

# Sukhasomanassa Sutta

AN VI 6.78 Blissful Ease of Mind

Translated by Bhante Ānanda

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"Monks,

Possessing six qualities,  
A monk abounds in blissful ease of mind<sup>1</sup> here and now,  
And he is thoroughly undertaking the way to the stilling of the mental movements.<sup>2</sup>

What six?

Here, a monk

- (1) Delights in the Dhamma,
- (2) Delights in [mental] development,<sup>3</sup>
- (3) Delights in abandoning,<sup>4</sup>
- (4) Delights in solitude,<sup>5</sup>
- (5) Delights in non-hatred,<sup>6</sup>
- (6) And delights in non-proliferation.<sup>7</sup>

Possessing these six qualities,  
A monk abounds in blissful ease of mind here and now,  
And he is thoroughly undertaking the way to the stilling of the mental movements.

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<sup>1</sup> Sukhasomanassa

<sup>2</sup> Yoni cassa āradhā hoti āsavānaṃ khayāya. Mental Influences, currents, distractions, weaknesses of the mind.

<sup>3</sup> Bhāvanārāmo hoti: Mental Development, i.e. Meditation, release. From AN II 31 Samatho-Vipassanā Sutta:

"What is the purpose of undertaking the development of Tranquility? The mind comes to be developed.

What is the purpose of developing the mind? One's craving comes to be abandoned."

<sup>4</sup> Pahānārāmo hoti: Abandoning tension. Delights in the bliss of relief that springs up from releasing craving.

<sup>5</sup> Pavivekārāmo hoti.

<sup>6</sup> Abyāpajjhārāmo hoti: Loving-Kindness

<sup>7</sup> Nippapañcārāmo hoti: Still and collected mind



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