

# *Paṭhama Sammattaniyāma Sutta*

*AN V 151 First Discourse on Righteous Practice*

*Translated from the Pāli by Bhante Ānanda*

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*B*hikkhus,

*Possessing five qualities,  
Even if someone were to listen to the True Dhamma,  
One is unable to understand the practice,  
Of righteous [development in] wholesome states.*

*What five?*

*He denigrates the talk,  
He denigrates the speaker,  
He denigrates himself,  
He listens to the Dhamma with a restless mind,  
His mind is not calm and he does not carefully apply his mind.*

*[...]*

*Bhikkhus,  
Possessing five qualities,  
Listening to the True Dhamma,  
One is able to understand the practice  
Of righteous [Development in] wholesome states.*

*What five?*

*He does not denigrate the talk,  
He does not denigrate the speaker,  
He does not denigrate himself,  
He listens to the Dhamma with a mind rid of restless,  
His mind is calm and he carefully apply his mind.*

*[...]*

*First*