

# Namo Tassa Bhagavato Arahato Samma Sambuddhassa

!

Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !

## **Sambodhipakkhiya Sutta - The Discourse on the Aids to Enlightenment.**

Translated from the Pali by Ven. Bhikkhu Bodh Thero. – Wisdom Publications.

At Savatthi, the Blessed One said this: " Monks, wanderers of other sects may ask you: ‘ What friends, is the proximate cause for the development of the aids to enlightenment?’ If you are asked thus, how would you answer them?"

"Bhante, It would be good if the Blessed One would clear up the meaning of this statement. Having heard it from him, the monks will retain it in mind." - "Then listen, monks, and attend closely. I will speak." - "Yes, Bhante," - " Monks, you should answer them as follows”.

( 1 ) " ‘ Here, friends, a monk has good friends, good companions. This is the first proximate cause for the development of the aids to enlightenment. ( 2 ) " ‘ Again, friends, a monk is virtuous; he dwells restrained by good conduct and resort, seeing danger in minute faults. Having undertaken the training rules, he trains in them. ( 3 ) "“Again, friends, a monk gets to hear at will, talk concerned with the austere life that is conducive to opening up the heart, that is, *talk on fewness of desires, on contentment, on solitude, on not getting bound up with others, on arousing energy, on virtuous behavior, on concentration, on wisdom, on liberation, on the knowledge and vision of*

*liberation.* ( 4 ) "Again, friends, a monk has aroused energy for abandoning unwholesome qualities and acquiring wholesome qualities; he is strong, firm in exertion, not casting off the duty of cultivating wholesome qualities. ( 5 ) "Again, friends, a monk is wise; he possesses the wisdom that discerns arising and passing away, which is noble and penetrative and leads to the complete destruction of suffering."

( 1 ) "When, monks, a monk has good friends, it can be expected of him that he will be virtuous. ( 2 ) "When a monk has good friends, it can be expected of him that he will get to hear at will, talk concerned with the austere life that is conducive to opening up the heart, that is, talk on fewness of desires ... ( 3 ) "When a monk has good friends, it can be expected of him that he will arouse energy for abandoning unwholesome qualities. ( 4 ) "When a monk has good friends, it can be expected of him that he will be wise, possessing the wisdom that discerns arising and passing away, which is noble and penetrative and leads to the complete destruction of suffering.

"Having based himself on these five things, the monk should develop further another four things. (1) The perception of unattractiveness should be developed to abandon lust. (2) Loving-kindness should be developed to abandon ill will. (3) Mindfulness of breathing should be developed to cut off distracting thoughts. (4) The perception of impermanence should be developed to eradicate the conceit 'I am.' When one perceives impermanence,

the perception of non-self is stabilized. One who perceives non-self eradicates the conceit 'I am,' which is Nirvana in this very life."

*Sādhu ! Sādhu !! Sādhu !!! (Excellent )*