

Upaññāta Sutta

AN II 5 Came to learn
Translated by Bhante Ānanda
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I came to learn to things bhikkhus.

*Never to be satisfied with wholesome states,¹
And unrestrained power of will.²*

Uncurbed my effort was bhikkhus, I went:

*“Let only my skin, tendons and bones be left,
And the flesh and blood in this body dry up.
Whatever is possible by human power
Human will, human strength,³ that, I will achieve.
Resolve will not fall away
But will be firmly established and developed.*



Bhikkhus

*By carefully attention, we came to sambodhi,⁴
By careful attention, we came to the unsurpassable
Release from the yoke.⁵*



You also bhikkhus, if by unrelenting effort you would go:

¹ *Yā ca asantuṭṭhitā kusalesu dhammesu*

² *Yā ca appaṭivānitā padhānasmim̐. Unabating will.*

³ *Purisathāmena purisavīriyena purisaparakkamena*

⁴ *Appamādādhigatā sambodhi, Full Awakening, Complete Understanding.*

⁵ *Appamādādhigato anuttaro yogakkhemo. Here, “yoga” is not the goal, in fact, the Buddha taught the way to Yogakkhema, freedom from yoga or bondage, complete unshackling of the mind.*

*“Let only my skin, tendons and bones be left,
And the flesh and blood in this body dry up.
Whatever is possible by human power
Human will, human strength, that, I will achieve.
Resolve will not fall away
But will be firmly established and developed.*

*In no long time,
You would attain the purpose
For which sons of good families
Honestly leave their home and become homeless,
Seeking for the highest,*

The complete perfection of the holy life.

*And having realized it in this present life,
By your own direct knowledge,*

You would abide in it.⁶

Thus bhikkhus, you should train:

With unabating resolve we will go:

*“Let only my skin, tendons and bones be left,
And the flesh and blood in this body dry up.
Whatever is possible by human power
Human will, human strength, that, I will achieve.
Resolve will not fall away
But will be firmly established and developed.”*

Thus you should train bhikkhus.

Fifth.

⁶ *Diṭṭheva dhamme sayam abhiññā sacchikatvā upasampajja viharissatha.*