

Namo Tassa Bhagavato Arahato Samma Sambuddhassa !

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

Pachalayana Sutta - Nodding Off - Numerical Discourses of the Buddha.

At one time the Buddha was staying in the land of the Bhaggas on Crocodile Hill, in the deer park at Bhesakaḷā's Wood. Now at that time, in the land of the Magadhans, Venerable Mahā Moggallāna was nodding off while meditating. The Buddha saw him with his divine eye. Then, as easily as a strong person would extend or contract their arm, he vanished from the deer park at Bhesakaḷā's Wood and reappeared in front of Mahā Moggallāna. He sat on the seat spread out and said to Mahā Moggallāna: “ Are you nodding off, Moggallāna ? Are you nodding off ?” - “ Yes, sir. ”

(1) “ So, Dear Moggallāna, **don't focus on the perception that you were meditating on when you fell drowsy.** It's possible that you'll give up drowsiness in this way.

(2) But what if that doesn't work ? Then **think about and consider the teaching as you've learned and memorized it, examining it with your mind.** It's possible that you'll give up drowsiness in this way.

(3) But what if that doesn't work? Then **recite in detail the teaching as you've learned and memorized it.** It's possible that you'll give up drowsiness in this way.

(4) But what if that doesn't work? Then **pinch your ears and rub your limbs.** It's possible that you'll give up drowsiness in this way.

(5) But what if that doesn't work? Then **get up from your seat, flush your eyes with water, look around in every direction, and look up at the stars and constellations.** It's possible that you'll give up drowsiness in this way.

(6) But what if that doesn't work? Then **focus on the perception of light, concentrating on the perception of day, regardless of whether it's night or day. And so, with an open and uncovered heart, develop a mind that's full of radiance.** It's possible that you'll give up drowsiness in this way.

(7) But what if that doesn't work? Then **walk meditation concentrating on perception of continuity, your faculties directed inwards and your mind not scattered outside.** It's possible that you'll give up drowsiness in this way.

But what if that doesn't work? Then **lie down in the lion's posture - on the right side, placing one foot on top of the other - mindful and aware, and focused on the time of getting up. When you wake, you should get up quickly, thinking: 'I will not live attached to the pleasures of sleeping, lying down, and drowsing.'** That's how you should train.

“ Dear Moggallāna, you should train like this: **'I will not approach families with my head swollen with vanity.'**..., **'I won't get into arguments.'** ...,

“ Dear Moggallāna, I don't praise all kinds of closeness. Nor do I criticize all kinds of closeness. I do praise closeness with those lodgings that are quiet and still, far from the crowd, remote from human settlements, and appropriate for retreat. ”

“ Sir, how do you briefly define a mendicant who is freed through the ending of craving, who has reached the ultimate end, the ultimate sanctuary, the ultimate spiritual life, the ultimate goal ? ”

“ It's when a monk has heard: **'Nothing is worth clinging on to.'** When a monk has heard that nothing is worth clinging on to, **they directly know all things.** Directly knowing all things, **they completely understand all things.** Having completely understood all things, **they experience any kind of feeling, they meditate observing impermanence, dispassion, cessation, and letting go in those feelings.** Meditating in this way, **they don't grasp at anything in the world.** Not grasping, **they're not anxious.** Not being anxious, **they personally become extinguished.** They understand: **'Rebirth is ended, the spiritual journey has been completed, what had to be done has been done, there is no return to any state of existence.'**”

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

Taken from Numbered Discourses 7 - 6. The Undeclared Points 61. “ Nodding Off ” Translated by Bhikkhu Sujato,

For more information, refer: <https://suttacentral.net/an7.61/en/sujato>