

Majjhima Nikāya  
III. Upari Paṇṇāsa  
2. Anupada Vagga

Sutta 118

## Anapana-Sati-Sutta-MN118

Based on the 'Sri Lanka Buddha Jayanti Tripitaka Series.'

[1][pts][than][wp][upal][bd][nno] Evaṃ me sutam: || ||

Ekam samayaṃ Bhagavā  
Sāvatthiyaṃ viharati Pubbārāme Migāramātu pāsāde  
sambahulehi abhiññātehi...  
abhiññātehi therehi  
sāvakehi saddhim

[2][bd.]

Āyasmatā ca Sāriputtena  
Āyasmatā ca Mahā-Moggallānena  
Āyasmatā ca Mahā-Kassapena  
Āyasmatā ca Mahā-Kaccāyanena  
Āyasmatā ca Mahā-Kotṭhitena  
Āyasmatā ca Mahā-Kappinena  
Āyasmatā ca Mahā-Cundena  
Āyasmatā ca Anuruddhena  
Āyasmatā ca Revatena  
Āyasmatā ca Ānandena

[3][bd.] aññehi ca abhiññātehi abhiññātehi  
therehi sāvakehi saddhim.

[4][bd.] Tena kho pana samayena therā bhikkhū nave bhikkhū ovadanti  
anusāsanti

[5][bd.] App'ekacce therā bhikkhū dasa pi bhikkhū ovadanti anusāsanti  
app'ekacce therā bhikkhū vīsatiṃ pi bhikkhū ovadanti anusāsanti  
app'ekacce therā bhikkhū tiṃsam pi bhikkhū ovadanti anusāsanti  
app'ekacce therā bhikkhū cattarisampi bhikkhū ovadanti anusāsanti

[6][bd.] Te ca navā bhikkhū  
therehi bhikkhūhi ovadiyamānā anusāsiyamānā  
uḷāraṃ pubbenāparaṃ viśesaṃ jānāti.

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[7][[bd.](#)] Tena kho pana samayena  
Bhagavā  
tadahu'posathe pannarase pavāraṇāya  
puṇṇāya puṇṇamāya rattiyā  
bhikkhu-saṅghaparivuto abbhokāse nisinno hoti.

[8][[bd.](#)] Atha kho Bhagavā tuṇhībhūtaṃ  
tuṇhībhūtaṃ bhikkhu-saṅghaṃ anuviloketvā  
bhikkhū āmantesi:  
'Āraddho'smi bhikkhave, imāya paṭipadāya,  
āraddhacitto'smi bhikkhave, imāya paṭipadāya.  
Tasmāt iha bhikkhave,  
bhīyosomattāya viriyaṃ ārabhatha  
appattassa pattiya  
anadhigatassa adhigamāya  
asacchikatassa sacchikiriyāya  
idh'evāhaṃ  
Sāvattiyaṃ Komudiṃ  
cātumāsiniṃ āgamaṣṣāmiti.

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[9][[bd.](#)] Assosaṃ kho jānapadā bhikkhū: Bhagavā kira tath'eva  
Sāvattiyaṃ Komudiṃ  
cātumāsiniṃ āgamaṣṣatī ti.  
Te ca jānapadā bhikkhū Sāvattihī  
osaranti Bhagavantaṃ dassanāya.

[10][[bd.](#)] Te ca kho therā bhikkhū bhīyosomattāya  
nave bhikkhū ovaḍanti anusāsanti.

[11][[bd.](#)] App'ekacce therā bhikkhū dasa pi bhikkhū ovaḍanti anusāsanti  
app'ekacce therā bhikkhū vīsatiṃ pi bhikkhū ovaḍanti anusāsanti  
app'ekacce therā bhikkhū tiṃsaṃ pi bhikkhū ovaḍanti anusāsanti  
app'ekacce therā bhikkhū cattarisampi bhikkhū ovaḍanti anusāsanti

[12][[bd.](#)] Te ca navā bhikkhū  
therehi bhikkhūhi ovaḍiyamānā anusāsīyamānā  
uḷāraṃ pubbenāparaṃ viṣesaṃ jānāti.

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[13][[bd.](#)] Tena kho pana samayena  
Bhagavā  
tadahu'posathe pannarase Komudiyā cātumāsiniyā  
punṇāya punṇamāya rattiyā  
bhikkhu-saṅghaparivuto abbhokāse nisinno hoti.

[14][[bd.](#)] Atha kho Bhagavā tuṅhībhūtaṃ  
tuṅhībhūtaṃ bhikkhu-saṅghaṃ anuviloketvā  
bhikkhū āmantesi: || ||

'Apalāpā'yaṃ  
bhakkhave, parisā nippalāpā'yaṃ  
bhikkhave, parisā suddhā sāre patitṭhitā.  
Tathārūpo ayaṃ, bhikkhave, bhikkhu-saṅgho,  
tathārūpā'yaṃ bhikkhave, parisā,

yathārūpā parisā  
āhuneyyo  
pāhuneyyo  
dakkhiṇeyyo  
añjalikaraṇīyo  
Anuttaraṃ puññakkhettaṃ lokassāti.  
Tathārūpo ayaṃ, bhikkhave, bhikkhu-saṅgho  
tathārūpā'yaṃ, bhikkhave, parisā

yathārūpāya parisāya  
appaṃ dinnam bahum hoti  
bahum dinnam bahutaram.  
Tathārūpo ayaṃ bhikkhave, bhikkhu-saṅgho  
tathārūpā'yaṃ, bhikkhave, parisā

yathārūpā parisā dullabhā dassanāya lokassa.  
Tathārūpo ayaṃ, bhikkhave, bhikkhu-saṅgho  
tathārūpā'yaṃ, bhikkhave, parisā,

yathārūpaṃ parisam alam yojanagaṇanāni dassanāya gantum puṭosenāpi.  
Tathārūpo ayaṃ, bhikkhave, bhikkhu-saṅgho  
tathārūpā'yaṃ, bhikkhave, parisā.

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[15][[bd.](#)] Santi, bhikkhave,,  
bhikkhū imasmim bhikkhu-saṅghe  
arahanto

khīṇāsavā  
vusitavanto  
katakaraṇīyā  
ohitabhārā  
anuppatta-sadatthā  
parikkhīṇabhavasamyojanā  
samma-d-aññā vimuttā;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmimṃ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmimṃ bhikkhu-saṅghe  
pañcannaṃ orambhāgiyānaṃ samyojanānaṃ parikkhayā  
opapātikā tattha  
parinibbāyino  
anāvattidhammā  
tasmā lokā;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmimṃ bhikkhu-saṅghe.

Santi, bhikkhave,  
bhikkhū imasmimṃ bhikkhu-saṅghe  
tiṇṇaṃ samyojanānaṃ  
parikkhayā  
rāgadosamohānaṃ  
tanuttā  
sakadāgāmino  
sakid eva imaṃ lokaṃ āganatvā  
dukkhass'antaṃ karissanti;  
evarūpā pi bhikkhave,  
santi bhikkhū imasmimṃ bhikkhu-saṅghe.

Santi, bhikkhave,  
bhikkhū imasmimṃ bhikkhu-saṅghe  
tiṇṇaṃ samyojanānaṃ  
parikkhayā  
sotāpannā  
avinipātadhammā  
niyatā sambodhiparāyaṇā;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmimṃ bhikkhu-saṅghe.

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[16][[bd.](#)] Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
catunnaṃ satipaṭṭhānānaṃ bhāvanānuyogam anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
catunnaṃ sammappadhānānaṃ  
bhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
catunnaṃ iddhipādānaṃ  
bhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
pañcannaṃ indriyānaṃ  
bhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
pañcannaṃ balānaṃ  
bhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
sattannaṃ bojjhaṅgānaṃ

bhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
ariyassa aṭṭhaṅgikassa maggassa  
bhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

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[17][[bd.](#)] Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
mettābhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
karuṇābhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
muditābhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
upekkhābhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
asubhabhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
aniccasaññābhāvanānuyogam  
anuyuttā viharanti;  
evarūpā pi, bhikkhave,  
santi bhikkhū imasmim̐ bhikkhu-saṅghe.

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[18][[bd.](#)] Santi, bhikkhave,,  
bhikkhū imasmim̐ bhikkhu-saṅghe  
ānāpānasati-bhāvanānuyogam  
anuyuttā viharanti.

Ānāpānasati bhikkhave,  
bhāvitā bahulīkatā  
mahapphalā hoti mahānisamsā;  
ānāpānasati bhikkhave  
bhāvitā bahulīkatā  
cattāro satipaṭṭhāne paripūreti  
cattāro satipaṭṭhānā  
bhāvitā bahulīkatā  
satta bojjhaṅge paripūrenti;  
satta bojjhaṅgā  
bhāvitā bahulīkatā  
vijjāvimuttiṃ paripūrenti.

[19][[bd.](#)] Kathaṃ bhāvitā ca bhikkhave,  
ānāpānasati?  
Kathaṃ bahulīkatā?  
Kathaṃ mahapphalā  
hoti mahānisamsā?

Idha, bhikkhave,, bhikkhū  
araññagato vā

rukhamūlagato vā  
suññāgāragato vā  
nisīdati pallaṅkaṃ  
ābhujitvā ujum kāyaṃ  
paṇidhāya  
parimukhaṃ  
satim upaṭṭhapetvā.

So sato va assasati,  
sato passasati;  
dīghaṃ vā assasanto:  
Dīghaṃ assasāmīti pajānāti;  
dīghaṃ vā passasanto;  
Dīghaṃ passasāmīti pajānāti;  
rassaṃ vā assasanto:  
Rassaṃ assasāmīti pajānāti;  
rassaṃ vā passasanto:  
Rassaṃ passasāmīti pajānāti;  
Sabbakāyapaṭisaṇvedī assasissāmīti sikkhati;  
Sabbakāyapaṭisaṇvedī passasissāmīti sikkhati;  
Passambhayaṃ kāyasankhāraṃ assasissāmīti sikkhati;  
Passambhayaṃ kāyasankhāraṃ passasissāmīti sikkhati;  
Pīṭipapaṭisaṇvedī assasissāmīti sikkhati;  
Pīṭipapaṭisaṇvedī passasissāmīti sikkhati;  
Sukhapapaṭisaṇvedī assasissāmīti sikkhati.  
Sukhapapaṭisaṇvedī passasissāmīti sikkhati;  
Cittasankhārapapaṭisaṇvedī assasissāmīti sikkhati.  
Cittasankhārapapaṭisaṇvedī passasissāmīti sikkhati;  
Passambhayaṃ cittasankhāraṃ assasissāmīti sikkhati;  
Passambhayaṃ cittasankhāraṃ passasissāmīti sikkhati;  
Cittapaṭisaṇvedī assasissāmīti sikkhati;  
Cittapaṭisaṇvedī passasissāmīti sikkhati;  
Abhippamodayaṃ cittaṃ assasissāmīti sikkhati;  
Abhippamodayaṃ cittaṃ passasissāmīti sikkhati;  
Samādahaṃ cittaṃ assasissāmīti sikkhati;  
Samādahaṃ cittaṃ passasissāmīti sikkhati;  
Vimocayaṃ cittaṃ assasissāmīti sikkhati;  
Vimocayaṃ cittaṃ passasissāmīti sikkhati;  
Aniccānupassī assasissāmīti sikkhati;  
Aniccānupassī passasissāmīti sikkhati;  
Virāgānupassī assasissāmīti sikkhati;  
Virāgānupassī passasissāmīti sikkhati;  
Nirodhānupassī assasissāmīti sikkhati;

Nirodhānupassī passasissāmīti sikkhati;  
Paṭinissaggānupassī assasissāmīti sikkhati;  
Paṭinissaggānupassī passasissāmīti sikkhati;  
evaṃ bhāvitā kho bhikkhave,  
ānāpānasati evaṃ bahulikāṭā  
mahapphalā hoti mahānisamsā.

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[20][[bd.](#)] Kathaṃ bhāvitā ca bhikkhave,  
ānāpānasati?  
Kathaṃ bahulikāṭā  
cattāro satipaṭṭhāne paripūreti?

Yasmim samaye bhikkhave, bhikkhū  
dīghaṃ vā assasanto:  
Dīghaṃ assasāmīti pajānāti;  
dīghaṃ vā passasanto:  
dīghaṃ passasāmīti pajānāti;  
rassaṃ vā assasanto:  
Rassaṃ assasāmīti pajānāti;  
rassaṃ vā passasanto:  
Rassaṃ passasāmīti pajānāti;  
Sabbakāyapaṭisaṇvedī assasissāmīti sikkhati;  
Sabbakāyapaṭisaṇvedī passasissāmīti sikkhati;  
Passambhayaṃ kāyasankhāraṃ assasissāmīti sikkhati;  
Passambhayaṃ kāyasankhāraṃ passasissāmīti sikkhati;

kāye kāyānupassī bhikkhave,  
tasmim samaye bhikkhu viharati  
ātāpī  
sampajāno  
satimā  
vineyya loke  
abhijjhā-domanassaṃ.

[21][[bd.](#)] Kāyesu  
kāyaññatarāhaṃ bhikkhave,  
etaṃ vadāmī.  
Yadidaṃ assāsapassāsā  
tasmāt iha bhikkhave,  
kāye kāyānupassī  
tasmim samaye bhikkhu viharati

ātāpī  
sampajāno  
satimā  
vineyya loke  
abhijjhā-domanassaṃ.

[22][[bd.](#)] Yasmim samaye bhikkhave, bhikkhu:  
Pītipaṭisaṅvedī assasissāmīti sikkhati,  
Pītipaṭisaṅvedī passasissāmīti sikkhati,  
Sukhapāṭisaṅvedī assasissāmīti sikkhati,  
Sukhapāṭisaṅvedī passasissāmīti sikkhati,  
Cittasankhāra-paṭisaṅvedī assasissāmīti sikkhati,  
Cittasankhāra-paṭisaṅvedī passasissāmīti sikkhati,  
Passambhayaṃ cittasankhāraṃ assasissāmīti sikkhati,  
Passambhayaṃ cittasankhāraṃ passasissāmīti sikkhati;

vedanāsu  
vedanānupassī bhikkhave,  
tasmim samaye bhikkhu viharati  
ātāpī  
sampajāno  
satimā,  
vineyya loke  
abhijjhā-domanassaṃ.

[23][[bd.](#)] Vedanāsu  
vedanaññatarāhaṃ, bhikkhave,  
etaṃ vadāmi  
yad idaṃ assāsapassāsānaṃ  
sādhukaṃ manasikāraṃ.  
Tasmāt iha bhikkhave,  
vedanāsu vedanānupassī  
tasmim samaye bhikkhu viharati  
ātāpī  
sampajāno  
satimā  
vineyya loke  
abhijjhā-domanassaṃ.

[24][[bd.](#)] Yasmim samaye bhikkhave, bhikkhu  
Cittapaṭisaṅvedī assasissāmīti sikkhati,  
Cittapaṭisaṅvedī passasissāmīti sikkhati,  
Abhippamodayaṃ cittaṃ assasissāmīti sikkhati,  
Abhippamodayaṃ cittaṃ passasissāmīti sikkhati,  
Samādahaṃ cittaṃ assasissāmīti sikkhati,

Samādahaṃ cittaṃ passasissāmīti sikkhati,  
Vimocayaṃ cittaṃ assasissāmīti sikkhati,  
Vimocayaṃ cittaṃ passasissāmīti sikkhati;

citte cittānupassī bhikkhave,  
tasmim̐ samaye bhikkhu viharati  
ātāpī  
sampajāno  
satimā  
vineyya loke abhijjhā-domanassaṃ.

[25][[bd.](#)] Nāhaṃ bhikkhave,  
muṭṭhassatissa asampajānassa  
ānāpānasatibhāvanaṃ vadāmi.  
Tasmāt iha bhikkhave,  
citte cittānupassī  
tasmim̐ samaye bhikkhu viharati  
ātāpī  
sampajāno  
satimā  
vineyya loke abhijjhā-domanassaṃ.

[26][[bd.](#)] Yasmin̐ samaye bhikkhave, bhikkhu;  
Aniccānupassī assasissāmīti sikkhati,  
Aniccānupassī passasissāmīti sikkhati,  
Virāgānupassī assasissāmīti sikkhati,  
Virāgānupassī passasissāmīti sikkhati,  
Nirodhānupassī assasissāmīti sikkhati,  
Nirodhānupassī passasissāmīti sikkhati,  
Paṭinissaggānupassī assasissāmīti sikkhati,  
Paṭinissaggānupassī passasissāmīti sikkhati;  
dhammesu dhammānupassī bhikkhave,  
tasmim̐ samaye bhikkhu viharati  
ātāpī  
sampajāno  
satimā  
vineyya loke abhijjhā-domanassaṃ.

[27][[bd.](#)] So yaṃ taṃ abhijjhā-domanassānaṃ pahānaṃ taṃ  
paññāya disvā sādhukaṃ ajjupekkhitā hoti.  
Tasmāt iha bhikkhave,  
dhammesu dhammānupassī  
tasmim̐ samaye bhikkhu viharati  
ātāpī  
sampajāno

satimā  
vineyya loke abhijjhā-domanassam.

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[28][[bd.](#)] Evaṃ bhāvitā kho bhikkhave,  
ānāpānasati evaṃ  
bahulīkatā  
cattāro satipaṭṭhāne paripūreti.

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[29][[bd.](#)] Kathaṃ bhāvitā ca bhikkhave,  
cattāro satipaṭṭhānā  
kathaṃ bahulīkatā  
satta bojjhaṅge paripūrenti?

Yasmiṃ samaye bhikkhave,  
bhikkhu kāye kāyānupassī viharati  
ātāpī  
sampajāno  
satimā,  
vineyya loke abhijjhā-domanassam,  
upaṭṭhit'assa tasmīṃ samaye sati hoti asammuṭṭhā.

Yasmiṃ samaye bhikkhave,  
bhikkhuno upaṭṭhitā sati hoti asammuṭṭhā,  
satisambojjhaṅgo  
tasmīṃ samaye bhikkhuno āraddho hoti;  
satisambojjhaṅgam  
tasmīṃ samaye bhikkhu bhāveti;  
satisambojjhaṅgo  
tasmīṃ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.

[30][[bd.](#)] So tathāsato viharanto  
taṃ dhammaṃ paññāya pavicinati,  
pavicarati,  
parivīmaṃsam  
āpajjati.

[31][[bd.](#)] Yasmiṃ samaye bhikkhave, bhikkhu  
tathāsato viharanto  
taṃ dhammaṃ paññāya pavicinati,

pavicarati,  
parivīmaṃsaṃ  
āpajjati,  
dhammavicayasambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
dhammavicayasambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
dhammavicayasambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūriṃ gacchati

tassa taṃ dhammaṃ paññāya pavicinato  
pavicarato  
parivīmaṃsaṃ  
āpajjato āraddhaṃ hoti viriyaṃ asallīnaṃ.

Yasmim̐ samaye bhikkhave, bhikkhuno  
taṃ dhammaṃ paññāya pavicinato  
pavicarato  
parivīmaṃsaṃ  
āpajjato  
āraddhaṃ hoti viriyaṃ asallīnaṃ,  
viriyasambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
viriyasambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
viriyasambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.

[32][[bd.](#)] Āraddhaviriyassa uppajjati  
pīti nirāmisā.

Yasmim̐ samaye bhikkhave, bhikkhuno  
āraddhaviriyassa  
uppajjati pīti nirāmisā,  
pītisambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti.  
Pītisambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
pītisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūriṃ gacchati.

[33][[bd.](#)] Pītimanassa kāyo  
pi passambhati,  
cittampi passambhati.

Yasmim samaye bhikkhave, bhikkhuno  
pīṭimanassa kāyo pi passambhati,  
cittam pi passambhati,  
passaddhisambojjhaṅgo  
tasmim samaye bhikkhuno āraddho hoti,  
passaddhisambojjhaṅgam  
tasmim samaye bhikkhu bhāveti,  
passaddhisambojjhaṅgo  
tasmim samaye bhikkhuno bhāvanāpāripūrim gacchati.

[34][[bd.](#)] Passaddhakāyassa  
sukhino cittam  
samādhiyati.

Yasmim samaye bhikkhave, bhikkhuno  
passaddhakāyassa  
sukhino cittam  
samādhiyati,  
samādhisambojjhaṅgo  
tasmim samaye bhikkhuno āraddho hoti,  
samādhisambojjhaṅgam  
tasmim samaye bhikkhu bhāveti,  
samādhisambojjhaṅgo  
tasmim samaye bhikkhuno bhāvanāpāripūrim gacchati.

[35][[bd.](#)] So tathāsamāhitam cittam sādhuḥkam ajjupekkhitā hoti.

[36][[bd.](#)] Yasmim samaye bhikkhave bhikkhuno  
tathāsamāhitam cittam sādhuḥkam ajjupekkhitā hoti,  
upekkhāsambojjhaṅgo  
tasmim samaye bhikkhuno āraddho hoti,  
upekkhāsambojjhaṅgam  
tasmim samaye bhikkhu bhāveti,  
upekkhāsambojjhaṅgo  
tasmim samaye bhikkhuno bhāvanāpāripūrim gacchati.

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[37][[bd.](#)] Yasmim samaye bhikkhave bhikkhu  
vedanāsu vedanānupassī viharati<sup>[1]</sup>  
ātāpī

sampajāno  
satimā,  
vineyya loke abhijjhā-domanassaṃ upaṭṭhitassa  
tasmim̐ samaye sati hoti asammuṭṭhā.

Yasmim̐ samaye bhikkhave, bhikkhuno  
upaṭṭhitā sati hoti asammuṭṭhā,  
satisambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
satisambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
satisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

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[38][[bd.](#)] Cित्ते cittānupassī viharati  
ātāpī  
sampajāno  
satimā,  
vineyya loke abhijjhā-domanassaṃ upaṭṭhitassa  
tasmim̐ samaye sati hoti asammuṭṭhā.

Yasmim̐ samaye bhikkhave, bhikkhuno  
upaṭṭhitā sati hoti asammuṭṭhā,  
satisambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
satisambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
satisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

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[39][[bd.](#)] Dhammesu dhammānupassī viharati  
ātāpī  
sampajāno  
satimā,  
vineyya loke abhijjhā-domanassaṃ upaṭṭhitassa  
tasmim̐ samaye sati hoti asammuṭṭhā.

Yasmim̐ samaye bhikkhave, bhikkhuno

upaṭṭhitā sati hoti asammuṭṭhā,  
satisambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
satisambojjhaṅgam̐  
tasmim̐ samaye bhikkhu bhāveti,  
satisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

So tathāsato viharanto taṃ dhammaṃ paññāya pavicinati, pavicayati,  
parivīmaṃsam̐ āpajjati.

Yasmim̐ samaye bhikkhave, bhikkhu  
tathā sato viharanto taṃ dhammaṃ paññāya pavicinati, pavicarati,  
parivīmaṃsam̐ āpajjati,  
dhammavicayasambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
dhammavicayasambojjhaṅgam̐  
tasmim̐ samaye bhikkhu bhāveti, dhammavicaya sambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Tassa taṃ dhammaṃ paññāya pavicinato pavicarato parivimam̐sam̐ āpajjato  
āraddham̐ hoti viriyam̐ asallīnam̐.

Yasmim̐ samaye bhikkhave, bhikkhuno taṃ dhammaṃ paññāya pavicinato  
pavicarato parivimam̐sam̐ āpajjato āraddham̐ hoti viriyam̐ asallīnam̐,  
viriyasambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
viriyasambojjhaṅgam̐  
tasmim̐ samaye bhikkhu bhāveti,  
viriyasambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Āraddhaviriyassa uppajjati pīti nirāmisā.

Yasmim̐ samaye bhikkhave bhikkhuno āraddhaviriyassa uppajjati pīti nirāmisā,  
pītisambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
pītisambojjhaṅgam̐  
tasmim̐ samaye bhikkhu bhāveti,  
pītisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Pītimanassa kāyo pi passambhati cittam pi passambhati.

Yasmim̐ samaye bhikkhave, bhikkhuno pītimanassa kāyopi passambhati,  
cittam pi passambhati,  
passaddhisambojjhaṅgo  
tasmim̐ samaye bhikkhave, bhikkhuno āraddho hoti,  
passaddhisambojjhaṅgam̐

tasmim̐ samaye bhikkhu bhāveti,  
pasmaddhisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

Passaddhakāyassa sukhino cittaṃ samādhiyati.  
Yasmim̐ samaye bhikkhave, bhikkhuno passaddhakāyassa sukhino cittaṃ  
samādhiyati,  
samādhisambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
samādhisambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
samādhisambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

So tathāsamāhitam̐ cittaṃ sādhuṅgaṃ ajjhupekkhitā hoti.  
Yasmim̐ samaye bhikkhave,  
bhikkhu tathāsamāhitam̐ cittaṃ sādhuṅgaṃ ajjhupekkhitā hoti,  
upekkhāsambojjhaṅgo  
tasmim̐ samaye bhikkhuno āraddho hoti,  
upekkhāsambojjhaṅgaṃ  
tasmim̐ samaye bhikkhu bhāveti,  
upekkhāsambojjhaṅgo  
tasmim̐ samaye bhikkhuno bhāvanāpāripūrim̐ gacchati.

[40][[bd.](#)] Evaṃ bhāvitā kho bhikkhave,  
cattāro satipaṭṭhānā evaṃ bahulīkatā  
satta sambojjhaṅge paripūrenti.

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[41][[bd.](#)] Kathaṃ bhāvitā ca bhikkhave, satta bojjhaṅgā?  
Kathaṃ bahulīkatā vijjāvimuttim̐ paripūrenti?  
Idha, bhikkhave,, bhikkhu  
satisambojjhaṅgaṃ bhāveti  
vivekanissitam̐  
virāganissitam̐  
nirodhanissitam̐  
vossaggapariṇāmiṃ;  
dhammavijayasambojjhaṅgaṃ bhāveti  
vivekanissitam̐  
virāganissitam̐  
nirodhanissitam̐  
vossaggapariṇāmiṃ;  
viriyasambojjhaṅgaṃ bhāveti

vivekanissitaṃ  
virāganissitaṃ  
nirodhanissitaṃ  
vossaggapariṇāmiṃ;  
pītisambojjhaṅgaṃ bhāveti  
vivekanissitaṃ  
virāganissitaṃ  
nirodhanissitaṃ  
vossaggapariṇāmiṃ;  
passaddhisambojjhaṅgaṃ bhāveti  
vivekanissitaṃ  
virāganissitaṃ  
nirodhanissitaṃ  
vossaggapariṇāmiṃ;  
samādhisambojjhaṅgaṃ bhāveti  
vivekanissitaṃ  
virāganissitaṃ  
nirodhanissitaṃ  
vossaggapariṇāmiṃ;  
upekkhāsambojjhaṅgaṃ bhāveti  
vivekanissitaṃ  
virāganissitaṃ  
nirodhanissitaṃ  
vossaggapariṇāmiṃ. || ||

Evam bhāvitā kho bhikkhave,  
satta bojjhaṅgā evam bahulikāṭā  
vijjāvimuttiṃ paripūrenti. || ||

Idam avoca Bhagavā.  
Attamanā te bhikkhū Bhagavato bhāsitaṃ abhinandun ti. || ||  
Ānāpānasati suttaṃ aṭṭhamam

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[1]PTS text (Chalmers) abbreviates here and for the next section: vedanasu -- pe -- citte -- pe; here I have included the first clause, subsequent clauses are as for the previous and following satipatthanas.

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