

ĀNĀPĀNASATI-SUTTAM

Evam me sutam – ekam samayam bhagavā sāvattiyam viharati pubbārāme migāra-mātu-pāsāde sambahulehi abhiññātehi abhiññātehi therehi sāvakehi saddhim – āyasmata ca sārīputtena āyasmata ca mahā-moggallānena, āyasmata ca mahā-kassapena āyasmata ca mahā-kaccāyanena āyasmata ca mahā-koṭṭhikena āyasmata ca mahā-kappinena āyasmata ca mahā-cundena āyasmata ca anuruddhena āyasmata ca revatena āyasmata ca ānandena, aññehi ca abhiññātehi abhiññātehi therehi sāvakehi saddhim.

Tena kho pana samayena therā bhikkhū nave bhikkhū ovadanti anusāsanti. Appekacce therā bhikkhū dasa-pi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū vīsam-pi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū timsam-pi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū cattārīsam-pi bhikkhū ovadanti anusāsanti. Te ca navā bhikkhū therehi bhikkhūhi ovadiyamānā anusāsiyamānā ulāram pubbenāparam visesam jānanti.

Tena kho pana samayena bhagavā tadahu’posathe paṇṇarase pavāraṇāya puṇṇāya puṇṇamāya rattiyā bhikkhu-saṅgha-parivuto abbhokāse nisinnō hoti. Atha kho bhagavā tuṅhī-bhūtam tuṅhī-bhūtam bhikkhu-saṅgham anuvīloketvā bhikkhū āmantesi – “āraddho’smi, bhikkhave, imāya paṭipadāya; āraddha-citto’smi, bhikkhave, imāya paṭipadāya. Tasmā-t-īha, bhikkhave, bhīyosomattāya vīriyam ārabhatha appattassa pattiyā, anadhigatassa adhigamāya, asacchikatassa sacchikiriyāya. Idh’evāham sāvattiyam komudim cātu-māsīnim āgāmessāmī”ti. Assosum kho jānapadā bhikkhū – “bhagavā kira tatth’eva sāvattiyam komudim cātu-māsīnim āgāmessati”ti. Te jānapadā bhikkhū sāvattim, osaranti bhagavantam dassanāya.

Te ca kho therā bhikkhū bhīyosomattāya nave bhikkhū ovadanti anusāsanti. Appekacce therā bhikkhū dasa-pi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū vīsam-pi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū timsam-pi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū cattārīsam-pi bhikkhū ovadanti anusāsanti. Te ca navā bhikkhū therehi bhikkhūhi ovadiyamānā anusāsiyamānā ulāram pubbenāparam visesam jānanti.

Tena kho pana samayena bhagavā tadahu’posathe paṇṇarase komudiyā cātumāsīniyā puṇṇāya puṇṇamāya rattiyā bhikkhu-saṅgha-parivuto abbhokāse nisinnō hoti. Atha kho bhagavā tuṅhī-bhūtam tuṅhī-bhūtam bhikkhu-saṅgham anuvīloketvā bhikkhū āmantesi – “apālāpāyam, bhikkhave, parisā; nippalāpāyam, bhikkhave, parisā; suddhā sāre, paṭiṭṭhitā. Tathā-rūpo ayam, bhikkhave, bhikkhu-saṅgho; tathā-rūpā ayam, bhikkhave, parisā yathā-rūpā parisā āhuneyyā pāhuneyyā dakkhiṇeyyā añjali-karaṇīyā anuttaram puññakkhettam lokassa. Tathā-rūpo ayam, bhikkhave, bhikkhu-saṅgho; tathā-rūpā ayam, bhikkhave, parisā yathā-rūpāya parisāya appam dinnam bahu hoti, bahu dinnam bahutaram. Tathā-rūpo ayam, bhikkhave, bhikkhu-saṅgho; tathā-rūpā ayam, bhikkhave, parisā yathā-rūpā parisā dullabhā dassanāya lokassa. Tathā-rūpo ayam, bhikkhave, bhikkhu-saṅgho; tathā-rūpā ayam, bhikkhave, parisā yathā-rūpam parisam alam yojana-gaṇanāni dassanāya gantum puṭosenā-pi.

“Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe arahanto khīṇāsavā vusitavanto katakaraṇīyā ohitabhārā anuppattasatthā parikkhīṇa-bhavasamyojanā sammadaññāvimuttā – evarūpāpi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe. Santi, bhikkhave, bhikkhū

imasmim bhikkhu-saṅghe pañcannaṃ orambhāgiyānaṃ saṃyojanānaṃ parikkhayā opapātikā tattha parinibbāyino anāvattidhammā tasmā lokā – evarūpā-pi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe. Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe tiṇṇaṃ saṃyojanānaṃ parikkhayā raga-dosa-mohānaṃ tanuttā sakadāgāmino sakideva, imaṃ lokam āgantvā dukkhassantaṃ karissanti– evarūpā-pi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe. Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe tiṇṇaṃ saṃyojanānaṃ parikkhayā sotāpannā avini-pāta-dhammā niyatā sambodhi-parāyanā – evarūpā-pi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe.

“Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe catunnaṃ satipaṭṭhānānaṃ bhāvanānuyogam-anuyuttā viharanti – evarūpā-pi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe. Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe catunnaṃ sammappadhānānaṃ bhāvanānuyogam-anuyuttā viharanti ...pe... catunnaṃ iddhipādānaṃ... pañcannaṃ indriyānaṃ... pañcannaṃ balānaṃ... sattannaṃ bojjhaṅgānaṃ... ariyassa aṭṭhaṅgikassa maggassa bhāvanānuyogam-anuyuttā viharanti – evarūpā-pi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe. Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe mettā-bhāvanānuyogam-anuyuttā viharanti... karuṇā-bhāvanānuyogam-anuyuttā viharanti... muditā-bhāvanānuyogam-anuyuttā viharanti... upekkhā-bhāvanānuyogam-anuyuttā viharanti... asubha-bhāvanānuyogam-anuyuttā viharanti... anicca-saññā-bhāvanānuyogam-anuyuttā viharanti – evarūpā-pi, bhikkhave, santi bhikkhū imasmim bhikkhu-saṅghe. Santi, bhikkhave, bhikkhū imasmim bhikkhu-saṅghe ānāpānassati-bhāvanānuyogam-anuyuttā viharanti. Ānāpānassati, bhikkhave, bhāvitā bahulīkatā mahapphalā hoti mahā-nisaṃsā. Ānāpānassati, bhikkhave, bhāvitā bahulīkatā cattāro satipaṭṭhāne paripūreti. Cattāro satipaṭṭhānā bhāvitā bahulīkatā satta bojjhaṅge paripūrenti. Satta bojjhaṅgā bhāvitā bahulīkatā vijjā-vimuttiṃ paripūrenti.

“Kathaṃ bhāvitā ca, bhikkhave, ānāpānassati kathaṃ bahulīkatā mahapphalā hoti mahā-nisaṃsā? Idha, bhikkhave, bhikkhu araṇṇa-gato vā rukkha-mūla-gato vā suññāgāra-gato vā nisīdati pallaṅkaṃ ābhujitvā ujum kāyaṃ pañidhāya parimukhaṃ satim upaṭṭhapetvā. So satova assasatisatova, passasati.

“Dīghaṃ vā assasanto ‘dīghaṃ assasāmī’ti pajānāti, dīghaṃ vā passasanto ‘dīghaṃ passasāmī’ti pajānāti; rassaṃ vā assasanto ‘rassaṃ assasāmī’ti pajānāti, rassaṃ vā passasanto ‘rassaṃ passasāmī’ti pajānāti; ‘sabba-kāya-paṭisaṃvedī assasissāmī’ti sikkhati, ‘sabba-kāya-paṭisaṃvedī passasissāmī’ti sikkhati; ‘passambhayaṃ kāya-saṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ kāya-saṅkhāraṃ passasissāmī’ti sikkhati.

“Pīti-paṭisaṃvedī assasissāmī’ti sikkhati, ‘pīti-paṭisaṃvedī passasissāmī’ti sikkhati; ‘sukha-paṭisaṃvedī assasissāmī’ti sikkhati, ‘sukha-paṭisaṃvedī passasissāmī’ti sikkhati; ‘citta-saṅkhāra-paṭisaṃvedī assasissāmī’ti sikkhati, ‘citta-saṅkhāra-paṭisaṃvedī passasissāmī’ti sikkhati; ‘passambhayaṃ citta-saṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ citta-saṅkhāraṃ passasissāmī’ti sikkhati.

“Citta-paṭisaṃvedī assasissāmī’ti sikkhati, ‘citta-paṭisaṃvedī passasissāmī’ti sikkhati; ‘abhippamodayaṃ cittaṃ assasissāmī’ti sikkhati, ‘abhippamodayaṃ cittaṃ passasissāmī’ti

sikkhati; ‘samādahaṃ cittaṃ assasissāmī’ti sikkhati, ‘samādahaṃ cittaṃ passasissāmī’ti sikkhati; ‘vimocayaṃ cittaṃ assasissāmī’ti sikkhati, ‘vimocayaṃ cittaṃ passasissāmī’ti sikkhati.

“Aniccānupassī assasissāmī’ti sikkhati, ‘aniccānupassī passasissāmī’ti sikkhati; ‘virāgānupassī assasissāmī’ti sikkhati, ‘virāgānupassī passasissāmī’ti sikkhati; ‘nirodhānupassī assasissāmī’ti sikkhati, ‘nirodhānupassī passasissāmī’ti sikkhati; ‘paṭinissaggānupassī assasissāmī’ti sikkhati, ‘paṭinissaggānupassī passasissāmī’ti sikkhati. Evaṃ bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulīkatā mahapphalā hoti mahā-nisaṃsā.

“Kathaṃ bhāvitā ca, bhikkhave, ānāpānassati kathaṃ bahulīkatā cattāro satipaṭṭhāne paripūreti? Yasmiṃ samaye, bhikkhave, bhikkhu dīghaṃ vā assasanto ‘dīghaṃ assasāmī’ti pajānāti, dīghaṃ vā passasanto ‘dīghaṃ passasāmī’ti pajānāti; rassaṃ vā assasanto ‘rassaṃ assasāmī’ti pajānāti, rassaṃ vā passasanto ‘rassaṃ passasāmī’ti pajānāti; ‘sabba-kāya-paṭisaṃvedī assasissāmī’ti sikkhati, ‘sabba-kāya-paṭisaṃvedī passasissāmī’ti sikkhati; ‘passambhayaṃ kāya-saṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ kāya-saṅkhāraṃ passasissāmī’ti sikkhati; kāye kāyānupassī, bhikkhave, tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ. Kāyesu kāyaññatarāhaṃ, bhikkhave, evaṃ vadāmi yad-idaṃ-assāsapassāsā. Tasmā-t-īha, bhikkhave, kāye kāyānupassī tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ.

“Yasmiṃ samaye, bhikkhave, bhikkhu ‘pīti-paṭisaṃvedī assasissāmī’ti sikkhati, ‘pīti-paṭisaṃvedī passasissāmī’ti sikkhati; ‘sukha-paṭisaṃvedī assasissāmī’ti sikkhati, ‘sukha-paṭisaṃvedī passasissāmī’ti sikkhati; ‘citta-saṅkhāra-paṭisaṃvedī assasissāmī’ti sikkhati, ‘citta-saṅkhāra-paṭisaṃvedī passasissāmī’ti sikkhati; ‘passambhayaṃ citta-saṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ citta-saṅkhāraṃ passasissāmī’ti sikkhati; vedanāsu vedanānupassī, bhikkhave, tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ. Vedanāsu vedanāññatarāhaṃ, bhikkhave, evaṃ vadāmi yad-idaṃ-assāsapassāsānaṃ sādhukaṃ manasikāraṃ. Tasmā-t-īha, bhikkhave, vedanāsu vedanānupassī tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ.

“Yasmiṃ samaye, bhikkhave, bhikkhu ‘citta-paṭisaṃvedī assasissāmī’ti sikkhati, ‘citta-paṭisaṃvedī passasissāmī’ti sikkhati; ‘abhippamodayaṃ cittaṃ assasissāmī’ti sikkhati, ‘abhippamodayaṃ cittaṃ passasissāmī’ti sikkhati; ‘samādahaṃ cittaṃ assasissāmī’ti sikkhati, ‘samādahaṃ cittaṃ passasissāmī’ti sikkhati; ‘vimocayaṃ cittaṃ assasissāmī’ti sikkhati, ‘vimocayaṃ cittaṃ passasissāmī’ti sikkhati; citte cittānupassī, bhikkhave, tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ. Nāhaṃ, bhikkhave, muṭṭhassatissa asampajānassa ānāpānassatiṃ vadāmi. Tasmā-t-īha, bhikkhave, citte cittānupassī tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ.

“Yasmiṃ samaye, bhikkhave, bhikkhu ‘aniccānupassī assasissāmī’ti sikkhati, ‘aniccānupassī passasissāmī’ti sikkhati; ‘virāgānupassī assasissāmī’ti sikkhati, ‘virāgānupassī passasissāmī’ti sikkhati; ‘nirodhānupassī assasissāmī’ti sikkhati, ‘nirodhānupassī passasissāmī’ti sikkhati; ‘paṭinissaggānupassī assasissāmī’ti sikkhati, ‘paṭinissaggānupassī passasissāmī’ti sikkhati; dhammesu dhammānupassī, bhikkhave, tasmīṃ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ. So yaṃ taṃ abhijjhādomanassānaṃ pahānaṃ taṃ paññāya

disvā sādhuḥkaṃ ajjupekkhitā hoti. Tasmā-t-īha, bhikkhave, dhammesu dhammānupassī tasmim̐ samaye bhikkhu viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ.

“Evaṃ bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulikatā cattāro satipaṭṭhāne paripūreti.

“Kathaṃ bhāvitā ca, bhikkhave, cattāro satipaṭṭhānā kathaṃ bahulikatā satta bojjhaṅge paripūrenti? Yasmiṃ samaye, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ, upaṭṭhitāssa tasmim̐ samaye sati hoti asammutṭhā.

Yasmiṃ samaye, bhikkhave, bhikkhuno upaṭṭhitā sati hoti asammutṭhā, sati-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti. Sati-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, sati-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“So tathāsato viharanto taṃ dhammaṃ paññāya pavicinati pavicayati, parivīmaṃsaṃ āpajjati. Yasmiṃ samaye, bhikkhave, bhikkhu tathāsato viharanto taṃ dhammaṃ paññāya pavicinati pavicayati parivīmaṃsaṃ āpajjati, dhamma-vicaya-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, dhamma-vicaya-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, dhamma-vicaya-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“Tassa taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āraddhaṃ hoti vīriyaṃ asallīnaṃ. Yasmiṃ samaye, bhikkhave, bhikkhuno taṃ dhammaṃ paññāya pavicinato pavicayato parivīmaṃsaṃ āpajjato āraddhaṃ hoti vīriyaṃ asallīnaṃ, vīriya-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, vīriya-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, vīriya-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“Āraddha-vīriyassa uppajjati pīti nirāmisā. yasmiṃ samaye, bhikkhave, bhikkhuno āraddha-vīriyassa uppajjati pīti nirāmisā, pīti-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, pīti-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, pīti-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“Pīti-manassa kayo-pi passambhati, cittaṃ-pi passambhati. yasmiṃ samaye, bhikkhave, bhikkhuno pīti-manassa kayo-pi passambhati, cittaṃ-pi passambhati, passaddhi-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, passaddhi-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, passaddhi-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“Passaddha-kāyassa sukhino cittaṃ samādhīyati. yasmiṃ samaye, bhikkhave, bhikkhuno passaddha-kāyassa sukhino cittaṃ samādhīyati, samādhī-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, samādhī-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, samādhī-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“So tathā-samāhitaṃ cittaṃ sādhuḥkaṃ ajjupekkhitā hoti. yasmiṃ samaye, bhikkhave, bhikkhu tathā-samāhitaṃ cittaṃ sādhuḥkaṃ ajjupekkhitā hoti, upekkhā-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, upekkhā-sambojjhaṅgaṃ tasmim̐ samaye bhikkhu bhāveti, upekkhā-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūriṃ gacchati.

“Yasmiṃ samaye, bhikkhave, bhikkhu vedanāsu ...pe... citte... dhammesu dhammānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassaṃ, upaṭṭhitāssa tasmim̐ samaye sati hoti asammutṭhā. yasmiṃ samaye, bhikkhave, bhikkhuno upaṭṭhitā sati hoti asammutṭhā,

sati-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, sati-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, sati-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati.

“So tathāsato viharanto tam̐ dhammam̐ paññāya pavicinati pavicayati parivīmaṁsam̐ āpajjati. yasmim̐ samaye, bhikkhave, bhikkhu tathāsato viharanto tam̐ dhammam̐ paññāya pavicinati pavicayati parivīmaṁsam̐ āpajjati, dhamma-vicaya-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, dhamma-vicaya-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, dhamma-vicaya-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati.

“Tassa tam̐ dhammam̐ paññāya pavicinato pavicayato parivīmaṁsam̐ āpajjato āraddham̐ hoti vīriyam̐ asallīnam̐. yasmim̐ samaye, bhikkhave, bhikkhuno tam̐ dhammam̐ paññāya pavicinato pavicayato parivīmaṁsam̐ āpajjato āraddham̐ hoti vīriyam̐ asallīnam̐, vīriya-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, vīriya-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, vīriya-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati.

“Āraddha-vīriyassa uppajjati pīti nirāmisā. yasmim̐ samaye, bhikkhave, bhikkhuno āraddha-vīriyassa uppajjati pīti nirāmisā, pīti-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, pīti-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, pīti-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati.

“Pīti-manassa kayo-pi passambhati, cittam-pi passambhati. yasmim̐ samaye, bhikkhave, bhikkhuno pīti-manassa kayo-pi passambhati, cittam-pi passambhati, passaddhi-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, passaddhi-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, passaddhi-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati.

“Passaddha-kāyassa sukhino cittam̐ samādhiyati. yasmim̐ samaye, bhikkhave, bhikkhuno passaddha-kāyassa sukhino cittam̐ samādhiyati, samādhi-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, samādhi-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, samādhi-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati.

“So tathā-samāhitam̐ cittam̐ sādhuḥkam̐ ajjupekkhitā hoti. yasmim̐ samaye, bhikkhave, bhikkhu tathā-samāhitam̐ cittam̐ sādhuḥkam̐ ajjupekkhitā hoti, upekkhā-sambojjhaṅgo tasmim̐ samaye bhikkhuno āraddho hoti, upekkhā-sambojjhaṅgam̐ tasmim̐ samaye bhikkhu bhāveti, upekkhā-sambojjhaṅgo tasmim̐ samaye bhikkhuno bhāvanā-pāripūrim̐ gacchati. Evaṁ bhāvitā kho, bhikkhave, cattāro satipaṭṭhānā evaṁ bahulīkatā satta sambojjhaṅge paripūrenti.

“Katham̐ bhāvitā ca, bhikkhave, satta bojjhaṅgā katham̐ bahulīkatā vijjā-vimuttim̐ paripūrenti? idha, bhikkhave, bhikkhu sati-sambojjhaṅgam̐ bhāveti viveka-nissitam̐ virāga-nissitam̐ nirodha-nissitam̐ vossagga-pariṇāmir̐. Dhamma-vicaya-sambojjhaṅgam̐ bhāveti ...pe... vīriya-sambojjhaṅgam̐ bhāveti... pīti-sambojjhaṅgam̐ bhāveti... passaddhi-sambojjhaṅgam̐ bhāveti... samādhi-sambojjhaṅgam̐ bhāveti... upekkhā-sambojjhaṅgam̐ bhāveti viveka-nissitam̐ virāga-nissitam̐ nirodha-nissitam̐ vossagga-pariṇāmir̐. evaṁ bhāvitā kho, bhikkhave, satta bojjhaṅgā evaṁ bahulīkatā vijjā-vimuttim̐ paripūrenti”ti.

Idamavoca bhagavā. attamanā te bhikkhū bhagavato bhāsitam̐ abhinandunti.