### 0.0.1 Without Hindrances

**1.** “On the occasion, O bhikkhus, when the noble disciple listens to the Dhamma, having made it his aim, having attended to it with all his mind, having collected it together with eager ears, on that occasion the five hindrances do not come to be. On that occasion the seven awakening factors go to full maturation by enculturation. Which five hindrances do not come to be on that occasion? The hindrance of sensual desire does not come to be on that occasion. The hindrance of ill-will does not come to be on that occasion. The hindrance of sluggishness and lack of mental agility does not come to be on that occasion. The hindrance of restlessness and remorse does not come to be on that occasion. The hindrance of doubt does not come to be on that occasion. On that occasion these five hindrances do not come to be.

**2.** Which seven awakening factors go to full maturation by enculturation on that occasion? The awakening factor of mindfulness goes to full maturation by enculturation on that occasion. The awakening factor of investigation of dhammas goes to full maturation by enculturation on that occasion. The awakening factor of energy goes to full maturation by enculturation on that occasion. The awakening factor of happiness goes to full maturation by enculturation on that occasion. The awakening factor of tranquility goes to full maturation by enculturation on that occasion. The awakening factor of samadhi goes to full maturation by enculturation on that occasion. The

### 0.0.1 anīvaraṇasuttaṃ

**1.** yasmiṃ bhikkhave, samaye ariyasāvako aṭṭhikatvā manasikatvā sabbacetaso samannāharitvā ohitasoto dhammaṃ suṇāti. pañcassa nīvaraṇā tasmiṃ samaye na honti. satta bojjhaṅgā tasmiṃ samaye bhāvanāpāripūriṃ gacchanti. katamassa pañcanīvaraṇā tasmiṃ samaye na honati: kāmacchandanīvaraṇaṃ tasmiṃ samaye na hoti. vyāpādanīvaraṇaṃ tasmiṃ samaye na hoti. thīnamiddhanīvaraṇaṃ tasmiṃ samaye na hoti. uddhaccakukkuccanīvaraṇaṃ tasmiṃ samaye na hoti. vicikicchānīvaraṇaṃ tasmiṃ samaye na hoti. imassa pañcanīvaraṇā tasmiṃ samaye na honti.

**2.** katame satta bojjhaṅgā tasmiṃ samaye bhāvanāpāripūriṃ gacchanti: satisambojjhaṅgo tasmiṃ samaye bhāvanāpāripūriṃ gacchati. dhammavicayasambojjhaṅgo tasmiṃ samaye bhāvanā pāripūriṃ gacchati. viriyasambojjhaṅgo tasmiṃ samaye bhāvanāpāripūriṃ gacchati. pītisambojjhaṅgo tasmiṃ samaye bhāvanāpāripūriṃ gacchati. passaddhisambojjhaṅgo tasmiṃ samaye bhāvanāpāripūriṃ gacchati. samādhisambojjhaṅgo tasmiṃ samaye bhāvanāpāripūriṃ gacchati. upekhāsambojjhaṅgo tasmiṃ samaye bhāvanāpāripūriṃ gacchati. yasmiṃ bhikkhave, samaye ariyasāvako aṭṭhikatvā manasikatvā sabbacetaso samannāharitvā ohitasoto dhammaṃ suṇāti. imassa pañcanīvaraṇā tasmiṃ samaye na honti. ime sattabojjhaṅgā tasmiṃ samaye bhāvanāpāripūriṃ gacchantīti.

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awakening factor of equanimity goes to full maturation by enculturation on that occasion. On the occasion, O bhikkhus, when the noble disciple listens to the Dhamma, having made it his aim, having attended to it with all his mind, having collected it together with eager ears, on that occasion these five hindrances do not come to be. On that occasion these seven awakening factors go to full maturation by enculturation."