

Paṭhamasikkhattayasutta

AN III 89 First Discourse on the Trainings
Translated from the Pāli by Bhante Ānanda
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*B*hikkhus, there are these three trainings.

What three?

The Training in Higher Virtue,
The Training in Higher Mind,
The Training in Higher Wisdom

What, bhikkhus, is the Training in Higher Virtue?

Here Bhikkhus,
A bhikkhu is virtuous,
Observing the self-mastery of the Pātimokkha¹,
Endowed with good behavior,
Seeing with fear even the slightest faults,
He undertakes the training in the virtuous rules.

This bhikkhus, I say, is the Training in Higher Virtue.

What, bhikkhus, is the Training in Higher Mind?

Here Bhikkhus,
Being thus disengaged from the sense faculties,
and detached from unwholesome mental states,
Attended by thinking and imagining,
With the blissful happiness born of mental detachment,
A bhikkhu understands and abides in the first level of meditation.

With the calming of thinking and imagining,
With inner tranquilization,
His mind becoming unified,

¹ Pātimokkha: The 227 rules that constitute the body of virtuous conduct for monks.

Without thinking and imagining
With the blissful happiness born of mental stillness²,
A bhikkhu understands and abides in the second level of meditation.

With the stilling of bliss,
Abiding in mental steadiness,
Present and fully aware,
Experiencing happiness within his body
That state, which the righteous ones describe as such:
“Steadiness and presence of mind: This is a pleasant abiding.”
A bhikkhu understands and abides in the third level of meditation.

Leaving behind the notions of happiness and unhappiness.
With the earlier settling of mental gladness and affliction,
With neither pain nor pleasure,
Purified by unmoving presence,
A bhikkhu understands and abides in the fourth level of meditation.

This, bhikkhus, I say, is the Higher Training of the Mind.

What, Bhikkhus, is the Training in Higher Wisdom?

Here Bhikkhus,
A bhikkhu knows, as it is: “This is Suffering”
He knows, as it is: “This is the Origin of Suffering”
He knows, as it is: “This is the End of Suffering”
He knows, as it is: “This is the Path going towards the End of Suffering.”

This Bhikkhus, I say, is the Training in Higher Wisdom.

Bhikkhus, these are the three trainings.

Navamaṃ.

Ninth

² Samādhijaṃ pītisukhaṃ: The blissful happiness born of Samādhi. Mental Collectedness.