccayo. Gandhā-  
yatanam ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam atthipaccayena paccayo. Rasāyatanam  
jihvāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam atthipaccayena paccayo. Phoṭṭhabbā-  
yatanam kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam atthipaccayena paccayo. Rūpāyatanam  
saddāyatanam gandhāyatanam rasāyatanam  
phoṭṭhabbāyatanam manodhātuyā taṃsampayutta-  
kānañca dhammānam atthipaccayena paccayo.

Yaṃ rūpam nissāya manodhātu ca manoviññāṇa-  
dhātu ca vattanti, taṃ rūpam manodhātuyā ca  
manoviññāṇadhātuyā ca taṃsampayuttakānañca  
dhammānam atthipaccayena paccayo.

**22. Natthipaccayoti** – samanantaraniruddhā  
cittacetāsikā dhammā paṭuppannānam citta-  
cetasikānam dhammānam natthipaccayena paccayo.

**23. Vigatapaccayoti** – samanantaravigatā  
cittacetāsikā dhammā paṭuppannānam citta-  
cetasikānam dhammānam vigatapaccayena paccayo.

**24. Avigatapaccayoti** – cattāro khandhā arūpino  
aññamaññam avigatapaccayena paccayo. Cattāro  
mahābhūtā aññamaññam avigatapaccayena paccayo.  
Okkantikkhaṇe nāmarūpam aññamaññam avigata-  
paccayena paccayo. Cittacetāsikā dhammā citta-  
samuṭṭhānānam rūpānam avigatapaccayena paccayo.  
Mahābhūtā upādārūpānam avigatapaccayena paccayo.

Cakkhāyatanam cakkhaviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānam avigatapaccayena paccayo.  
Sotāyatanam sotaviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānam avigatapaccayena paccayo.  
Ghānāyatanam ghānaviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānam avigatapaccayena paccayo.  
Jivhāyatanam jivhāviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānam avigatapaccayena paccayo.  
Kāyāyatanam kayaviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānam avigatapaccayena paccayo.

Rūpāyatanam cakkhaviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānam avigatapaccayena paccayo.  
Saddāyatanam sotaviññāṇadhātuyā taṁsampayuttakā-  
nañca dhammānam avigatapaccayena paccayo.  
Gandhāyatanam ghānaviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānam avigatapaccayena paccayo.  
Rasāyatanam jivhāviññāṇadhātuyā taṁsampayutta-  
kānañca dhammānam avigatapaccayena paccayo.  
Phoṭṭhabbāyatanam kāyaviññāṇadhātuyā taṁsampa-  
yuttakānañca dhammānam avigatapaccayena paccayo.  
Rūpāyatanam saddāyatanam gandhāyatanam rasā-  
yatanam phoṭṭhabbāyatanam manodhātuyā taṁsampa-  
yuttakānañca dhammānam avigatapaccayena paccayo.

Yaṁ rūpaṁ nissāya manodhātu ca manoviññāṇa-  
dhātu ca vattanti, taṁ rūpaṁ manodhātuyā ca  
manoviññāṇadhātuyā ca taṁsampayuttakānañca  
dhammānam avigatapaccayena paccayo.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalam.*

## Mahānamakkāra Pāḷi

Sugataṃ sugataṃ seṭṭhaṃ kusalaṃkusalaṃ jaham;  
Amataṃ amataṃ santaṃ asamaṃ asamaṃ dadam;  
Saraṇaṃ saraṇaṃ lokaṃ araṇaṃ araṇaṃ karaṃ;  
Abhayaṃ abhayaṃ ṭhānaṃ nāyakaṃ nāyakaṃ name.  
Nayanasubhagakāyaṅgaṃ madhuravarasaropetaṃ;  
Amitagaṇagaṇādhāraṃ dasabalamatulaṃ vande.

Yo buddho dhitimāññadhārako saṃsāre anubhosi  
kāyikaṃ  
Dukkhaṃ cetasikañca lokato, taṃ vande naradeva-  
maṅgalaṃ.

Bāttimsatilakkhaṇacitradehaṃ  
dehajjutiniggatapajjalantaṃ  
Paññādhitisīlaguṇoghavindaṃ vande  
munimantimajātiyuttaṃ.

Pātodayaṃ bāladivākaraṃva majjhe yatīnaṃ lalitaṃ  
sirīhi  
Puṇṇindusaṅkāsamukhaṃ anejaṃ vandāmi  
sabbaññumahaṃ munindaṃ.

Upetaḥpuñño varabodhimūle sasenamāraṃ sugato  
jinitvā  
Abojjhi bodhiṃ aruṇodayamhi namāmi taṃ māraḥjinaṃ  
abhaṅgaṃ.

Rāgādichedāmalaññāṅakhaggaṃ  
satīsamaññāphalakābhigāhaṃ  
Sīloghalaṅkāravibhūsitāṃ taṃ  
namāmiḥhiññāvaramiddhupetaṃ.

Dayālayaṃ sabbadhi dukkaraṃ karaṃ  
bhavaṇṇavātikkamamaggataṃ gataṃ  
Tilokanāthaṃ susamāhitaṃ hitaṃ samantacakkhuraṃ  
paṇamāmi taṃmitaṃ.

Tahim̐ tahim̐ pāramisañcayaṃ cayaṃ gataṃ gataṃ  
sabbhi sukhappadaṃ padaṃ  
Narānarānaṃ sukhasambhavaṃ bhavaṃ  
namānamānaṃ jinapuṅgavaṃ gavaṃ.

Maggaṅganāvaṃ munidakkhanāviko ihāphiyaṃ  
ñāṇakarena gāhako  
Āruyha yo tāya bahū bhavaṇṇavā tāresi taṃ  
buddhamaghappahaṃ name.

Samatiṃ satipāramisambharaṇaṃ varabodhidume  
catusaccadasaṃ  
Varamiddhigataṃ naradevahitaṃ tibhavūpasamaṃ  
paṇamāmi jinaṃ.

Satapuññajalakkhaṇikaṃ virajaṃ gaganūpamadhiraṃ  
dhitimerusamaṃ  
Jalajūpamasītalasīlayutaṃ pathavīsahanaṃ paṇamāmi  
jinaṃ.

Yo buddho sumati dive divākarova sobhanto ratijanane  
silāsanamhi  
Āsīno sivasukhadaṃ adesi dhammaṃ devānaṃ  
tamasadisāṃ namāmi niccaṃ.

Yo pādapaṅkajamuduttalarājikehi lokehi tihivikalehi  
nirākulehi

Sampāpuṇe nirupameyyatameva nātho taṃ  
sabbalokamahitaṃ asamaṃ namāmi.

Buddhaṃ narānarasamosaraṇaṃ dhitattaṃ  
paññāpadīpajutiyā vihatandhakāraṃ  
Atthābhikāmanaradevahitāvahaṃ taṃ vandāmi  
kāruṇikamaggamanantaññaṇaṃ.

Akhilaguṇanidhāno yo munindopagantvā  
Vanamisipatanavhaṃ saññatānaṃ nicketaṃ  
Tahimakusalachedaṃ dhammacakkaṃ pavatto  
Tamatulamabhikantaṃ vandaneyyaṃ namāmi.

Suciparivāritaṃ surucirappabhāhi rattaṃ  
Sirivisarālayaṃ gupitamindriyehupetaṃ  
Ravisasimaṇḍalappabhutilakkhaṇopacittaṃ  
Suranarapūjitaṃ sugatamādaraṃ namāmi.

Maggoḷumpena muhapaṭighāsādiullolavīcim  
Saṃsāroghaṃ tari tamabhayaṃ pārapattaṃ pajānaṃ  
Tāṇaṃ leṇaṃ asamasaraṇaṃ ekatitthaṃ patitṭhaṃ  
Puññakkhettaṃ paramasukhadaṃ dhammarājaṃ  
namāmi.

Kaṇḍambaṃmūle parahitakaro yo munindo nisinno  
Accheraṃ sīghaṃ nayanasubhagaṃ ākulaṇṇaggijjālaṃ  
Dujjāladdhaṃsaṃ munibhijahitaṃ pāṭiheraṃ akāsi  
Vande taṃ seṭṭhaṃ paramaratijaṃ iddhidhammehupetaṃ.

Munindakko yeko dayudayaruno ñāṇavitthiṇṇabimbo  
Vineyyappāṇoghaṃ kamalakathitaṃ dhammaraṃsī-  
varehi

Subodhesi suddhe tibhavakuhare byāpitakkittinañca  
Tilokekaccakkhum dukhamasahanaṃ taṃ mahesiṃ  
namāmi.

Yo jino anekajātiyaṃ saputtadāramaṅgajīvitampi  
Bodhipemato alaggamānaso adāsiyeva atthikassa  
Dānapāramiṃ tato paraṃ apūri sīlapāramādikampi  
Tāsamiddhiyopayātamaggataṃ tamedakāpakaṃ namāmi.

Devādevātidevaṃ nidhanavapudharaṃ mārabhaṅgaṃ  
abhaṅgaṃ,  
Dīpaṃ dīpaṃ pajānaṃ jayavarasayane  
bodhipattaṃdhipattaṃ,  
Brahmābrahmāgatānaṃ varagirakathikaṃ pāpahīnaṃ  
pahīnaṃ,  
Lokālokābhirāmaṃ satatamabhiname taṃ munindaṃ  
munindaṃ.

Buddho nigrodhabimbo mudukaracaraṇo  
brahmaghoseṇijaṅgho,  
Kosacchādaṅgajāto punarapi sugato suppatiṭṭhitapādo,  
Mūdodātuṇṇalomo athamapi sugato  
brahmujuggattabhāvo,  
Nīlakkhī dīghapaṇhī sukhumamalachavī  
thomyarasaggasaggī.

Cattālīsaggadanto samakalapanajo antaraṃsappapīno,  
Cakkenaṅkitapādo aviraḷadasano mārajussaṅkhapādo,  
Tiṭṭhanto nonamantobhayakaramudunā  
    jaṇṇukānāmasanto,  
Vaṭṭakkhandho jino gotaruṇapakhumako  
    sīhapubbaddhakāyo.

Sattappīno ca dīghaṅguli matha sugato  
    lomakūpekalomo,  
Sampannodātadāṭho kanakasamataco  
    nīlamuddhaggalomo,  
Sambuddho thūlajivho atha sīhahanuko  
    jālikappādahatto,  
Nātho uṇhīsasīso itiguṇasahitaṃ taṃ mahesiṃ namāmi.

Buddhobuddhotighoso atidullabhataro kā kathā  
    buddhabhāvo,  
Loke tasmā vibhāvī vividhahitasukhaṃ sādhave  
    patthayantā,  
Iṭṭhaṃ atthaṃ vahantaṃ suranaramahitaṃ nibbhayaṃ  
    dakkhiṇeyyaṃ,  
Lokānaṃ nandivaḍḍhaṃ dasabalamasamaṃ taṃ  
    namassantu niccaṃ.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Mahāsatipaṭṭhānasuttam

Evam me sutam – ekam samayam bhagavā kurūsu viharati kammāsadhammam nāma kurūnam nigamo. Tatra kho bhagavā bhikkhū āmantesi – “bhikkhavo”ti. “Bhaddante”ti te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

### Uddeso

“Ekāyano ayam, bhikkhave, maggo sattānam visuddhiyā, sokaparidevānam samatikkamāya dukkhadomanassānam atthaṅgamāya ñāyassa adhigamāya nibbānassa sacchikiriyāya, yadidaṃ cattāro satipaṭṭhānā.

“Katame cattāro? Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassam, vedanāsu vedanānupassī viharati ātāpī sampajāno satimā, vineyya loke abhijjhādomanassam, citte cittānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassam, dhammesu dhammānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassam.

*Uddeso niṭṭhito.*

### Kāyānupassanā Ānāpānappabbam

“Kathañca pana, bhikkhave, bhikkhu kāye kāyānupassī viharati? Idha, bhikkhave, bhikkhu araññagato vā rukkhamaḷagato vā suññāgāragato vā nisīdati pallaṅkam ābhujitvā ujum kāyam paṇidhāya



parimukhaṃ satiraṃ upatṭhapetvā. So satova assasati, satova passasati. Dīghaṃ vā assasanto `dīghaṃ assasāmi`ti pajānāti, dīghaṃ vā passasanto `dīghaṃ passasāmi`ti pajānāti. Rassaṃ vā assasanto `rassaṃ assasāmi`ti pajānāti, rassaṃ vā passasanto `rassaṃ passasāmi`ti pajānāti. `Sabbakāyapaṭisaṃvedī assasissāmi`ti sikkhati, `sabbakāyapaṭisaṃvedī passasissāmi`ti sikkhati. `Passambhayaṃ kaya-saṅkhāraṃ assasissāmi`ti sikkhati, `passambhayaṃ kāyasaṅkhāraṃ passasissāmi`ti sikkhati.

“Seyyathāpi, bhikkhave, dakkho bhamakāro vā bhamakārantevāsī vā dīghaṃ vā añchanto `dīghaṃ añchāmi`ti pajānāti, rassaṃ vā añchanto `rassaṃ añchāmi`ti pajānāti evameva kho, bhikkhave, bhikkhu dīghaṃ vā assasanto `dīghaṃ assasāmi`ti pajānāti, dīghaṃ vā passasanto `dīghaṃ passasāmi`ti pajānāti, rassaṃ vā assasanto `rassaṃ assasāmi`ti pajānāti, rassaṃ vā passasanto `rassaṃ passasāmi`ti pajānāti. `Sabbakāyapaṭisaṃvedī assasissāmi`ti sikkhati, `sabbakāyapaṭisaṃvedī passasissāmi`ti sikkhati, `passambhayaṃ kāyasaṅkhāraṃ assasissāmi`ti sikkhati, `passambhayaṃ kāyasaṅkhāraṃ passasissāmi`ti sikkhati. Iti ajjhattaṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. `Atthi kāyo`ti vā panassa sati paccupatṭhitā hoti yāvadeva ñāṇamattāya paṭissati-mattāya anissito ca

viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

*Ānāpānapabbam niṭṭhitam.*

## **Kāyānupassanā Iriyāpathapabbam**

“Puna caparam, bhikkhave, bhikkhu gacchanto vā  
‘gacchāmī’ti pajānāti, ṭhito vā ‘ṭhitomhī’ti pajānāti,  
nisinno vā ‘nisinnomhī’ti pajānāti, sayāno vā  
‘sayānomhī’ti pajānāti, yathā yathā vā panassa kāyo  
pañihito hoti, tathā tathā nam pajānāti. Iti ajjhattam vā  
kāye kāyānupassī viharati, bahiddhā vā kāye  
kāyānupassī viharati, ajjhatabhiddhā vā kāye  
kāyānupassī viharati. Samudayadhammānupassī vā  
kāyasmim viharati, vayadhammānupassī vā kāyasmim  
viharati, samudayavayadhammānupassī vā kāyasmim  
viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

*Iriyāpathapabbam niṭṭhitam.*

## **Kāyānupassanā Sampajānapabbam**

“Puna caparam, bhikkhave, bhikkhu abhikkante  
paṭikkante sampajānakārī hoti, ālokite vilokite  
sampajānakārī hoti, samiñjite pasārite sampajānakārī  
hoti, saṅghāṭipattacīvaradhāraṇe sampajānakārī hoti,  
asite pīte khāyite sāyite sampajānakārī hoti, uccāra-  
passāvakamme sampajānakārī hoti, gate ṭhite nisinne  
sutte jāgarite bhāsīte tuṅhībhave sampajānakārī hoti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupatṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

*Sampajānapabbaṃ niṭṭhitaṃ.*

### **Kāyānupassanā Paṭikūlamanasikārapabbaṃ**

“Puna cāparaṃ, bhikkhave, bhikkhu imameva kāyaṃ uddhaṃ pādatalā adho kesamatthakā tacapariyantaṃ pūraṃ nānappakāraṣṣa asucino paccavekkhati – ‘atthi imasmim kāye kesā lomā nakhā dantā taco, maṃsaṃ nhāru aṭṭhi aṭṭhimiñjaṃ vakkhaṃ, hadayaṃ yakanāṃ kilomakāṃ pihakāṃ papphāsaṃ, antaṃ antaguṇaṃ udariyaṃ karisaṃ matthaluṅgaṃ, pittaṃ semhaṃ pubbo lohitaṃ sedo medo, assu vasā kheḷo siṅghāṇikā lasikā muttan’ti.

“Seyyathāpi, bhikkhave, ubhatomukhā putoli pūrā nānāvihitassa dhaññaṣṣa, seyyathidaṃ sālīnaṃ vihīnaṃ muggānaṃ māsānaṃ tilānaṃ taṇḍulānaṃ. Tameṇaṃ cakkhumā puriso muñcitvā paccavekkheyya – ‘ime sālī, ime vihī ime muggā ime māsā ime tilā ime taṇḍulā’ti. Evameva kho, bhikkhave, bhikkhu imameva kāyaṃ uddhaṃ pādatalā adho kesamatthakā tacapariyantaṃ pūraṃ nānappakāraṣṣa asucino paccavekkhati –‘atthi

imasmim̐ kāye kesā lomā nakhā dantā taco, maṁsam̐  
nhāru aṭṭhi aṭṭhimiñjam̐ vakkam̐, hadayam̐ yakanam̐  
kilomakam̐ pihakam̐ papphāsam̐, antam̐ antaguṇam̐  
udariyam̐ karīsam̐ matthaluṅgam̐, pittam̐ semham̐  
pubbo lohitar̐ sedo medo, assu vasā kheḷo siṅghāṇikā  
lasikā muttan'ti.

“Iti ajjhattam̐ vā kāye kāyānupassī viharati, bahiddhā  
vā kāye kāyānupassī viharati, ajjhattabahiddhā vā kāye  
kāyānupassī viharati. Samudayadhammānupassī vā  
kāyasmim̐ viharati, vayadhammānupassī vā kāyasmim̐  
viharati, samudayavayadhammānupassī vā kāyasmim̐  
viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

*Paṭikūlamanasikārapabbam̐ nitṭhitam̐.*

## **Kāyānupassanā Dhātumanasikārapabbam̐**

“Puna caparam̐, bhikkhave, bhikkhu imameva  
kāyam̐ yathāṭṭhitam̐ yathāpaṇihitam̐ dhātuso  
paccavekkhati – ‘atthi imasmim̐ kāye pathavīdhātu  
āpodhātu tejodhātu vāyodhātū’ti.

“Seyyathāpi, bhikkhave, dakkho goghātako vā  
goghātakantevāsī vā gāvim̐ vadhitvā catumahāpathe  
bilaso vibhajitvā nisinno assa, evameva kho, bhikkhave,  
bhikkhu imameva kāyam̐ yathāṭṭhitam̐ yathāpaṇihitam̐  
dhātuso paccavekkhati – ‘atthi imasmim̐ kāye  
pathavīdhātu āpodhātu tejodhātu vāyodhātū’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

*Dhātumanasikārapabbaṃ niṭṭhitaṃ.*

## **Kāyānupassanā Navasivathikapabbaṃ**

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chaḍḍitaṃ ekāhamataṃ vā dvīhamataṃ vā tīhamataṃ vā uddhumātakaṃ vinīlakaṃ vipubbakajātaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃanattito’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chaḍḍitaṃ kākehi vā

khajjamānaṃ kulalehi vā khajjamānaṃ gijjhehi vā  
khajjamānaṃ kaṅkehi vā khajjamānaṃ sunakhehi vā  
khajjamānaṃ byagghehi vā khajjamānaṃ dīpīhi vā  
khajjamānaṃ siṅgālehi vā khajjamānaṃ vividhehi vā  
pāṇakajātehi khajjamānaṃ. So imameva kāyaṃ  
upasaṃharati – ‘ayampi kho kāyo evaṃdhammo  
evaṃbhāvī evaṃanattito’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā  
vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye  
kāyānupassī viharati. Samudayadhammānupassī vā  
kāyasmim viharati, vayadhammānupassī vā kāyasmim  
viharati, samudayavayadhammānupassī vā kāyasmim  
viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi  
passeyya sarīraṃ sivathikāya chaḍḍitaṃ atṭhika-  
saṅkhalikaṃ samaṃsalohitaṃ nhārusambandhaṃ. So  
imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo  
evaṃdhammo evaṃbhāvī evaṃanattito’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā  
vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye  
kāyānupassī viharati. Samudayadhammānupassī vā  
kāyasmim viharati, vayadhammānupassī vā kāyasmim  
viharati, samudayavayadhammānupassī vā kāyasmim  
viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi  
passeyya sarīraṃ sivathikāya chaḍḍitaṃ  
aṭṭhikaṣaṅkhalikaṃ nimaṃsalohitamakkhitaṃ  
nhārusambandhaṃ. So imameva kāyaṃ upasaṃharati  
– ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī  
evaṃanattito’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā  
vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye  
kāyānupassī viharati. Samudayadhammānupassī vā  
kāyasmim viharati, vayadhammānupassī vā kāyasmim  
viharati, samudayavayadhammānupassī vā kāyasmim  
viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi  
passeyya sarīraṃ sivathikāya chaḍḍitaṃ  
aṭṭhikaṣaṅkhalikaṃ apagatamaṃsalohitaṃ  
nhārusambandhaṃ. So imameva kāyaṃ upasaṃharati  
– ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī  
evaṃanattito’ti.

“Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā  
vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye  
kāyānupassī viharati. Samudayadhammānupassī vā  
kāyasmim viharati, vayadhammānupassī vā kāyasmim  
viharati, samudayavayadhammānupassī vā kāyasmim  
viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chadditaṃ atthikāni apagatasambandhāni disā vidisā vikkhittāni, aññena hatthaṭṭhikaṃ aññena pādaṭṭhikaṃ aññena goppakaṭṭhikaṃ aññena jaṅghaṭṭhikaṃ aññena ūruṭṭhikaṃ aññena kaṭiṭṭhikaṃ aññena phāsukaṭṭhikaṃ aññena piṭṭhiṭṭhikaṃ aññena khandhaṭṭhikaṃ aññena gīvaṭṭhikaṃ aññena hanukaṭṭhikaṃ aññena dantaṭṭhikaṃ aññena sīsakaṭṭhikaṃ. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃanatīto’ti.

“Iti ajjhattaṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhattabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. ‘Atthi kāyo’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

“Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chadditaṃ atthikāni setāni saṅkhavaṇṇapaṭibhāgāni. So imameva kāyaṃ upasaṃharati – ‘ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃanatīto’ti.

“Iti ajjhattaṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhattabahiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim



viharati. 'Atthi kāyo'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

"Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chadditaṃ aṭṭhikāni puñjakitāni terovassikāni. So imameva kāyaṃ upasaṃharati – 'ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃanatīto'ti.

"Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. 'Atthi kāyo'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.

"Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi passeyya sarīraṃ sivathikāya chadditaṃ aṭṭhikāni pūtīni cuṇṇakajātāni. So imameva kāyaṃ upasaṃharati – 'ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃanatīto'ti.

"Iti ajjhataṃ vā kāye kāyānupassī viharati, bahiddhā vā kāye kāyānupassī viharati, ajjhatabhiddhā vā kāye kāyānupassī viharati. Samudayadhammānupassī vā kāyasmim viharati, vayadhammānupassī vā kāyasmim viharati, samudayavayadhammānupassī vā kāyasmim viharati. 'Atthi kāyo'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca

viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu kāye kāyānupassī viharati.

*Navasivathikapabbam niṭṭhitam.*

*Cuddasa kāyānupassanā niṭṭhitā.*

*(Chant until here for day 1)*

## **Vedanānupassanā**

“Kathañca pana, bhikkhave, bhikkhu vedanāsu  
vedanānupassī viharati? Idha, bhikkhave, bhikkhu  
sukham vā vedanam vedayamāno `sukham vedanam  
vedayāmī`ti pajānāti. Dukkham vā vedanam  
vedayamāno `dukkham vedanam vedayāmī`ti pajānāti.  
Adukkhamasukham vā vedanam vedayamāno  
`adukkkhamasukham vedanam vedayāmī`ti pajānāti.  
Sāmisam vā sukham vedanam vedayamāno `sāmisam  
sukham vedanam vedayāmī`ti pajānāti, nirāmisam vā  
sukham vedanam vedayamāno `nirāmisam sukham  
vedanam vedayāmī`ti pajānāti. Sāmisam vā dukkham  
vedanam vedayamāno `sāmisam dukkham vedanam  
vedayāmī`ti pajānāti, nirāmisam vā dukkham vedanam  
vedayamāno `nirāmisam dukkham vedanam vedayāmī`ti  
pajānāti. Sāmisam vā adukkkhamasukham vedanam  
vedayamāno `sāmisam adukkkhamasukham vedanam  
vedayāmī`ti pajānāti, nirāmisam vā adukkkhamasukham  
vedanam vedayamāno `nirāmisam adukkkhamasukham  
vedanam vedayāmī`ti pajānāti. Iti ajjhattam vā  
vedanāsu vedanānupassī viharati, bahiddhā vā  
vedanāsu vedanānupassī viharati, ajjhattabahiddhā vā  
vedanāsu vedanānupassī viharati.

Samudayadhammānupassī vā vedanāsu viharati,  
vayadhammānupassī vā vedanāsu viharati, samudaya-  
vayadhammānupassī 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.

*Vedanānupassanā niṭṭhitā.*

## **Cittānupassanā**

"Kathañca pana, bhikkhave, bhikkhu citte  
cittānupassī viharati? Idha, bhikkhave, bhikkhu sarāgaṃ  
vā cittaṃ 'sarāgaṃ cittaṃ'ti pajānāti, vītarāgaṃ vā  
cittaṃ 'vītarāgaṃ cittaṃ'ti pajānāti. Sadosaṃ vā cittaṃ  
'sadosaṃ cittaṃ'ti pajānāti, vītadosaṃ vā cittaṃ  
'vītadosaṃ cittaṃ'ti pajānāti. Samohaṃ vā cittaṃ  
'samohaṃ cittaṃ'ti pajānāti, vītamohaṃ vā cittaṃ  
'vītamohaṃ cittaṃ'ti pajānāti. Saṅkhittaṃ vā cittaṃ  
'saṅkhittaṃ cittaṃ'ti pajānāti, vikkhittaṃ vā cittaṃ  
'vikkhittaṃ cittaṃ'ti pajānāti. Mahaggataṃ vā cittaṃ  
'mahaggataṃ cittaṃ'ti pajānāti, amahaggataṃ vā cittaṃ  
'amahaggataṃ cittaṃ'ti pajānāti. Sauttaraṃ vā cittaṃ  
'sauttaraṃ cittaṃ'ti pajānāti, anuttaraṃ vā cittaṃ  
'anuttaraṃ cittaṃ'ti pajānāti. Samāhitaṃ vā cittaṃ  
'samāhitaṃ cittaṃ'ti pajānāti, asamāhitaṃ vā cittaṃ  
'asamāhitaṃ cittaṃ'ti pajānāti. Vimuttaṃ vā cittaṃ  
'vimuttaṃ cittaṃ'ti pajānāti. Avimuttaṃ vā cittaṃ  
'avimuttaṃ cittaṃ'ti pajānāti. Iti ajjhataṃ vā citte  
cittānupassī viharati, bahiddhā vā citte cittānupassī

viharati, ajjhatabahiddhā vā citte cittānupassī viharati.  
Samudayadhammānupassī vā cittasmim viharati,  
vayadhammānupassī vā cittasmim viharati,  
samudayavayadhammānupassī vā cittasmim viharati,  
'atthi cittaṅ'ṭi vā panassa sati paccupaṭṭhitā hoti  
yāvadeva ñāṇamattāya paṭissatimattāya anissito ca  
viharati, na ca kiñci loke upādiyati. Evampi kho,  
bhikkhave, bhikkhu citte cittānupassī viharati.

*Cittānupassanā niṭṭhitā.*

## **Dhammānupassanā Nīvaraṇapabbāṃ**

“Kathaṅca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati? Idha, bhikkhave, bhikkhu  
dhammesu dhammānupassī viharati pañcasu  
nīvaraṇesu. Kathaṅca pana, bhikkhave, bhikkhu  
dhammesu dhammānupassī viharati pañcasu  
nīvaraṇesu?”

“Idha, bhikkhave, bhikkhu santarṃ vā ajjhatarṃ  
kāmacchandarṃ 'atthi me ajjhatarṃ kāmacchando'ti  
pajānāti, asantarṃ vā ajjhatarṃ kāmacchandarṃ 'natthi  
me ajjhatarṃ kāmacchando'ti pajānāti, yathā ca  
anuppannassa kāmacchandassa uppādo hoti taṅca  
pajānāti, yathā ca uppannassa kāmacchandassa  
pahānarṃ hoti taṅca pajānāti, yathā ca pahīnassa  
kāmacchandassa āyatim anuppādo hoti taṅca pajānāti.

“Santarṃ vā ajjhatarṃ byāpādarṃ 'atthi me ajjhatarṃ  
byāpādo'ti pajānāti, asantarṃ vā ajjhatarṃ byāpādarṃ  
'natthi me ajjhatarṃ byāpādo'ti pajānāti, yathā ca  
anuppannassa byāpādassa uppādo hoti taṅca pajānāti,

yathā ca uppannassa byāpādassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa byāpādassa āyatim anuppādo hoti tañca pajānāti.

“Santam vā ajjhattam thinamiddham `atthi me ajjhattam thinamiddhan`ti pajānāti, asantam vā ajjhattam thinamiddham `natthi me ajjhattam thinamiddhan`ti pajānāti, yathā ca anuppannassa thinamiddhassa uppādo hoti tañca pajānāti, yathā ca uppannassa thinamiddhassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa thinamiddhassa āyatim anuppādo hoti tañca pajānāti.

“Santam vā ajjhattam uddhaccakukkucam `atthi me ajjhattam uddhaccakukkucan`ti pajānāti, asantam vā ajjhattam uddhaccakukkucam `natthi me ajjhattam uddhaccakukkucan`ti pajānāti, yathā ca anuppannassa uddhaccakukkucassa uppādo hoti tañca pajānāti, yathā ca uppannassa uddhaccakukkucassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa uddhaccakukkucassa āyatim anuppādo hoti tañca pajānāti.

“Santam vā ajjhattam vicikiccham `atthi me ajjhattam vicikicchā`ti pajānāti, asantam vā ajjhattam vicikiccham `natthi me ajjhattam vicikicchā`ti pajānāti, yathā ca anuppannāya vicikicchāya uppādo hoti tañca pajānāti, yathā ca uppannāya vicikicchāya pahānaṃ hoti tañca pajānāti, yathā ca pahīnāya vicikicchāya āyatim anuppādo hoti tañca pajānāti.

“Iti ajjhattam vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhattabahiddhā vā dhammesu dhammānupassī viharati samudayadhammānupassī vā dhammesu viharati, vaya-

dhammānupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati 'atthi dhammā'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu nīvaraṇesu.

*Nīvaraṇapabbam nitṭhitam.*

## **Dhammānupassanā Khandhapabbam**

"Puna caparam, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu. Kathaṅca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu?

"Idha, bhikkhave, bhikkhu – 'iti rūpam, iti rūpassa samudayo, iti rūpassa atthaṅgamo; iti vedanā, iti vedanāya samudayo, iti vedanāya atthaṅgamo; iti saññā, iti saññāya samudayo, iti saññāya atthaṅgamo; iti saṅkhārā, iti saṅkhārānam samudayo, iti saṅkhārānam atthaṅgamo, iti viññāṇam, iti viññāṇassa samudayo, iti viññāṇassa atthaṅgamo'ti.

"Iti ajjhataṁ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhatabhiddhā vā dhammesu dhammānupassī viharati. Samudaya-dhammānupassī vā dhammesu viharati, vayadhammā-nupassī vā dhammesu viharati, samudayavaya-dhammānupassī vā dhammesu viharati. 'Atthi dhammā'ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya, anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho,

bhikkhave, bhikkhu dhammesu dhammānupassī viharati pañcasu upādānakkhandhesu.

*Khandhapabbaṃ nitthitaṃ.*

## **Dhammānupassanā Āyatanapabbaṃ**

“Puna caparaṃ, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu?”

“Idha, bhikkhave, bhikkhu cakkhuñca pajānāti, rūpe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Sotañca pajānāti, sadde ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Ghānañca pajānāti, gandhe ca pajānāti, yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Jivhañca pajānāti, rase ca pajānāti, yañca tadubhayam paṭicca uppajjati saṃyojanam tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānam hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Kāyañca pajānāti, phoṭṭhabbe ca pajānāti, yañca tadubhayam paṭicca uppajjati saṃyojanam tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānam hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Manañca pajānāti, dhamme ca pajānāti, yañca tadubhayam paṭicca uppajjati saṃyojanam tañca pajānāti, yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti, yathā ca uppannassa saṃyojanassa pahānam hoti tañca pajānāti, yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.

“Iti ajjhattam vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhatabhiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavayadhammānupassī vā dhammesu viharati. ‘Atthi dhammā’ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya, anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati chasu ajjhattikabāhiresu āyatanesu.

*Āyatanapabbam niṭṭhitam.*



## Dhammānupassanā Bojjhaṅgapabbaṃ

“Puna caparaṃ, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu. Kathañca pana, bhikkhave, bhikkhu dhammesu dhammānupassī viharati sattasu bojjhaṅgesu? Idha, bhikkhave, bhikkhu santam vā ajjhataṃ satisam-bojjhaṅgam ‘atthi me ajjhataṃ satisambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ satisambojjhaṅgam ‘natthi me ajjhataṃ satisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa satisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa satisam-bojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

“Santam vā ajjhataṃ dhammavicayasambojjhaṅgam ‘atthi me ajjhataṃ dhammavicaya-sambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ dhammavicaya-sambojjhaṅgam ‘natthi me ajjhataṃ dhammavicaya-sambojjhaṅgo’ti pajānāti, yathā ca anuppannassa dhammavicayasambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa dhammavicaya-sambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

“Santam vā ajjhataṃ vīriyasambojjhaṅgam ‘atthi me ajjhataṃ vīriyasambojjhaṅgo’ti pajānāti, asantaṃ vā ajjhataṃ vīriyasambojjhaṅgam ‘natthi me ajjhataṃ vīriyasambojjhaṅgo’ti pajānāti, yathā ca anuppannassa vīriyasambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa vīriyasambojjhaṅgassa bhāvanāya pāripūrī hoti tañca pajānāti.

“Santam vā ajjhattam pītisambojjhaṅgam ‘atthi me ajjhattam pītisambojjhaṅgo’ti pajānāti, asantam vā ajjhattam pītisambojjhaṅgam ‘natthi me ajjhattam pītisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa pītisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa pītisambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.

“Santam vā ajjhattam passaddhisambojjhaṅgam ‘atthi me ajjhattam passaddhisambojjhaṅgo’ti pajānāti, asantam vā ajjhattam passaddhisambojjhaṅgam ‘natthi me ajjhattam passaddhisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa passaddhi-sambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa passaddhi-sambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.

“Santam vā ajjhattam samādhisambojjhaṅgam ‘atthi me ajjhattam samādhisambojjhaṅgo’ti pajānāti, asantam vā ajjhattam samādhisambojjhaṅgam ‘natthi me ajjhattam samādhisambojjhaṅgo’ti pajānāti, yathā ca anuppannassa samādhisambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa samādhisambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.

“Santam vā ajjhattam upekkhāsambojjhaṅgam ‘atthi me ajjhattam upekkhāsambojjhaṅgo’ti pajānāti, asantam vā ajjhattam upekkhāsambojjhaṅgam ‘natthi me ajjhattam upekkhāsambojjhaṅgo’ti pajānāti, yathā ca anuppannassa upekkhāsambojjhaṅgassa uppādo hoti tañca pajānāti, yathā ca uppannassa upekkhāsambojjhaṅgassa bhāvanāya pāripurī hoti tañca pajānāti.

“Iti ajjhattam vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī

viharati, ajjhatabhiddhā vā dhammesu  
dhammānupassī viharati. Samudayadhammānupassī vā  
dhammesu viharati, vayadhammānupassī vā  
dhammesu viharati, samudayavayadhammānupassī vā  
dhammesu viharati. 'Atthi dhammā'ti vā panassa sati  
paccupaṭṭhitā hoti yāvadeva ñāṇamattāya  
paṭissatimattāya anissito ca viharati, na ca kiñci loke  
upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati sattasu bojjhaṅgesu.

*Bojjhaṅgapabbarṃ niṭṭhitam.*

*(Chant until here for day 2)*

## **Dhammānupassanā Saccapabbarṃ**

"Puna caparamṃ, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati catūsu ariyasaccesu. Kathañca  
pana, bhikkhave, bhikkhu dhammesu dhammānupassī  
viharati catūsu ariyasaccesu? Idha, bhikkhave, bhikkhu  
'idaṃ dukkhan'ti yathābhūtaṃ pajānāti, 'ayaṃ dukkha-  
samudayo'ti yathābhūtaṃ pajānāti, 'ayaṃ dukkha-  
nirodho'ti yathābhūtaṃ pajānāti, 'ayaṃ dukkhanirodha-  
gāminī paṭipadā'ti yathābhūtaṃ pajānāti.

*Paṭhamabhāṇavāro niṭṭhito.*

## **Dukkhasaccaniddeso**

"Katamañca, bhikkhave, dukkhamṃ ariyasaccam?  
Jātipi dukkhā, jarāpi dukkhā, maraṇampi dukkhamṃ,  
sokaparidevadukkhadomanassupāyāsāpi dukkhā,  
appiyehi sampayogopi dukkho, piyehi vippayogopi

dukkho, yampicchaṃ na labhati tampi dukkhaṃ,  
saṅkhittena pañcupādānakkhandhā dukkhā.

“Katamā ca, bhikkhave, jāti? Yā tesam tesam  
sattānaṃ tamhi tamhi sattanikāye jāti sañjāti okkanti  
abhinibbatti khandhānaṃ pātubhāvo āyatanānaṃ  
paṭilābho, ayaṃ vuccati, bhikkhave, jāti.

“Katamā ca, bhikkhave, jarā? Yā tesam tesam  
sattānaṃ tamhi tamhi sattanikāye jarā jīraṇatā  
khaṇḍiccaṃ pāliccaṃ valittacatā āyuno saṃhāni  
indriyānaṃ paripāko, ayaṃ vuccati, bhikkhave, jarā.

“Katamañca, bhikkhave, maraṇaṃ? Yaṃ tesam  
tesam sattānaṃ tamhā tamhā sattanikāyā cuti cavanatā  
bhedo antaradhānaṃ maccu maraṇaṃ kālakiriyā  
khandhānaṃ bhedo kaḷavarassa nikkhepo jīvitindriya-  
ssupacchedo, idaṃ vuccati, bhikkhave, maraṇaṃ.

“Katamo ca, bhikkhave, soko? Yo kho, bhikkhave,  
aññataraññatarena byasanena samannāgatassa  
aññataraññatarena dukkhadhammena phuṭṭhassa soko  
socanā socitattaṃ antosoko antoparisoko, ayaṃ  
vuccati, bhikkhave, soko.

“Katamo ca, bhikkhave, paridevo? Yo kho, bhikkhave,  
aññataraññatarena byasanena samannāgatassa  
aññataraññatarena dukkhadhammena phuṭṭhassa  
ādevo paridevo ādevanā paridevanā ādevitattaṃ  
paridevitattaṃ, ayaṃ vuccati, bhikkhave paridevo.

“Katamañca, bhikkhave, dukkhaṃ? Yaṃ kho,  
bhikkhave, kāyikaṃ dukkhaṃ kāyikaṃ asātaṃ  
kāyasamphassaṃ dukkhaṃ asātaṃ vedayitaṃ, idaṃ  
vuccati, bhikkhave, dukkhaṃ.

“Katamañca, bhikkhave, domanassam? Yam kho, bhikkhave, cetasikam dukkham cetasikam asātam manosamphassajam dukkham asātam vedayitam, idam vuccati, bhikkhave, domanassam.

“Katamo ca, bhikkhave, upāyāso? Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa aññataraññatarena dukkhadhammena phutthassa āyāso upāyāso āyāsittam upāyāsittam, ayam vuccati, bhikkhave, upāyāso.

“Katamo ca, bhikkhave, appiyehi sampayogo dukkho? Idha yassa te honti anittā akantā amanāpā rūpā saddā gandhā rasā phoṭṭhabbā dhammā, ye vā panassa te honti anattakāmā ahitakāmā aphāsukakāmā ayogakkhemakāmā, yā tehi saddhim saṅgati samāgamo samodhānam missibhāvo, ayam vuccati, bhikkhave, appiyehi sampayogo dukkho.

“Katamo ca, bhikkhave, piyehi vippayogo dukkho? Idha yassa te honti itthā kantā manāpā rūpā saddā gandhā rasā phoṭṭhabbā dhammā, ye vā panassa te honti attakāmā hitakāmā phāsukakāmā yogakkhemakāmā mātā vā pitā vā bhātā vā bhaginī vā mittā vā amaccā vā ñātisālohitā vā, yā tehi saddhim asaṅgati asamāgamo asamodhānam amissibhāvo, ayam vuccati, bhikkhave, piyehi vippayogo dukkho.

“Katamañca, bhikkhave, yampiccharṃ na labhati tampi dukkham? Jātidhammānam, bhikkhave, sattānam evam icchā uppajjati – ‘aho vata mayam na jātidhammā assāma, na ca vata no jāti āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbarṃ, idampi yampiccharṃ na labhati tampi dukkham. Jarādhammānam, bhikkhave,

sattānaṃ evaṃ icchā uppajjati – ‘aho vata mayaṃ na jarādhammā assāma, na ca vata no jarā āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

Byādhidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na byādhidhammā assāma, na ca vata no byādhi āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ. Maraṇa-dhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na maraṇadhammā assāma, na ca vata no maraṇaṃ āgaccheyyā’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

Sokaparidevadukkha-domanassupāyāsadhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā uppajjati ‘aho vata mayaṃ na sokaparideva-  
dukkhadomanassupāyāsadhammā assāma, na ca vata no sokaparidevadukkhadomanassupāyāsadhammā āgaccheyyū’ti. Na kho panetaṃ icchāya pattabbaṃ, idampi yampicchaṃ na labhati tampi dukkhaṃ.

“Katame ca, bhikkhave, saṅkhittena pañcupādānakkhandhā dukkhā? Seyyathidaṃ – rūpupādānakkhandho, vedanupādānakkhandho, saññupādānakkhandho, saṅkhārupādānakkhandho, viññāṇupādānakkhandho. Ime vuccanti, bhikkhave, saṅkhittena pañcupādānakkhandhā dukkhā. Idaṃ vuccati, bhikkhave, dukkhaṃ ariyasaccaṃ.

## Samudayasaccaniddeso

“Katamañca, bhikkhave, dukkhasamudayaṃ ariyasaccaṃ? Yāyaṃ taṇhā ponobbhavikā nandīrāga-sahagatā tatratatrābhinandinī, seyyathidaṃ – kāmataṇhā bhavataṇhā vibhavataṇhā.

“Sā kho panesā, bhikkhave, taṇhā kattha uppajjamānā uppajjati, kattha nivisamānā nivisati? Yaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

“Kiñca loke piyarūpaṃ sātārūpaṃ? Cakkhu loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Sotaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Ghānaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Jivhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Kāyo loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Mano loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

“Rūpā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Saddā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Gandhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Rasā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā

uppajjati, ettha nivisamānā nivisati. Phoṭṭhabbā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Dhammā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

“Cakkhuvīññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Sotavīññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Ghānavīññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Jivhāvīññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Kāyavīññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Manovīññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

“Cakkhusamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Sotasamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Ghānasamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Jivhāsamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Kāyasamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Manosamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.



“Cakkhusamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Sotasamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Ghānasamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Jivhāsamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Kāyasamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Manosamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

“Rūpasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Saddasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Gandhasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Rasasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Phoṭṭhabbasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Dhammasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

“Rūpasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati. Saddasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā nivisati.

Gandhasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Rasasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Phoṭṭhabbasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Dhammasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.

“Rūpataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Saddataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Gandhataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Rasataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Phoṭṭhabbatāṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Dhammataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.

“Rūpavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Saddavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Gandhavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Rasavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati. Phoṭṭhabbavitakko loke piyarūpaṃ sātārūpaṃ, etthesā

taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Dhammavitakko loke piyarūpaṃ sātārūpaṃ, etthesā  
taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.

“Rūpavicāro loke piyarūpaṃ sātārūpaṃ, etthesā  
taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Saddavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā  
uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Gandhavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā  
uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Rasavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā  
uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Phoṭṭhabbavicāro loke piyarūpaṃ sātārūpaṃ, etthesā  
taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Dhammavicāro loke piyarūpaṃ sātārūpaṃ, etthesā  
taṇhā uppajjamānā uppajjati, ettha nivisaṃmānā nivisati.  
Idaṃ vuccati, bhikkhave, dukkhasamudayaṃ  
ariyasaccaṃ.

*(Chant until here for day 3)*

## **Nirodhasaccaniddeso**

“Katamañca, bhikkhave, dukkhanirodhaṃ ariya-  
saccaṃ? Yo tassāyeva taṇhāya asesavirāganirodho  
cāgo paṭinissaggo mutti anālayo.

“Sā kho panesā, bhikkhave, taṇhā kattha  
pahīyamānā pahīyati, kattha nirujjhamānā nirujjhati?  
Yaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā  
pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Kiñca loke piyarūpaṃ sātārūpaṃ? Cakkhu loke  
piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā

pahiyati, ettha nirujjhamānā nirujjhati. Sotaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Ghānaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Jivhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Kāyo loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Mano loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Rūpā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Saddā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Gandhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Rasā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Phoṭṭhabbā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Dhammā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Cakkhaviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Sotaviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Ghānaviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahiyamānā pahiyati, ettha nirujjhamānā nirujjhati. Jivhāviññāṇaṃ loke piyarūpaṃ sātārūpaṃ,

etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Kāyaviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Manoviññāṇaṃ loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Cakkhusamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Sotasamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Ghānasamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Jivhāsamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Kāyasamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Manosamphasso loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Cakkhusamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Sotasamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Ghānasamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Jivhāsamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Kāyasamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā

pahiyati, ettha nirujjhamānā nirujjhati. Manosamphassajā vedanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Rūpasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Saddasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Gandhasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Rasasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Phoṭṭhabbasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Dhammasaññā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Rūpasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Saddasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Gandhasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Rasasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Phoṭṭhabbasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati. Dhammasañcetanā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahiyati, ettha nirujjhamānā nirujjhati.

“Rūpataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Saddataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Gandhataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Rasataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Phoṭṭhabbataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Dhammataṇhā loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Saddavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Gandhavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Rasavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Phoṭṭhabbavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Dhammavitakko loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.

“Rūpavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Saddavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā

nirujjhati. Gandhavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Rasavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Phoṭṭhabbavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Dhammavicāro loke piyarūpaṃ sātārūpaṃ, etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati. Īdaṃ vuccati, bhikkhave, dukkhanirodhaṃ ariyasaccaṃ.

## **Maggasaccaniddeso**

“Katamañca, bhikkhave, dukkhanirodhagāminī paṭipadā ariyasaccaṃ? Ayameva ariyo aṭṭhaṅgiko maggo seyyathidaṃ – sammādiṭṭhi sammāsaṅkappo sammāvācā sammākammanto sammājīvo sammāvāyāmo sammāsati sammāsamādhi.

“Katamā ca, bhikkhave, sammādiṭṭhi? Yaṃ kho, bhikkhave, dukkhe ñāṇaṃ, dukkhasamudaye ñāṇaṃ, dukkhanirodhe ñāṇaṃ, dukkhanirodhagāminiyā paṭipadāya ñāṇaṃ, ayaṃ vuccati, bhikkhave, sammādiṭṭhi.

“Katamo ca, bhikkhave, sammāsaṅkappo? Nekkhammasaṅkappo abyāpādasāṅkappo avihimsāsaṅkappo, ayaṃ vuccati bhikkhave, sammāsaṅkappo. “Katamā ca, bhikkhave, sammāvācā? Musāvādā veramaṇī, piṣuṇāya vācāya veramaṇī, pharusāya vācāya veramaṇī, samphappalāpā veramaṇī, ayaṃ vuccati, bhikkhave, sammāvācā.



“Katamo ca, bhikkhave, sammākammanto?  
Pāṇātipātā veramaṇī, adinnādānā veramaṇī,  
kāmesumicchācārā veramaṇī, ayaṃ vuccati, bhikkhave,  
sammākammanto.

“Katamo ca, bhikkhave, sammāājīvo? Idha, bhikkhave,  
ariyasāvako micchāājīvaṃ pahāya sammā-ājīvena  
jīvaṃ kappeti, ayaṃ vuccati, bhikkhave, sammāājīvo.

“Katamo ca, bhikkhave, sammāvāyāmo? Idha,  
bhikkhave, bhikkhu anuppanānaṃ pāpakānaṃ  
akusalānaṃ dhammānaṃ anuppādāya chandaṃ janeti  
vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati;  
uppanānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ  
pahānāya chandaṃ janeti vāyamati vīriyaṃ ārabhati  
cittaṃ paggaṇhāti padahati; anuppanānaṃ kusalānaṃ  
dhammānaṃ uppādāya chandaṃ janeti vāyamati  
vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati; uppanā-  
naṃ kusalānaṃ dhammānaṃ ṭhitiyā asamosāya  
bhiyyobhāvāya vepullāya bhāvanāya pāripūriyā chandaṃ  
janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti  
padahati. Ayaṃ vuccati, bhikkhave, sammāvāyāmo.

“Katamā ca, bhikkhave, sammāsati? Idha,  
bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī  
sampajāno satimā vineyya loke abhijjhādomanassaṃ;  
vedanāsu vedanānupassī viharati ātāpī sampajāno  
satimā vineyya loke abhijjhādomanassaṃ; citte  
cittānupassī viharati ātāpī sampajāno satimā vineyya  
loke abhijjhādomanassaṃ; dhammesu dhammānupassī  
viharati ātāpī sampajāno satimā vineyya loke  
abhijjhādomanassaṃ. Ayaṃ vuccati, bhikkhave,  
sammāsati.

“Katamo ca, bhikkhave, sammāsamādhi? Idha, bhikkhave, bhikkhu vivicceva kāmehi vivicca akusalehi dhammehi savitakkaṃ savicāraṃ vivekajaṃ pītisukhaṃ paṭhamañ jhānaṃ upasampajja viharati. Vitakka-vicārānaṃ vūpasamā ajjhattaṃ sampasādanaṃ cetaso ekodibhāvaṃ avitakkaṃ avicāraṃ samādhijaṃ pītisukhaṃ dutiyaṃ jhānaṃ upasampajja viharati. Pītiyā ca virāgā upekkhako ca viharati, sato ca sampajāno, sukhañca kāyena paṭisaṃvedeti, yaṃ taṃ ariyā ācikkhanti `upekkhako satimā sukhavihārī`ti tatiyaṃ jhānaṃ upasampajja viharati. Sukhassa ca pahānā dukkhassa ca pahānā pubbeva somanassa-domanassānaṃ atthaṅgamā adukkhamasukhaṃ upekkhāsati pārisuddhiṃ catutthaṃ jhānaṃ upasampajja viharati. Ayaṃ vuccati, bhikkhave, sammāsamādhi. Idaṃ vuccati, bhikkhave, dukkha-  
nirodhagāminī paṭipadā ariyasaccaṃ.

“Iti ajjhattaṃ vā dhammesu dhammānupassī viharati, bahiddhā vā dhammesu dhammānupassī viharati, ajjhatabhiddhā vā dhammesu dhammānupassī viharati. Samudayadhammānupassī vā dhammesu viharati, vayadhammānupassī vā dhammesu viharati, samudayavayadhammānupassī vā dhammesu viharati. `Atthi dhammā`ti vā panassa sati paccupaṭṭhitā hoti yāvadeva ñāṇamattāya paṭissatimattāya anissito ca viharati, na ca kiñci loke upādiyati. Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati catūsu ariyasaccesu.

*Saccapabbarā niṭṭhitā.  
Dhammānupassanā niṭṭhitā.*

“Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattavassāni, tassa dvinnarṃ phalānarṃ aññatararṃ phalarṃ pāṭikaṅkharṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, sattavassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cha vassāni, tassa dvinnarṃ phalānarṃ aññatararṃ phalarṃ pāṭikaṅkharṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā. Tiṭṭhantu, bhikkhave, cha vassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya pañca vassāni, tassa dvinnarṃ phalānarṃ aññatararṃ phalarṃ pāṭikaṅkharṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, pañca vassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cattāri vassāni, tassa dvinnarṃ phalānarṃ aññatararṃ phalarṃ pāṭikaṅkharṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā. Tiṭṭhantu, bhikkhave, cattāri vassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya tīṇi vassāni, tassa dvinnarṃ phalānarṃ aññatararṃ phalarṃ pāṭikaṅkharṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, tīṇi vassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya dve vassāni, tassa dvinnarṃ phalānarṃ aññatararṃ phalarṃ pāṭikaṅkharṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā. Tiṭṭhantu, bhikkhave, dve vassāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya ekaṃ vassarṃ, tassa dvinnarṃ

phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhatu, bhikkhave, ekaṃ vassaṃ. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattamāsāni, tassa dvinnaṃ phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, satta māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cha māsāni, tassa dvinnaṃ phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā. Tiṭṭhantu, bhikkhave, cha māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya pañca māsāni, tassa dvinnaṃ phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, pañca māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya cattāri māsāni, tassa dvinnaṃ phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā. Tiṭṭhantu, bhikkhave, cattāri māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya tīni māsāni, tassa dvinnaṃ phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, tīni māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya dve māsāni, tassa dvinnaṃ phalānaṃ aññataraṃ phalaṃ pāṭikaṅkhaṃ diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhantu, bhikkhave, dve māsāni. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya ekaṃ māsam, tassa dvinnam phalānam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhatu, bhikkhave, eko māso. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya aḍḍhamāsam, tassa dvinnam phalānam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.

“Tiṭṭhatu, bhikkhave, aḍḍhamāso. Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ bhāveyya sattāham, tassa dvinnam phalānam aññataram phalam pāṭikaṅkham diṭṭheva dhamme aññā; sati vā upādisese anāgāmitāti.

“Ekāyano ayam, bhikkhave, maggo sattānam visuddhiyā sokaparidevānam samatikkamāya dukkhadomanassānam atthaṅgamāya ñāyassa adhigamāya nibbānassa sacchikiriyāya yadidaṃ cattāro satipaṭṭhānāti. Iti yaṃ taṃ vuttam, idametaṃ paṭicca vuttan”ti.

Idamavoca bhagavā. Attamanā te bhikkhū bhagavato bhāsitaṃ abhinandun’ti.

*Mahāsatipaṭṭhānasuttam niṭṭhitam.*

*(Chant until here for day 4)*

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Satta-Buddha-Vandanā

Vipassissa ca namatthu, cakkhumantassa sirīmato.  
Sikhissapi ca namatthu, sabbabhūtānukampino.

Vessabhussa ca namatthu, nhātakassa tapassino;  
Namatthu kakusandhassa, mārasenāpamaddino.

Koṇāgamanassa namatthu, brāhmaṇassa vusīmato;  
Kassapassa ca namatthu, vippamuttassa sabbadhi.

Aṅgīrasassa namatthu, sakyaputtassa sirīmato;  
Yo imaṃ dhammaṃ desesi, sabbadukkhāpanūdanaṃ.

Ye cāpi nibbutā loke, yathābhūtaṃ vipassisuṃ;  
Te janā apisuṇātha, mahantā vītasāradā.

Hitam devamanussānam, yaṃ namassanti gotamaṃ;  
Vijjācaraṇasampannaṃ, mahantaṃ vītasāradaṃ.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Aṭṭhaviṣati Buddhā Paritta

Taṅhaṅkaro mahāvīro, Medhaṅkaro mahāyaso,  
Saraṅaṅkaro lokahito, Dīpaṅkaro jutindharo,

Koṇḍañño janapāmokkho, Maṅgalo purisāsabho,  
Sumano sumano dhīro, Revato rativaḍḍhano,

Sobhito guṇasampanno, Anomadassī januttamo,  
Padumo lokapajjoto, Nārado varasārathi,

Padumuttaro sattasāro, Sumedho aggapuggalo,  
Sujāto sabbalokaggo, Piyadassī narāsabho,

Atthadassī kāruṇiko, Dhammadassī tamonudo,  
Siddhattho asamo loke, Tisso varada-saṅvaro,

Phusso varada-sambuddho, Vipassī ca anūpamo,  
Sikhī sabbahito satthā, Vessabhū sukhadāyako,

Kakusandho satthavāho, Koṇāgamano raṇaṅjaho,  
Kassapo sirisampanno, Gotamo sākya-puṅgavo.

Tesaṃ saccena sīlena khanti-metta-balena ca,  
Te'pi maṃ anurakkhantu arogena sukhena ca.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Morasuttam

Pūrentam bodhisambhāre nibbattam morayoniyam,  
Yena samvihitārakkham Mahāsattam vanecarā,

Cirassam vāyamantāpi neva sakkhimso gaṇhitum.  
'Brahmamanta'ṭi akkhātam parittam tam bhaṇāma he.

Udetayam cakkhumā ekarājā,  
Harissavaṇṇo pathavippabhāso,  
Tam tam namassāmi harissavaṇṇam pathavippabhāsam,  
Tayājja guttā viharemu divasam.

Ye brāhmaṇā vedagū sabbadhamme,  
Te me namo, te ca maṃ pālayantu;  
Namatthu buddhānam, namatthu bodhiyā,  
Namo vimuttānam, namo vimuttiyā;  
Imaṃ so parittam katvā moro carati esanā.

Apetayam cakkhumā ekarājā,  
Harissavaṇṇo pathavippabhāso;  
Tam tam namassāmi harissavaṇṇam pathavippabhāsam,  
Tayājja guttā viharemu rattim.

Ye brāhmaṇā vedagū sabbadhamme,  
Te me namo, te ca maṃ pālayantu;  
Namatthu buddhānam, namatthu bodhiyā,  
Namo vimuttānam, namo vimuttiyā;  
Imaṃ so parittam katvā moro vāsamakappayi.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalam.*



## Vaṭṭasuttam

Pūrentam bodhisambhāre, nibbattam vaṭṭajātiyam,  
Yassa tejena dāvaggi Mahāsattam vivajjayi.

Therassa Sāriputtassa Lokanāthena bhāsitam,  
Kappatṭhāyim mahātejam, parittam tam bhaṇāma he.

Atthi loka sīlaguṇo, saccam soceyyanuddayā;  
Tena saccena kāhāmi, saccakiriyamuttamam.

Āvejjetvā dhammabalam, saritvā pubbake jine;  
Saccabalamavassāya, saccakiriyamakāsamam.

Santi pakkhā apatanā, santi pādā avañcanā;  
Mātāpitā ca nikkhantā, jātaveda paṭikkama.

Saha sacce kate mayham, mahāpajjalito sikhī;  
Vajjesi soḷasakarīsāni, udakam patvā yathā sikhī;  
Saccena me samo natthi, esā me saccapāramī.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalam.*

## Tesattati Nāṇāni

1. Sotāvadhāne paññā sutamaye ñāṇaṃ.
2. Sutvāna saṃvare paññā sīlamaye ñāṇaṃ.
3. Saṃvaritvā samādahane paññā samādhi-  
bhāvanāmaye ñāṇaṃ.
4. Paccayapariggahe paññā dhammaṭṭhitiñāṇaṃ.
5. Atitānāgatapaccuppannānaṃ dhammānaṃ  
saṅkhipitvā vavatthāne paññā sammasane ñāṇaṃ.
6. Paccuppannānaṃ dhammānaṃ vipariṇāmānu-  
passane paññā udayabbayānupassane ñāṇaṃ.
7. Ārammaṇaṃ paṭisaṅkhā bhaṅgānupassane paññā  
vipassane ñāṇaṃ.
8. Bhayatupaṭṭhāne paññā ādīnave ñāṇaṃ.
9. Muñcitukamyatāpaṭisaṅkhāsantiṭṭhanā paññā  
saṅkhārupekkhāsu ñāṇaṃ.
10. Bahiddhā vuṭṭhānavivaṭṭane paññā gotrabhu-  
ñāṇaṃ.
11. Dubhato vuṭṭhānavivaṭṭane paññā magge ñāṇaṃ.
12. Payogappaṭippassaddhi paññā phale ñāṇaṃ.
13. Chinnavaṭṭamānupassane paññā vimuttiñāṇaṃ.

14. Tadā samudāgate dhamme passane paññā paccavekkhaṇe ñāṇam.
15. Ajjhattavavatthāne paññā vatthunānatte ñāṇam.
16. Bahiddhāvavatthāne paññā gocaranānatte ñāṇam.
17. Cariyāvavatthāne paññā cariyānānatte ñāṇam.
18. Catudhammavavatthāne paññā bhūminānatte ñāṇam.
19. Navadhammavavatthāne paññā dhammanānatte ñāṇam.
20. Abhiññāpaññā ñātaṭṭhe ñāṇam.
21. Pariññāpaññā tiraṇaṭṭhe ñāṇam.
22. Pahāne paññā pariccāgaṭṭhe ñāṇam.
23. Bhāvanāpaññā ekarasatṭhe ñāṇam.
24. Sacchikiriyāpaññā phusanaṭṭhe ñāṇam.
25. Atthanānatte paññā attha-paṭisambhide ñāṇam.
26. Dhammanānatte paññā dhamma-paṭisambhide ñāṇam.
27. Niruttinānatte paññā nirutti-paṭisambhide ñāṇam.

28. Paṭibhānanānatte paññā paṭibhāna-paṭisambhidenāṇaṃ.
29. Vihāranānatte paññā vihāraṭṭhe nāṇaṃ.
30. Samāpattinānatte paññā samāpattaṭṭhe nāṇaṃ.
31. Vihāra-samāpatti-nānatte paññā vihāra-samāpattaṭṭhe nāṇaṃ.
32. Avikkhepa-parisuddhattā āsavasamucchede paññā ānantarika-samādhimhi nāṇaṃ.
33. Dassanādhipeyyaṃ santo ca vihārādhigamo paññā araṇavihāre nāṇaṃ.
34. Dvīhi balehi samannāgatattā tayo ca saṅkhārānaṃ paṭippassaddhiyā soḷasahi nāṇacariyāhi navahi samādhicariyāhi vasibhāvatā paññā nirodha-samāpattiyā nāṇaṃ.
35. Sampajānassa pavatta-pariyādāne paññā parinibbāne nāṇaṃ.
36. Sabbadhammānaṃ sammā samucchede nirodhe ca anupaṭṭhānatā paññā samasīsaṭṭhe nāṇaṃ.
37. Puthu-nānattateja-pariyādāne paññā sallekhaṭṭhe nāṇaṃ.
38. Asallīnatta-pahitatta-paggahaṭṭhe paññā vīriyārambhe nāṇaṃ.

39. Nānādhammappakāsanatā paññā attha-sandassane ñāṇaṃ.
40. Sabbadhammānaṃ ekasaṅgahatā-nānattekatta-  
paṭivedhe paññā dassanavisuddhiñāṇaṃ.
41. Veditattā paññā khantiñāṇaṃ.
42. Phuṭṭhattā paññā pariyogāhane ñāṇaṃ.
43. Samodahane paññā padesavihāre ñāṇaṃ.
44. Adhipatattā paññā saññāvivaṭṭe ñāṇaṃ.
45. Nānatte paññā cetovivaṭṭe ñāṇaṃ.
46. Adhiṭṭhāne paññā cittavivaṭṭe ñāṇaṃ.
47. Suññate paññā ñāṇavivaṭṭe ñāṇaṃ.
48. Vossagge paññā vimokkhavivaṭṭe ñāṇaṃ.
49. Tathaṭṭhe paññā saccavivaṭṭe ñāṇaṃ.
50. Kāyampi cittampi ekavavatthānatā sukhasaññañca  
lahusaññañca adhiṭṭhānavasena ijghanatṭhe paññā  
iddhividhe ñāṇaṃ.
51. Vitakka-vipphāra-vasena nānattekatta-sadda-  
nimittānaṃ pariyogāhaṇe paññā sotadhātu-  
visuddhi-ñāṇaṃ.

52. Tiṇṇannam cittānam vipphārattā indriyānam pasāda-vasena nānattekatta-viññāṇa-cariyā pariyogāhaṇe paññā ceto-pariya-ñāṇam.
53. Paccayappavattānam dhammānam nānattekattakamma-vipphāra-vasena pariyogāhaṇe paññā pubbenivāsānussatiñāṇam.
54. Obhāsa-vasena nānattekatta-rūpa-nimittānam dassanaṭṭhe paññā dibbacakkhuñāṇam.
55. Catusaṭṭhiyā ākārehi tiṇṇannam indriyānam vasībhāvatā paññā āsavānam khaye ñāṇam.
56. Pariññāṭṭhe paññā dukkhe ñāṇam.
57. Pahānaṭṭhe paññā samudaye ñāṇam.
58. Sacchikiriyaṭṭhe paññā nirodhe ñāṇam.
59. Bhāvanaṭṭhe paññā magge ñāṇam.
60. Dukkhe ñāṇam.
61. Dukkhasamudaye ñāṇam.
62. Dukkhanirodhe ñāṇam.
63. Dukkhanirodhagāminiyā paṭipadāya ñāṇam.
64. Atthapaṭisambhīde ñāṇam.
65. Dhammapaṭisambhīde ñāṇam.

66. Niruttipaṭṭisambhide ñāṇaṃ.
67. Paṭibhānapaṭṭisambhide ñāṇaṃ.
68. Indriya-paropariyatte ñāṇaṃ.
69. Sattānaṃ āsayānusaye ñāṇaṃ.
70. Yamakapāṭihāriye ñāṇaṃ.
71. Mahākaruṇāsamāpattiyā ñāṇaṃ.
72. Sabbaññutañāṇaṃ.
73. Anāvarenañāṇaṃ.

Imāni tesattati ñāṇāni. Imesaṃ tesattatiyā ñāṇānaṃ  
sattasatṭhi ñāṇāni sāvakaśādhāraṇāni, cha ñāṇāni  
śādhāraṇāni sāvakehi.

Imehi tesattatiyā ñāṇehi samannāgataṃ  
Sammāsambuddhaṃ Bhagavantaṃ sirasā namāmi.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## Mettānisamsasuttam

Evam me sutam – ekam samayam bhagavā  
sāvattiyam viharati jetavane anāthapiṇḍikassa ārāme.  
Tatra kho bhagavā bhikkhū āmantesi – “bhikkhavo”ti.  
“Bhadante”ti te bhikkhū bhagavato paccassosum.  
Bhagavā etadavoca –

“Mettāya, bhikkhave, cetovimuttiyā āsevitāya  
bhāvitāya bahulikatāya yānikatāya vatthukatāya  
anuṭṭhitāya paricitāya susamāraddhāya  
ekādasānisamsā pāṭikaṅkhā. Katame ekādasā?

“Sukham supati, sukham paṭibujjhati, na pāpakam  
supinam passati, manussānam piyo hoti, amanussānam  
piyo hoti, devatā rakkhanti, nāssa aggi vā visam vā  
sattham vā kamati, tuvaṭam cittam samādhīyati,  
mukhavaṇṇo vippasīdati, asammūlho kālam karoti,  
uttari appaṭivijjhanto brahmalokūpago hoti.

“Mettāya, bhikkhave, cetovimuttiyā āsevitāya  
bhāvitāya bahulikatāya yānikatāya vatthukatāya  
anuṭṭhitāya paricitāya susamāraddhāya ime  
ekādasānisamsā pāṭikaṅkhā”ti.

Idamavoca Bhagavā, attamanā te bhikkhū  
Bhagavato bhāsitam abhinandun”ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalam.*



## Dutiyamārapāsasuttam

Evam me sutam: Ekaṃ samayaṃ bhagavā  
bārāṇasiyaṃ viharati isipatane migadāye. Tatra kho  
bhagavā bhikkhū āmantesi – “bhikkhavo”ti.  
“Bhadante”ti te bhikkhū bhagavato paccassosun.  
Bhagavā etadavoca –

“Muttāhaṃ, bhikkhave, sabbapāsehi ye dibbā ye ca  
mānusā. Tumhepi, bhikkhave, muttā sabbapāsehi ye  
dibbā ye ca mānusā. Caratha, bhikkhave, cārikaṃ  
bahujanahitāya bahujanasukhāya lokānukampāya  
atthāya hitāya sukhāya devamanussānaṃ. Mā ekena  
dve agamittha. Desetha, bhikkhave, dhammaṃ  
ādikalyāṇaṃ majjhakalyāṇaṃ pariyosānakalyāṇaṃ  
sātthaṃ sabyañjanaṃ. Kevalaparipuṇṇaṃ parisuddhaṃ  
brahmacariyaṃ pakāsetha. Santi sattā apparajakkha-  
jātikā, assavanatā dhammassa parihāyanti. Bhavissanti  
dhammassa aññātāro. Ahampi, bhikkhave, yena  
uruvelā senānigamo tenupasaṅkamissāmi dhamma-  
desanāyā”ti.

Atha kho māro pāpimā yena bhagavā  
tenupasaṅkami; upasaṅkamitvā bhagavantam gāthāya  
ajjhabhāsi:

“Baddhosi sabbapāsehi, ye dibbā ye ca mānusā;  
Mahābandhanabaddhosi, na me samaṇa mokkhasi”ti.

“Muttāhaṃ sabbapāsehi, ye dibbā ye ca mānusā;  
Mahābandhanamuttomhi, nihato tvamasi antakā”ti.

Atha kho māro pāpimā "jānāti maṃ bhagavā, jānāti maṃ sugato"ti, dukkhī dummano tatthevantaradhāyīti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## **Kesamuttisuttam (Kālāmasuttam)**

Evam me sutam – ekam samayaṃ bhagavā kosalesu cārikaṃ caramāno mahatā bhikkhusaṅghena saddhim yena kesamuttam nāma kālāmānam nigamo tadavasari.

Assosum kho kesamuttiyā kālāmā – "Samaṇo khalu, bho, gotamo sakyaputto sakyakulā pabbajito kesamuttam anupatto. Tam kho pana bhavantaṃ gotamaṃ evam kalyāṇo kittisaddo abbhuggato – 'Itipi so bhagavā araham sammāsambuddho vijjācaraṇa-sampanno sugato lokavidū anuttaro purisadammasārathi satthā devamanussānam buddho bhagavā' ti. So imam lokam sadevakam samārakam sabrahmakam sassamaṇabrāhmaṇim pajam sadevamanussam sayam abhiññā sacchikatvā pavedeti. So dhammam deseti ādikalyāṇam majjhekalyāṇam pariyosānakalyāṇam sāttham sabyañjanam, kevalaparipuṇṇam parisuddham brahmacariyam pakāseti. Sādhu kho pana tathārūpānam arahataṃ dassanam hoti" ti.

Atha kho kesamuttiyā kālāmā yena bhagavā tenupasaṅkamimsu; upasaṅkamitvā appekacce bhagavantaṃ abhivādetvā ekamantaṃ nisidimsu,

appekacce bhagavatā saddhiṃ sammodiṃsu,  
 sammodaniyaṃ katharaṃ sāraṇiyaṃ vītisaṅgetvā  
 ekamantaṃ nisīdiṃsu, appekacce yena bhagavā  
 tenaṅjalim paṇāmetvā ekamantaṃ nisīdiṃsu,  
 appekacce nāmagottaṃ sāvetvā ekamantaṃ nisīdiṃsu,  
 appekacce tuṅhībhūtā ekamantaṃ nisīdiṃsu.  
 Ekamantaṃ nisinnā kho te kesamuttiyā kālāmā  
 bhagavantaṃ etadavocum –

“Santi, bhante, eke samaṇabrāhmaṇā kesamuttaṃ  
 āgacchanti. Te sakaṃyeva vādaṃ dīpenti jotenti,  
 parappavādaṃ pana khurūṃsenti vambhenti paribhavanti  
 omakkhim karonti. Aparepi, bhante, eke samaṇa-  
 brāhmaṇā kesamuttaṃ āgacchanti. Tepi sakaṃyeva  
 vādaṃ dīpenti jotenti, parappavādaṃ pana khurūṃsenti  
 vambhenti paribhavanti omakkhim karonti. Tesam no,  
 bhante, amhākaṃ hoteva kaṅkhā hoti vicikicchā – ‘ko  
 su nāma imesaṃ bhavataṃ samaṇabrāhmaṇānaṃ  
 saccaṃ āha, ko musā’ti?’”

“Alañhi vo, kālāmā, kaṅkhituṃ, alaṃ vicikicchituṃ.  
 Kaṅkhanīyeva pana vo ṭhāne vicikicchā uppannā. Etha  
 tumhe, kālāmā, mā anussavena, mā paramparāya, mā  
 itikirāya, mā piṭakasampadānena, mā takkahetu, mā  
 nayahetu, mā ākāraparivitakkena, mā  
 ditṭhiniyānakkhantiyā, mā bhabbarūpatāya, mā  
 samaṇo no garūti. Yadā tumhe, kālāmā, attanāva  
 jāneyyātha – ‘ime dhammā akusalā, ime dhammā  
 sāvajjā, ime dhammā viññugarahitā, ime dhammā  
 samattā samādinnā ahitāya dukkhāya saṃvattanti’ti,  
 atha tumhe, kālāmā, pajaheyyātha.

“Taṃ kiṃ maññaṭṭha, kālāmā, lobho purisassa  
ajjhattaṃ uppajjamāno uppajjati hitāya vā ahitāya  
vā”ti?

“Ahitāya, bhante.”

“Luddho panāyaṃ, kālāmā, purisapuggalo lobhena  
abhibhūto pariyādinnacitto pāṇampi hanati, adinnampi  
ādiyati, paradārampi gacchati, musāpi bhaṇati, parampi  
tathattāya samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya  
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭṭha, kālāmā, doso purisassa  
ajjhattaṃ uppajjamāno uppajjati hitāya vā ahitāya  
vā”ti?

“Ahitāya, bhante.”

“Dutṭho panāyaṃ, kālāmā, purisapuggalo dosena  
abhibhūto pariyādinnacitto pāṇampi hanati, adinnampi  
ādiyati, paradārampi gacchati, musāpi bhaṇati, parampi  
tathattāya samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya  
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭṭha, kālāmā, moho purisassa  
ajjhattaṃ uppajjamāno uppajjati hitāya vā ahitāya  
vā”ti?

“Ahitāya, bhante.”

“Mūlho panāyaṃ, kālāmā, purisapuggalo mohena  
abhibhūto pariyādinnacitto pāṇampi hanati, adinnampi  
ādiyati, paradārampi gacchati, musāpi bhaṇati, parampi  
tathattāya samādapeti, yaṃ sa hoti dīgharattaṃ ahitāya  
dukkhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, ime dhammā kusalā  
vā akusalā vā”ti?

“Akusalā, bhante.”

“Sāvajjā vā anavajjā vā”ti?

“Sāvajjā, bhante.”

“Viññugarahitā vā viññuppasatthā vā”ti?

“Viññugarahitā, bhante.”

“Samattā samādinna ahitāya dukkhāya saṃvattanti,  
no vā? Kathaṃ vā ettha hoti”ti?

“Samattā, bhante, samādinna ahitāya dukkhāya  
saṃvattanti. Evaṃ no ettha hoti”ti.

“Iti kho, kālāmā, yaṃ taṃ avocumhā – ‘etha tumhe,  
kālāmā! Mā anussavena, mā paramparāya, mā itikirāya,  
mā piṭakasampadānena, mā takkahetu, mā nayahetu,  
mā ākāraparivitakkena, mā diṭṭhinijjhānakkhantiyā, mā  
bhabbarūpatāya, mā samaṇo no garūti. Yadā tumhe  
kālāmā attanāva jāneyyātha – ‘ime dhammā akusalā,  
ime dhammā sāvajjā, ime dhammā viññugarahitā, ime  
dhammā samattā samādinna ahitāya dukkhāya  
saṃvattanti, atha tumhe, kālāmā, pajaheyyāthā’ti, iti  
yaṃ taṃ vuttaṃ, idametaṃ paṭicca vuttaṃ.

“Etha tumhe, kālāmā, mā anussavena, mā  
paramparāya, mā itikirāya, mā piṭakasampadānena, mā  
takkahetu, mā nayahetu, mā ākāraparivitakkena, mā  
diṭṭhinijjhānakkhantiyā, mā bhabbarūpatāya, mā  
samaṇo no garūti. Yadā tumhe, kālāmā, attanāva  
jāneyyātha – ‘ime dhammā kusalā, ime dhammā  
anavajjā, ime dhammā viññuppasatthā, ime dhammā  
samattā samādinna hitāya sukhāya saṃvattanti’ti, atha  
tumhe, kālāmā, upasampajja vihareyyātha.

“Taṃ kiṃ maññaṭha, kālāmā, alobho purisassa  
ajjhattaṃ uppajjamāno uppajjati hitāya vā ahitāya  
vā”ti?

“Hitāya, bhante.”

“Aluddho panāyaṃ, kālāmā, purisapuggalo lobhena  
anabhibhūto apariyādinnacitto neva pāṇaṃ hanati, na  
adinnaṃ ādiyati, na paradāraṃ gacchati, na musā  
bhaṇati, na parampi tathattāya samādapeti, yaṃ sa hoti  
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, adoso purisassa  
ajjhattaṃ uppajjamāno uppajjati hitāya vā ahitāya  
vā”ti?

“Hitāya, bhante.”

“Aduṭṭho panāyaṃ, kālāmā, purisapuggalo dosena  
anabhibhūto apariyādinnacitto neva pāṇaṃ hanati, na  
adinnaṃ ādiyati, na paradāraṃ gacchati, na musā  
bhaṇati, na parampi tathattāya samādapeti, yaṃ sa hoti  
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ, bhante.”

“Taṃ kiṃ maññaṭha, kālāmā, amoho purisassa  
ajjhattaṃ uppajjamāno uppajjati hitāya vā ahitāya  
vā”ti?

“Hitāya, bhante.”

“Amūlho panāyaṃ, kālāmā, purisapuggalo mohena  
anabhibhūto apariyādinnacitto neva pāṇaṃ hanati, na  
adinnaṃ ādiyati, na paradāraṃ gacchati, na musā  
bhaṇati, na parampi tathattāya samādapeti, yaṃ sa hoti  
dīgharattaṃ hitāya sukhāyā”ti.

“Evaṃ bhante.”

“Taṃ kiṃ maññaṭṭha, kālāmā, ime dhammā kusalā vā akusalā vā”ti?

“Kusalā, bhante.”

“Sāvajjā vā anavajjā vā”ti?

“Anavajjā, bhante.”

“Viññugarahitā vā viññuppasatthā vā”ti?

“Viññuppasatthā, bhante.”

“Samattā samādinna hitāya sukhāya saṃvattanti no vā? Kathaṃ vā ettha hoti”ti?

“Samattā, bhante, samādinna hitāya sukhāya saṃvattanti. Evaṃ no ettha hoti”ti.

“Iti kho, kālāmā, yaṃ taṃ avocumhā – ‘etha tumhe, kālāmā! Mā anussavena, mā paramparāya, mā itikirāya, mā piṭakasampadānena, mā takkahetu, mā nayahetu, mā ākāraparivitakkena, mā diṭṭhiniijjhānakkhantiyā, mā bhabbarūpatāya, mā samaṇo no garūti. Yadā tumhe, kālāmā, attanāva jāneyyātha – ime dhammā kusalā, ime dhammā anavajjā, ime dhammā viññuppasatthā, ime dhammā samattā samādinna hitāya sukhāya saṃvattantīti, atha tumhe, kālāmā, upasampajja vihareyyāthā’ti, iti yaṃ taṃ vuttaṃ idametaṃ paṭicca vuttaṃ.

“Sa kho so, kālāmā, ariyasāvako evaṃ vigatābhijjho vigatabyāpādo asammūlho sampajāno patissato mettā-sahagatena cetasā ekaṃ disaṃ pharivā viharati, tathā dutiyaṃ, tathā tatiyaṃ, tathā catutthaṃ, iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbāvantaṃ lokāṃ mettāsahagatena cetasā vipulena mahaggatena appamaṇena averena abyāpajjhena pharivā viharati.

“Karunāśahagatena cetasā ekam̐ disam̐ pharivā viharati, tathā dutiyam̐, tathā tatiyam̐, tathā catuttham̐, iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbāvantam̐ lokam̐ karuṇasahagatena cetasā vipulena mahaggatena appamaṇena averena abyāpajjhena pharivā viharati.

“Muditāsahagatena cetasā ekam̐ disam̐ pharivā viharati, tathā dutiyam̐, tathā tatiyam̐, tathā catuttham̐, iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbāvantam̐ lokam̐ muditā-sahagatena cetasā vipulena mahaggatena appamaṇena averena abyāpajjhena pharivā viharati.

“Upekkhāsahagatena cetasā ekam̐ disam̐ pharivā viharati, tathā dutiyam̐, tathā tatiyam̐, tathā catuttham̐, iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbāvantam̐ lokam̐ upekkhāsahagatena cetasā vipulena mahaggatena appamaṇena averena abyāpajjhena pharivā viharati.

“Sa kho so, kālāmā, ariyasāvako evaṃ averacitto evaṃ abyāpajjhacitto evaṃ asam̐kiliṭṭhacitto evaṃ visuddhacitto, tassa diṭṭheva dhamme cattāro assāsā adhigatā honti. ‘Sace kho pana atthi paro loko, atthi sukata dukkaṭānaṃ kammānaṃ phalaṃ vipāko, athāhaṃ kāyassa bhedaṃ param̐ maraṇā sugatiraṃ saggam̐ lokam̐ upapajjissāmī’ti, ayamassa paṭhamo assāso adhigato hoti.

“ ‘Sace kho pana natthi paro loko, natthi sukata dukkaṭānaṃ kammānaṃ phalaṃ vipāko, athāhaṃ diṭṭheva dhamme averam̐ abyāpajjham̐ anīgham̐



sukhiṃ attānaṃ pariharāmi'ti, ayamassa dutiyo assāso adhigato hoti.

“ `Sace kho pana karoto kariyati pāpaṃ, na kho panāhaṃ kassaci pāpaṃ cetemi. Akarontaṃ kho pana maṃ pāpakammaṃ kuto dukkhaṃ phusissatī'ti, ayamassa tatiyo assāso adhigato hoti.

“ `Sace kho pana karoto na kariyati pāpaṃ, athāhaṃ ubhayeneva visuddhaṃ attānaṃ samanupassāmi'ti, ayamassa catuttho assāso adhigato hoti.

“Sa kho so, kālāmā, ariyasāvako evaṃ averacitto evaṃ abyāpajjhacitto evaṃ asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa diṭṭheva dhamme ime cattāro assāsā adhigatā honti”ti.

“Evametaṃ, bhagavā, evametaṃ, sugata! Sa kho so, bhante, ariyasāvako evaṃ averacitto evaṃ abyāpajjhacitto evaṃ asaṃkiliṭṭhacitto evaṃ visuddhacitto, tassa diṭṭheva dhamme cattāro assāsā adhigatā honti. `Sace kho pana atthi paro loko, atthi sukata-dukkatānaṃ kammānaṃ phalaṃ vipāko, athāhaṃ kāyassa bhedaṃ paraṃ maraṇā sugatiṃ saggāṃ lokāṃ upapajjissāmi'ti, ayamassa paṭhamo assāso adhigato hoti.

“ `Sace kho pana natthi paro loko, natthi sukata-dukkatānaṃ kammānaṃ phalaṃ vipāko, athāhaṃ diṭṭheva dhamme averaṃ abyāpajjhaṃ anīghaṃ sukhiṃ attānaṃ pariharāmi'ti, ayamassa dutiyo assāso adhigato hoti.

“ `Sace kho pana karoto kariyati pāpaṃ, na kho panāhaṃ – kassaci pāpaṃ cetemi, akarontaṃ kho pana

maṃ pāpakammaṃ kuto dukkhaṃ phusissatīti,  
ayamassa tatiyo assāso adhigato hoti.

“Sace kho pana karoto na kariyati pāpaṃ, athāhaṃ  
ubhayeneva visuddhaṃ attānaṃ samanupassāmi”ti,  
ayamassa catuttho assāso adhigato hoti.

“Sa kho so, bhante, ariyasāvako evaṃ averacitto  
evaṃ abyāpajjhacitto evaṃ asaṃkiliṭṭhacitto evaṃ  
visuddhacitto, tassa diṭṭheva dhamme ime cattāro  
assāsā adhigatā honti.

“Abhikkantaṃ, bhante; bhikkantaṃ, bhante!  
Seyyathāpi, bhante, nikkujjitaṃ vā ukkujjeyya,  
paṭicchannaṃ vā vivareyya, mūḷhassa vā maggaṃ  
ācikkheyya, andhakāre vā telapajjotaṃ dhāreyya –  
‘cakkhumanto rūpāni dakkhantī’ti. Evamevaṃ  
bhagavatā anekapariyāyena dhammo pakāsito. Ete  
mayaṃ, bhante, bhagavantaṃ saraṇaṃ gacchāma  
dhammañca bhikkhusaṅghañca. Upāsake no, bhante,  
bhagavā dhāretu ajjatagge pāṇupete saraṇaṃ gate”ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## **Aṅgulimāla-Paritta**

Yatohaṃ, bhagini, ariyāya jātiyā jāto,  
Nābhijānāmi sañcicca pāṇaṃ jīvitā voropetā.  
Tena saccena sotthi te hotu, sotthi gabbhassa.

## Bhikkhu-Aparihāniyadhammā

Atha kho bhagavā acirapakkante Vassakāre brāhmaṇe magadhamahāmatte āyasmantaṃ Ānandaṃ āmantesi – “Gaccha tvaṃ, Ānanda, yāvatikā bhikkhū rājagahaṃ upanissāya viharanti, te sabbe upaṭṭhāna-sālāyaṃ sannipātehi”ti. “Evaṃ, bhante”ti kho āyasmā Ānando bhagavato paṭissutvā yāvatikā bhikkhū rājagahaṃ upanissāya viharanti, te sabbe upaṭṭhāna-sālāyaṃ sannipātetvā yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi. Ekamantaṃ t̥hito kho āyasmā Ānando bhagavantaṃ etadavoca – “Sannipatito, bhante, bhikkhusaṅgho, yassadāni, bhante, bhagavā kālaṃ maññati”ti.

Atha kho bhagavā utṭhāyāsanaṃ yena upaṭṭhānasālā tenupasaṅkami; upasaṅkamitvā paññatte āsane nisīdi. Nisajja kho bhagavā bhikkhū āmantesi – “Satta vo, bhikkhave, aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū abhiṇhaṃ sannipātā sannipātabahulā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū samaggā sannipatissanti, samaggā vuṭṭhahissanti, samaggā saṅghakaraṇīyāni karissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū apaññattaṃ na paññapessanti, paññattaṃ na samucchindissanti, yathāpaññattesu sikkhāpadesu samādāya vattissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ye te bhikkhū therā rattaññū cirapabbajitā saṅghapitaro saṅghapariṇāyakā, te sakkarissanti garuṃ karissanti mānessanti pūjessanti, tesañca sotabbaṃ maññissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū uppannāya taṇhāya ponobbhavikāya na vasam gacchissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū āraññakesu senāsanesu sāpekkhā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū paccattaññeva satim upatthapessanti – ‘kinti anāgatā ca pesalā sabrahmacārī āgaccheyyum, āgatā ca pesalā sabrahmacārī phāsu vihareyyun’ti. Vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu tthassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha,

bhāsissāmī”ti. “Evaṃ, bhante”ti kho te bhikkhū  
bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū na kammārāmā  
bhavissanti na kammaratā na kammārāmatamanuyuttā,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no  
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na bhassārāmā  
bhavissanti na bhassaratā na bhassārāmatamanuyuttā,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no  
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na niddārāmā  
bhavissanti na niddaratā na niddārāmatamanuyuttā,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no  
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na saṅgaṇikārāmā  
bhavissanti na saṅgaṇikaratā na  
saṅgaṇikārāmatamanuyuttā, vuddhiyeva, bhikkhave,  
bhikkhūnaṃ pāṭikañkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na pāpicchā  
bhavissanti na pāpikānaṃ icchānaṃ vasaṃ gatā,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no  
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na pāpamittā  
bhavissanti na pāpasahāyā na pāpasampavañkā,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no  
parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū na oramattakena  
viesādhiḡamena antarāvosaṇaṃ āpajjissanti,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikañkhā, no  
parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū saddhā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū hirimanā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ottappī bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū bahussutā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū āraddhavīriyā bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū upatṭhitassatī bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū paññavanto bhavissanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū satisambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū dhammavicaya-sambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū vīriya-sambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū pītisambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū passaddhi-sambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū samādhi-sambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū upekkhā-sambojjhaṅgaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā no parihāni.

“Aparepi vo, bhikkhave, satta aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi”ti. “Evaṃ, bhante”ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū aniccasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū anattasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū asubhasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū ādīnavasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū pahānasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū virāgasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū nirodhasaññaṃ bhāvevanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.



“Yāvakīvañca, bhikkhave, ime satta aparihāniyā dhammā bhikkhūsu ṭhassanti, imesu ca sattasu aparihāniyesu dhammesu bhikkhū sandississanti, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Cha, vo bhikkhave, aparihāniye dhamme desessāmi, taṃ suṇātha, sādhukaṃ manasikarotha, bhāsissāmi” ti. “Evaṃ, bhante” ti kho te bhikkhū bhagavato paccassosum. Bhagavā etadavoca –

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ kāyakammaṃ paccupaṭṭhāpessanti sabrahmacārīsu āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ vacīkammaṃ paccupaṭṭhāpessanti sabrahmacārīsu āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū mettaṃ manokammaṃ paccupaṭṭhāpessanti sabrahmacārīsu āvi ceva raho ca, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū, ye te lābhā dhammikā dhammaladdhā antamaso pattapariyāpannamattampi tathārūpehi lābhehi appaṭivibhattabhogī bhavissanti sīlavantehi sabrahmacārīhi sādhāraṇabhogī, vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū yāni kāni sīlāni akhaṇḍāni acchiddāni asabalāni akammāsāni bhujissāni viññūpasatthāni aparāmaṭṭhāni samādhisaṃvattanikāni

tathārūpesu sīlesu sīlasāmaññagatā viharissanti  
sabrahmacārīhi āvi ceva raho ca, vuddhiyeva,  
bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, bhikkhū yāyaṃ dīṭṭhi ariyā  
niyyānikā, niyyāti takkarassa sammā dukkhakkhayāya,  
tathārūpāya dīṭṭhiyā dīṭṭhisāmaññagatā viharissanti  
sabrahmacārīhi āvi ceva raho ca, vuddhiyeva,  
bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no parihāni.

“Yāvakīvañca, bhikkhave, ime cha aparihāniyā  
dhammā bhikkhūsu ṭhassanti, imesu ca chasu  
aparihāniyesu dhammesu bhikkhū sandississanti,  
vuddhiyeva, bhikkhave, bhikkhūnaṃ pāṭikaṅkhā, no  
parihāni”ti.

*Etena sacca-vajjena sotthi te hotu sabbadā.*

*Etena sacca-vajjena sabba-rogo vinassatu.*

*Etena sacca-vajjena hotu te jaya-maṅgalaṃ.*

## The Four Buddhist Sacred Places

Māyā-suto Sugata-sākiya-sīha-nātho,  
Jātakkhaṇe sapadasā'va'bhisamkamitvā,  
Yasmim udīrayi giram vara-lumbinimhi,  
Tam jāta-cetiyamaham sirasā namāmi.

Yasmim nisajja vajirāsana-bandhanena,  
Jetvā savāsana-kilesa-balam munindo,  
Sambodhi-ñāṇamavagamma vihāsi sammā,  
Tam Bodhi-cetiyamaham sirasā namāmi.

Samkampayam dasa-sahassiya-loka-dhātum,  
Desesi yatra Bhagavā vara-dhamma-cakkaṁ,  
Bārāṇasī pura-samīpa-vane migānam,  
Tam Dhamma-cetiyamaham sirasā namāmi.

Katvāna lokahitamattahitañca nātho,  
Asītiko'va Upavattana-kānanam'pi,  
Yasmim nipajja gatavā nirupādisesam,  
Nibbāna-cetiyamaham sirasā namāmi.

*Etena sacca-vajjena sotthi te hotu sabbadā.  
Etena sacca-vajjena sabba-rogo vinassatu.  
Etena sacca-vajjena hotu te jaya-maṅgalaṁ.*

## Dānānumodana-Gāthā

Abhivādana-sīlissa niccam vuddhāpacāyino,  
Cattāro dhammā vadḍhanti āyu vaṇṇo sukham balaṃ.

Āyurārogya-sampatti, sagga-sampatimeva ca,  
Atho nibbāna-sampatti, iminā te samijjhatu.

Yathā vāri-vahā pūrā paripūrenti sāgarāṃ,  
Evameva ito dinnāṃ petānāṃ upakappati.

Icchitāṃ patthitāṃ tumhaṃ khippameva samijjhatu,  
Sabbe pūrentu saṅkappā cando paṇṇaraso yathā,  
Maṇi-jotiraso yathā.

Sabbītiyo vivajjantu, sabba-rogo vinassatu,  
Mā te bhavatvantarāyo, sukhī dīghāyuko bhava.

Bhavatu sabba-maṅgalāṃ, rakkhantu sabba-devatā,  
Sabba-buddhānubhāvena sadā sotthi bhavantu te.

Bhavatu sabba-maṅgalāṃ, rakkhantu sabba-devatā,  
Sabba-dhammānubhāvena sadā sotthi bhavantu te.

Bhavatu sabba-maṅgalāṃ rakkhantu sabba-devatā,  
Sabba-saṅghānubhāvena sadā sotthi bhavantu te.

Sabba-roga-vinimutto, sabba-santāpa-vajjito,  
Sabba-veramatikkanto, nibbuto ca tuvaṃ bhava.

## **Devārādhana**

Samantā cakka-vāḷesu  
Atrāgacchantu devatā;  
Saddhammaṃ Muni-rājassa  
Suṇantu sagga-mokkhadaṃ.

Dhammassavana-kālo ayaṃ bhadantā. (x3)

## **Vandanā**

Namo tassa Bhagavato Arahato Sammāsambuddhassa.  
(x3)

## **Cetiya-Vandanā**

Vandāmi cetiyaṃ sabbaṃ sabbathānesu patitṭhitaṃ,  
Sārirīkadhātu mahābodhiṃ Buddharūpaṃ sakalaṃ  
sadā. (x3)

## **Bodhi-Vandanā**

Yassa mule nisinnova sabbāri vijayaṃ akā,  
Patto sabbaññu-taṃ satthā vande taṃ bodhipādapaṃ.  
Ime ete mahābodhi Lokanāthena pūjitā,  
Ahaṃpi te namassāmi, bodhirājā namatthu te. (x3)

## Buddha-Pūjā

Yāvatā Bhagavā loke tiṭṭheyya tava sāsanaṃ,  
Tāvatā patigaṇhātu pūjā lokānukampayā.

(1) Sittha-Pūjā

Sittha-telappadittena dīpena tama-dhamṣinā,  
Tiloka-dīpaṃ Sambuddhaṃ pūjayāmi tamo-nudaṃ.

(2) Telapadīpa-Pūjā

Gandha-telappadittena dīpena tama-dhamṣinā,  
Tiloka-dīpaṃ Sambuddhaṃ pūjayāmi tamo-nudaṃ.

(3) Sugandhi-Pūjā

Sugandhi-kāya-vadanaṃ ananta-guṇa-gandhinaṃ,  
Sugandhinā'haṃ gandhena pūjayāmi Tathāgataṃ.

(4) Puppha-Pūjā

Vaṇṇa-gandha-guṇopetaṃ etaṃ kusuma-santatiṃ,  
Pūjayāmi Munindassa siri-pāda-saroruhe.

Pūjemi Buddhaṃ Kusumena nena,  
Puññaena me tena labhāmi mokkhaṃ;  
Pupphaṃ milāyāti yathā idaṃ me,  
Kāyo tathā yāti vināsa-bhāvaṃ.

(5) Pāñiya-Pūjā

Sugandhaṃ sītalaṃ kapparaṃ pasannamadhuraṃ  
subhaṃ,  
Pāñiyametaṃ Bhagavā patigaṇhātumuttama.

(6) Khīrapānaka-Pūjā

Adhivāsetu no Bhante paṇītaṃ khīra-pānakaṃ,  
Anukampaṃ upādāya patigaṇhātumuttama.

(7) Bhojana-Pūjā

Adhivāsetu no Bhante bhojanaṃ parikappitaṃ,  
Anukampaṃ upādāya patigaṇhātumuttama.

(8) Vyañjana-Pūjā

Adhivāsetu no Bhante vyañjanaṃ parikappitaṃ,  
Anukampaṃ upādāya patigaṇhātumuttama.

(9) Phalāphala-Pūjā

Adhivāsetu no Bhante phalāphalaṃ parikappitaṃ,  
Anukampaṃ upādāya patigaṇhātumuttama.

(10) Khajjaka-Pūjā

Adhivāsetu no Bhante khajjakaṃ parikappitaṃ,  
Anukampaṃ upādāya patigaṇhātumuttama.

## **Buddha-Vandanā**

Iti'pi so bhagavā arahāṃ, sammāsambuddho,  
vijjācaraṇa-sampanno, sugato, lokavidū, anuttaro  
purisadamma-sārathi, satthā devamanussānaṃ,  
buddho, bhagavā.

Buddhaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.

Ye ca Buddhā atītā ca, ye ca Buddhā anāgatā,  
Paccuppannā ca ye Buddhā, ahaṃ vandāmi sabbadā.

Natthi me saraṇaṃ aññaṃ, Buddho me saraṇaṃ varaṃ,  
Etena sacca-vajjena hotu me jayamaṅgalaṃ.

Uttamaṅgena vande'haṃ pada-paṃsu-varuttamaṃ,  
Buddhe yo khalito doso, Buddho khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)

## **Dhamma-Vandanā**

Svākkhāto bhagavatā dhammo, sandiṭṭhiko, akāliko,  
ehi-passiko, opanayiko, paccattaṃ veditabbo viññūhi.

Dhammaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.

Ye ca Dhammā atītā ca, ye ca Dhammā anāgatā,  
Paccuppannā ca ye dhammā, ahaṃ vandāmi sabbadā.

Natthi me saraṇaṃ aññaṃ,  
Dhammo me saraṇaṃ varaṃ,  
Etena sacca-vajjena  
Hotu me jayamaṅgalaṃ.

Uttamaṅgena vande'haṃ  
Dhammaṃ ca tividhaṃ varaṃ,  
Dhamme yo khalito doso  
Dhammo khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)



## Saṅgha-Vandanā

Suppaṭipanno bhagavato sāvaka-saṅgho,  
Ujuppaṭipanno bhagavato sāvaka-saṅgho,  
Ñāyappaṭipanno bhagavato sāvaka-saṅgho,  
Sāmīcippaṭipanno bhagavato sāvaka-saṅgho;  
Yadidaṃ: cattāri purisa-yugāni aṭṭha purisa-puggalā,  
esa bhagavato sāvaka-saṅgho, āhuneyyo, pāhuneyyo,  
dakkhiṇeyyo, añjali-karaṇīyo, anuttaraṃ  
puññakkhettaṃ lokassa.

Saṅghaṃ jīvita-pariyantaṃ saraṇaṃ gacchāmi.

Ye ca Saṅghā atītā ca, ye ca Saṅghā anāgatā,  
Paccuppannā ca ye Saṅghā, ahaṃ vandāmi sabbadā.

Natthi me saraṇaṃ aññaṃ,  
Saṅgho me saraṇaṃ varaṃ,  
Etena sacca-vajjena  
Hotu me jayamaṅgalaṃ.

Uttamaṅgena vande'haṃ  
Saṅghaṃ ca tividhottamaṃ,  
Saṅghe yo khalito doso  
Saṅgho khamatu taṃ mamaṃ.

Sādhu! Sādhu! Sādhu! (bow 1x)

Etena saccavajjena pātu tvaṃ ratanattayaṃ. (x3)

(Add selected suttas here. 在此加入選誦經典。)

## Mettā Chanting

Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā,  
sabbe atta-bhāva-pariyāpannā, sabbā itthiyo, sabbe  
purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe  
manussā, sabbe vinipātikā averā hontu, abyāpajjā  
hontu, anīghā hontu, sukhī attānaṃ pariharantu.  
Dukkhā muccantu, yathā-laddha-sampattito mā  
vigacchantu, kammassakā.

Puratthimāya disāya, pacchimāya disāya, uttarāya  
disāya, dakkhiṇāya disāya, puratthimāya anudisāya,  
pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya  
anudisāya, heṭṭhimāya disāya, uparimāya disāya, sabbe  
sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā, sabbe  
atta-bhāva-pariyāpannā, sabbā itthiyo, sabbe purisā,  
sabbe ariyā, sabbe anariyā, sabbe devā, sabbe  
manussā, sabbe vinipātikā averā hontu, abyāpajjā  
hontu, anīghā hontu, sukhī attānaṃ pariharantu.  
Dukkhā muccantu, yathā-laddha-sampattito mā  
vigacchantu, kammassakā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;  
Samantā cakka-vāḷesu, ye sattā pathavī-carā; Abyāpajjā  
niverā ca, niddukkhā cānuppaddavā.

Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;  
Samantā cakka-vāḷesu, ye sattā uduke-carā; Abyāpajjā  
niverā ca, niddukkhā cānuppaddavā.

Uddham̃ yāva bhavaggā ca, adho yāva avīcito;  
Samantā cakka-vālesu, ye sattā ākāse-carā;  
Abyāpajjā niverā ca, niddukkhā cānuppaddavā.

## **Good Wishes and Sharing of Merit etc**

Yam̃ pattam̃ kusalam̃ tassa ānubhāvena pāṇino  
Sabbe saddhamma-rājassa ñatvā Dhammam̃  
sukhāvaham̃,

Pāpuṇantu visuddhāya sukhāya paṭipattiyā,  
Asokamanupāyāsam̃ nibbāna-sukhamuttamam̃.

Ciram̃ tiṭṭhatu saddhammo Dhamme hontu sagāravā  
Sabbe'pi sattā, kālena sammā devo pavassatu.

Yathā rakkhimsu porāṇā surājāno tathevimam̃,  
Rājā rakkhatu dhammena attano'va pajam̃ pajam̃.

- - -

Iminā puññakammena, upajjhāyā guṇuttarā,  
Ācariyūpakārāca mātā pitā piyā mamam̃,

Suriyo candimā rājā, guṇavantā narā'pi ca  
Brahmā Mārā ca Indā ca, lokapālā ca devatā,

Yamo mittā manussāca majjhattā verikā'pi ca,  
Sabbe sattā sukhi hontu puññāni pakatāni me.

Sukham̃ ca tividham̃ dentu, khippam̃ pāpetha vo matam̃,  
Iminā puññakammena iminā uddissena ca,

Khippā hantu labheceva taṇhūpādāna chedanāṃ.  
Ye santāne hinā dhammā yāva nibbānato mamaṃ,

Nassantu sabbadā yeva yattha jāto bhava bhava  
Ujucitto sati pañño sallekho viriya vāminā.

Mārā labhantu nokāsaṃ kātuṃ ca viriyetu me,  
Buddho dīpavaro nātho, dhammo nātho varuttamo.

Nātho paccekasambuddho, saṅgho nāthottaro mamaṃ,  
Tesottamānubhāvena mārokāsaṃ labhantu mā.

Bhavaggupādāya avīci heṭṭhato  
Etthantare sattā kāyūpapannā  
Rūpi arūpica asaññi saññino  
Dukkhā pamuccantu, phusanti nibbutiṃ.

Devo vassatu kālena, sassa sampatti hetu ca,  
Pīto bhavatu loko ca, rājā bhavatu dhammiko.

- - -

Imāya dhammānudhammapaṭipattiyā Buddhaṃ pūjemi.  
Imāya dhammānudhammapaṭipattiyā Dhammaṃ pūjemi.  
Imāya dhammānudhammapaṭipattiyā Saṅghaṃ pūjemi.  
Addhā imāya paṭipattiyā jāti-jarā-byādhi maraṇamhā  
parimuccissāmi.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.  
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Mama puñña-bhāgaṃ sabbasattānaṃ bhājemi;  
Te sabbe me samaṃ puñña-bhāgaṃ labhantu.

## Aṭṭhaṅga-Uposatha-Sīla

Ahaṃ, bhante, tisaraṇena saha aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ dhammaṃ yācāmi.  
Anuggahaṃ katvā sīlaṃ detha me, bhante.

Dutiyampi ahaṃ, bhante, tisaraṇena saha aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ dhammaṃ yācāmi.  
Anuggahaṃ katvā sīlaṃ detha me, bhante.

Tatiyampi ahaṃ, bhante, tisaraṇena saha aṭṭhaṅga-samannāgataṃ uposatha-sīlaṃ dhammaṃ yācāmi.  
Anuggahaṃ katvā sīlaṃ detha me, bhante.

Bhikkhu: Yamahaṃ vadāmi taṃ *vadehi* (*vadetha*).<sup>1</sup>

Upāsaka: Āma, bhante.

Namo tassa Bhagavato Arahato Sammāsambuddhassa.  
(x3)

Buddhaṃ saraṇaṃ gacchāmi.  
Dhammaṃ saraṇaṃ gacchāmi.  
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.  
Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.  
Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.  
Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.  
Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi.

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<sup>1</sup> 如果受戒者超過一位，則唸 *vadetha*（你們說）。

Bhikkhu: Tisaraṇagamanam̐ paripuṇṇam̐.

Upāsaka: Āma, bhante.

Pāṇātipātā veramaṇī sikkhāpadam̐ samādiyāmi.

Adinnādānā veramaṇī sikkhāpadam̐ samādiyāmi.

Abrahmacariyā veramaṇī sikkhāpadam̐ samādiyāmi.

Musāvādā veramaṇī sikkhāpadam̐ samādiyāmi.

Surā-meraya-majja-pamādaṭṭhānā veramaṇī  
sikkhāpadam̐ samādiyāmi.

Vikālabhojanā veramaṇī sikkhāpadam̐ samādiyāmi.

Nacca-gīta-vādita-visūkadassanā mālā-gandha-  
vilepana-dhāraṇamaṇḍana-vibhūsanatṭhānā  
veramaṇī sikkhāpadam̐ samādiyāmi.

Uccāsayana-mahāsayanā veramaṇī sikkhāpadam̐  
samādiyāmi.

Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā,  
sabbe atta-bhāva-pariyāpannā, sabbā itthiyo, sabbe  
purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe  
manussā, sabbe vinipātikā, averā hontu, abyāpajjā  
hontu, anīghā hontu, sukhī attānam̐ pariharantu.

Puratthimāya disāya, pacchimāya disāya, uttarāya  
disāya, dakkhiṇāya disāya, puratthimāya anudisāya,  
pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya  
anudisāya, hetṭhimāya disāya, uparimāya disāya, sabbe  
sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā, sabbe  
atta-bhāva-pariyāpannā, sabbā itthiyo, sabbe purisā,  
sabbe ariyā, sabbe anariyā, sabbe devā, sabbe  
manussā, sabbe vinipātikā, averā hontu, abyāpajjā  
hontu, anīghā hontu, sukhī attānam̐ pariharantu.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.  
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Bhikkhu: Tisaraṇena saha aṭṭhaṅga-samannāgataṃ  
uposatha-sīlaṃ dhammaṃ sādhucaṃ katvā  
appamādena sampādettha.

Upāsaka: Āma, bhante.

## Pañca-Sīla

Ahaṃ, bhante, tisaraṇena saha *pañcasīlaṃ*<sup>2</sup>  
dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ detha me,  
bhante.

Dutiyaṃpi ahaṃ, bhante, tisaraṇena saha  
*pañcasīlaṃ* dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ  
detha me, bhante.

Tatiyaṃpi ahaṃ, bhante, tisaraṇena saha  
*pañcasīlaṃ* dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ  
detha me, bhante.

Bhikkhu: Yamahaṃ vadāmi taṃ *vadehi (vadetha)*.<sup>3</sup>

Upāsaka: Āma, bhante.

Namo tassa Bhagavato Arahato Sammāsambuddhassa.  
(x3)

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<sup>2</sup> 如果受持梵行五戒則將 *pañcasīlaṃ* 改唸成  
*brahmacariya-pañcama-sīlaṃ* 。

<sup>3</sup> 如果受戒者超過一位，則唸 *vadetha*（你們說）。

Buddhaṃ saraṇaṃ gacchāmi.  
Dhammaṃ saraṇaṃ gacchāmi.  
Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyaṃpi Buddhaṃ saraṇaṃ gacchāmi.  
Dutiyaṃpi Dhammaṃ saraṇaṃ gacchāmi.  
Dutiyaṃpi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyaṃpi Buddhaṃ saraṇaṃ gacchāmi.  
Tatiyaṃpi Dhammaṃ saraṇaṃ gacchāmi.  
Tatiyaṃpi Saṅghaṃ saraṇaṃ gacchāmi.  
Bhikkhu: Tisaraṇagamaṇaṃ paripuṇṇaṃ.

Upāsaka: Āma, bhante.

Pāṇātipātā veramaṇī sikkhāpadaṃ samādiyāmi.  
Adinnādānā veramaṇī sikkhāpadaṃ samādiyāmi.  
Kāmesu micchācārā<sup>4</sup> veramaṇī sikkhāpadaṃ  
samādiyāmi.  
Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi.  
Surā-meraya-majja-pamādatṭhānā veramaṇī  
sikkhāpadaṃ samādiyāmi.

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.  
Idaṃ me puññaṃ nibbānassa paccayo hotu.

Bhikkhu: Tisaraṇena saha pañcasīlaṃ dhammaṃ  
sādhukāṃ katvā appamādena sampādettha.

Upāsaka: Āma, bhante.

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<sup>4</sup> 如果受持梵行五戒則將 Kāmesu micchācārā 改唸成  
Abrahmacariyā 。



## Ājīva-Aṭṭhamaka-Sīla

Ahaṃ, bhante, tisaṇaṇena saha ājīva-aṭṭhamaka-sīlaṃ dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ detha me, bhante.

Dutiyampi ahaṃ, bhante, tisaṇaṇena saha ājīva-aṭṭhamaka-sīlaṃ dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ detha me, bhante.

Tatiyampi ahaṃ, bhante, tisaṇaṇena saha ājīva-aṭṭhamaka-sīlaṃ dhammaṃ yācāmi. Anuggahaṃ katvā sīlaṃ detha me, bhante.

Bhikkhu: Yamahaṃ vadāmi taṃ *vadehi* (*vadetha*).<sup>5</sup>

Upāsaka: Āma, bhante.

Namo tassa Bhagavato Arahato Sammāsambuddhassa.  
(x3)

Buddhaṃ saraṇaṃ gacchāmi.

Dhammaṃ saraṇaṃ gacchāmi.

Saṅghaṃ saraṇaṃ gacchāmi.

Dutiyampi Buddhaṃ saraṇaṃ gacchāmi.

Dutiyampi Dhammaṃ saraṇaṃ gacchāmi.

Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi.

Tatiyampi Buddhaṃ saraṇaṃ gacchāmi.

Tatiyampi Dhammaṃ saraṇaṃ gacchāmi.

Tatiyampi Saṅghaṃ saraṇaṃ gacchāmi.

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<sup>5</sup> 如果受戒者超過一位，則唸 *vadetha*（你們說）。

Bhikkhu: Tisaraṇagamanam̐ paripuṇṇam̐.

Upāsaka: Āma, bhante.

Pāṇātipātā veramaṇī sikkhāpadam̐ samādiyāmi.

Adinnādānā veramaṇī sikkhāpadam̐ samādiyāmi.

Kāmesu micchācārā veramaṇī sikkhāpadam̐  
samādiyāmi.

Musāvādā veramaṇī sikkhāpadam̐ samādiyāmi.

Pisuṇāvācā veramaṇī sikkhāpadam̐ samādiyāmi.

Pharusāvācā veramaṇī sikkhāpadam̐ samādiyāmi.

Samphappalāpā veramaṇī sikkhāpadam̐ samādiyāmi.

Micchā-ājīvā veramaṇī sikkhāpadam̐ samādiyāmi.

Idam̐ me puñṇam̐ āsavakkhayāvaham̐ hotu.

Idam̐ me puñṇam̐ nibbānassa paccayo hotu.

Bhikkhu: Tisaraṇena saha ājīva-aṭṭhamaka-sīlam̐  
dhammam̐ sādhuḥkam̐ katvā appamādena  
sampādetha.

Upāsaka: Āma, bhante.

## Table of Chanting Sequence 課誦順序表

	Chanting Sequence 課誦順序
Week 1, Mon* 第一星期 星期一*	Page 5-12 Devārādhana → Khandhasuttaṃ Page 23-28 Dhammacakkappavattanasuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes
Week 1, Tue 第一星期 星期二	Page 5-12 Devārādhana → Khandhasuttaṃ Page 29-32 Anattalakkhaṇasuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes
Week 1, Wed 第一星期 星期三	Page 5-12 Devārādhana → Khandhasuttaṃ Page 33 Jaya Paritta Page 34-36 Ādittasuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes
Week 1, Thur 第一星期 星期四	Page 5-9 Devārādhana → Saṅghānussati Page 37-42 Maṅgalasuttaṃ → Ratanasuttaṃ Page 10-12 Mettasuttaṃ → Khandhasuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes
Week 1, Fri 第一星期 星期五	Page 5 Devārādhana → Vandanā Page 55-71 Paṭṭhāna → Mahānamakkāra Pāli Page 9 Buddhānussati → Saṅghānussati Page 13-21 Ovādapātimokkhagāthā → Good Wishes

<p>Week 1, Sat 第一星期 星期六</p>	<p>Page 5-9 Devārādhānā → Saṅghānussati Page 11-12 Khandhasuttaṃ Page 42-53 Paṭṭicasamuppādavibhaṅgo → Bojjhaṅgasuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 1, Sun 第一星期 星期日</p>	<p>Page 5-12 Devārādhānā → Khandhasuttaṃ Page 110-111 Satta-Buddha-Vandanā → Aṭṭhaviṣati Buddhā Paritta Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 2, Mon 第二星期 星期一</p>	<p>Page 5 Devārādhānā → Vandanā Page 9 Buddhānussati → Saṅghānussati Page 11-12 Khandhasuttaṃ Page 72-82 Mahāsatiṭṭhānasuttaṃ Kāyānupassanā Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 2, Tue 第二星期 星期二</p>	<p>Page 5 Devārādhānā → Vandanā Page 9 Buddhānussati → Saṅghānussati Page 11-12 Khandhasuttaṃ Page 82-91 Vedānānupassana → Bojjhaṅgapabbaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 2, Wed 第二星期 星期三</p>	<p>Page 5 Devārādhānā → Vandanā Page 9 Buddhānussati → Saṅghānussati Page 11-12 Khandhasuttaṃ Page 91-99 Saccapabbaṃ → Samudayasaccaniddeso Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>

<p>Week 2, Thur 第二星期 星期四</p>	<p>Page 5 Devārādhana → Vandanā Page 9 Buddhānussati → Saṅghānussati Page 11-12 Khandhasuttaṃ Page 99-109 Nirodhasaccaniddeso → to the End Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 2, Fri 第二星期 星期五</p>	<p>Page 5-12 Devārādhana → Khandhasuttaṃ Page 114-122 Tesattati Ñāṇāni → Dutiyaṃārapāsaṃsuttaṃ Page 53-54 Jayamaṅgala-Gāthā Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 2, Sat 第二星期 星期六</p>	<p>Page 5 Devārādhana → Vandanā Page 9 Buddhānussati → Saṅghānussati Page 11-12 Khandhasuttaṃ Page 122-130 Kesamuttisuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Week 2, Sun 第二星期 星期日</p>	<p>Page 5-12 Devārādhana → Khandhasuttaṃ Page 112-113 Morasuttaṃ → Vaṭṭasuttaṃ Page 13-21 Ovādapātimokkhagāthā → Good Wishes</p>
<p>Chanting after Pātimokkha 誦戒後唸</p>	<p>Page 131-138 Bhikkhu-Aparihāniyadhammā Page 146-148 Mettā Chanting → Good Wishes and Sharing of Merit etc</p>

<p>Laypeople's Daily Chanting 建議居士 每日課誦</p>	<p>Page 5-13 Devārādhānā → Bhaddekaratta-Gāthā Page 17-20 Subha-Patthanā &amp; Paritta → Patthanā</p>
<p>Sunday Buddha- Pūjā 周日供佛 課誦</p>	<p>Page 141-145 Devārādhānā → Saṅgha-Vandanā Add selected suttas here 在此加入選誦經典 Page 146-148 Mettā Chanting → Good Wishes and Sharing of Merit etc</p>
<p>Chanting for Releasing Lives 放生唸誦</p>	<p>Page 5 Devārādhānā → Vandanā Page 9-12 Buddhānussati → Mettasuttā Page 33 Jaya Paritta Page 8 Paccayā Page 17-19 Subha-Patthanā &amp; Paritta → Pattidāna Page 20 Patthanā</p>
<p>Chanting for Auspicious Events 喜事唸誦</p>	<p>Page 5 Devārādhānā → Vandanā Page 9-12 Buddhānussati → Mettasuttā Page 37-42 Maṅgalasuttā → Ratanasuttā Page 17-19 Subha-Patthanā &amp; Paritta → Pattidāna Page 20 Patthanā</p>

<p>Funeral Chanting** 喪事唸誦 **</p>	<p>Page 5-9 Devārādhana → Saṅghānussati Page 47-51 Dhammasaṅgaṇī-Tikamātikā → Dhammapada Verses of Reality of Life (Optional: Page 29-32 Anattalakkhaṇasuttaṃ Page 42-46 Paṭṭiccasamuppādavibhaṅgo Page 55-66 Paṭṭhāna) Page 19 Pattidāna Page 20 Patthanā</p>
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\* The daily morning chanting sequence for alternate weeks shall repeat every two weeks.

每日早課的課誦順序一輪為兩個星期，每過兩個星期就重複。

\*\* Note: For funeral chanting, please change the usual ending at each section, as follows:

注意：在喪事唸誦裡，應改變每段經文平時的結尾，如下：

Change 把：

Etena saccavajjena sotthi te hotu sabbadā.

Etena saccavajjena sabbarogo vinassatu.

Etena saccavajjena hotu te jayamaṅgalaṃ.

To 改成：

Etena saccavajjena dukkhā vūpasamentu te.

Etena saccavajjena bhayā vūpasamentu te.

Etena saccavajjena sokā vūpasamentu te.