0.0.1 Upavana

1. At one time the venerable Upavana and the venerable Sariputta were living in Kosambi at Ghosita's park. Then in the evening time, the venerable Sariputta emerged from seclusion and visited with the venerable Upavana. Upon arrival, he exchanged friendly greetings with the venerable Upavana. Having exchanged friendly greetings and cordial talk, he sat down to one side. Having sat down to one side, the venerable Sariputta said this to the venerable Upavana.

2. From attending to the root source, O friend Upavana, could a bhikkhu understand for himself thus: "The seven awakening factors, [having been] thoroughly undertaken by me, lead to a pleasant abiding?"

3. From attending to the root source, O friend Sariputta, a bhikkhu can understand for himself thus: "The seven awakening factors, [having been] thoroughly undertaken by me, lead to a pleasant abiding?" Arousing the mindfulness awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggishness and lack of mental agility are well uprooted. My restlessness and remorse are thoroughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly." Arousing the investigation of dhammas awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggish-

0.0.1 upavānasuttaṃ

1. ekaṃ samayaṃ āyasmā ca upavāno āyasmā ca sāriputto kosambiyaṃ viharanti ghositārāme. atha kho āyasmā sāriputto sāyanhasamayaṃ paṭisallānā vuṭṭhito yenāyasmā upavāno tenupasaṅkami. upasaṅkamitvā āyasmatā upavānena saddhiṃ sammodi. sammedanīyaṃ kathaṃ sārāṇīyaṃ vītisāretvā ekamantaṃ nisīdi. ekamantaṃ nisinno kho āyasmā sāriputto āyasmantaṃ upavānaṃ etadavoca:

2. jāneyya nu kho āvuso upavāna bhikkhu paccattaṃ yoniso manasikārā[1] evaṃ susamāraddhā me satta bojjhaṅgā phāsuvihārāya saṃvattantīti.

3. jāneyya kho āvuso sāriputta bhikkhu paccattaṃ yoniso manasikārā evaṃ susamāraddhā me satta bojjhaṅgā phāsuvihārāya saṃvattantīti. satisambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā manasikaromi. no ca līnanti dhammavicayasambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā manasikaromi. no ca līnanti viriyasambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me

[1] manasikāro - sī 1, 2.

ness and lack of mental agility are well uprooted. My restlessness and remorse are thoroughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly." Arousing the energy awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggishness and lack of mental agility are well uprooted. My restlessness and remorse are thoroughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly." Arousing the happiness awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggishness and lack of mental agility are well uprooted. My restlessness and remorse are thoroughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly." Arousing the tranquility awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggishness and lack of mental agility are well uprooted. My restlessness and remorse are thoroughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly." Arousing the samadhi awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggishness and lack of mental agility are well uprooted. My restlessness and remorse are thoroughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly." Arousing the equanimity awakening factor, O friend, a bhikkhu wisely understands: "My mind is well liberated. My sluggishness and lack of mental agility are well uprooted. My restlessness and remorse are thor-

susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā manasikaromi. no ca līnanti pītisambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā manasikaromi. no ca līnanti passaddhisambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā manasikaromi. no ca līnanti samādhisambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā manasikaromi. no ca līnanti upekhāsambojjhaṅgaṃ kho āvuso bhikkhu ārabhamāno pajānāti cittaṃ ca me suvimuttaṃ thīnamiddhaṃ ca me susamūhataṃ. uddhacca kukkuccañca me suppaṭivinītaṃ. āraddhaṃ ca me viriyaṃ aṭṭhikatvā[2] manasikaromi. no ca līnanti.

4. evaṃ kho āvuso sāriputta bhikkhu jāneyya paccattaṃ yoniso manasikārā susamāraddhā me satta bojjhaṅgā phāsu vihārāya saṃvattantīti.

[2] aṭṭhi katvā - machasaṃ.

oughly removed. My energy is aroused and I attend [to the root source] wholly engaged, not sluggishly."

4. It is in this way, O friend Sariputta, that from attending to the root source, a bhikkhu can understand for himself thus: "The seven awakening factors, [having been] thoroughly undertaken by me, lead to a pleasant abiding?"