

# SATTATIṂSĀ BODHIPAKKHIYADHAMMĀ

## 37 THINGS ON THE SIDE OF AWAKENING

### OUTLINE:

#### **Cattāro Satipaṭṭhānā,**

The Four Ways of Attending to Mindfulness,

#### **Cattāro Sammappadhānā,**

Four Right Strivings,

#### **Cattāro Iddhipādā,**

Four Paths to Power,

#### **Pañcendriyāni,**

Five Faculties,

#### **Pañca Balāni,**

Five Strengths,

#### **Satta Bojjhaṅgā,**

Seven Factors of Awakening,

#### **Ariyo Aṭṭhaṅgiko Maggo.**

Noble Eight-Fold Path.

### DETAIL:

#### **Cattāro Satipaṭṭhānā,**

The Four Ways of Attending to Mindfulness,

##### **1. Kāyānupassanā,**

Contemplation of the body,

##### **2. Vedanānupassanā,**

Contemplation of feelings,

##### **3. Cittānupassanā,**

Contemplation of the mind,

##### **4. Dhammānupassanā.**

Contemplation of (the nature of) things.

**Cattāro Sammappadhānā,**

Four Right Strivings,

**1. Anuppannānaṃ pāpakānaṃ akusalānaṃ**

To generate desire for the non-arising of bad

**dhammānaṃ anuppādāya chandaṃ janetuṃ,**

and unwholesome things that have not yet arisen,

**2. Uppannānaṃ pāpakānaṃ akusalānaṃ**

To generate desire for the abandonment of bad

**dhammānaṃ pahānāya chandaṃ janetuṃ,**

and unwholesome things that have already arisen,

**3. Anuppannānaṃ kusalānaṃ**

To generate desire for the arising

**dhammānaṃ uppādāya chandaṃ janetuṃ,**

of wholesome things that have not yet arisen,

**4. Uppannānaṃ kusalānaṃ dhammānaṃ t̥hitiyā, asammosāya,**

To generate desire for the endurance, persistence,

**bhiyyobhāvāya, vepullāya, bhāvanāya, pāripūriyā chandaṃ janetuṃ.**

multiplication, extension, development, and fulfilment of wholesome things that have arisen.

**Cattāro Iddhipādā,**

Four Paths to Power,

**1. Chandasamādhīpadhānaṣaṅkhārasamannāgataṃ,**

Concentration of desire accompanied by the process of striving,

**2. Viriyasamādhīpadhānaṣaṅkhārasamannāgataṃ,**

Concentration of energy accompanied by the process of striving,

**3. Cittasamādhīpadhānaṣaṅkhārasamannāgataṃ,**

Concentration of mind accompanied by the process of striving,

**4. Vimāṣasamādhīpadhānaṣaṅkhārasamannāgataṃ.**

Concentration of investigation accompanied by the process of striving.

**Pañcindriyāni,**

Five Faculties,

**1. Saddhā,**  
Faith,

**2. Viriya,**  
Energy,

**3. Sati,**  
Mindfulness,

**4. Samādhi,**  
Concentration,

**5. Paññā.**  
Wisdom.

**Pañca Balāni,**

Five Strengths,

**1. Saddhā,**  
Faith,

**2. Viriya,**  
Energy,

**3. Sati,**  
Mindfulness,

**4. Samādhi,**  
Concentration,

**5. Paññā.**  
Wisdom.

**Satta Bojjhaṅgā,**  
Seven Factors of Awakening,

- 1. Satibojjhaṅgo,**  
The Factor of Awakening that is Mindfulness,
- 2. Dhammavicaya-bojjhaṅgo,**  
The Factor of Awakening that is Investigation of the (nature of) things,
- 3. Viriyabojjhaṅgo,**  
The Factor of Awakening that is Energy,
- 4. Pītibojjhaṅgo,**  
The Factor of Awakening that is Joyful-Interest,
- 5. Passaddhibojjhaṅgo,**  
The Factor of Awakening that is Tranquillity,
- 6. Samādhibojjhaṅgo,**  
The Factor of Awakening that is Concentration,
- 7. Upekkhābojjhaṅgo.**  
The Factor of Awakening that is Equanimity.

**Ariyo Aṭṭhaṅgiko Maggo.**  
Noble Eight-Fold Path.

- 1. Sammādiṭṭhi**  
Right View
- 2. Sammāsaṅkappo**  
Right Thought
- 3. Sammāvācā**  
Right Speech
- 4. Sammākammanto**  
Right Action
- 5. Sammā-Ājīvo**  
Right Livelihood
- 6. Sammāvāyāmo**  
Right Endeavour
- 7. Sammāsati**  
Right Mindfulness
- 8. Sammāsamādhi.**  
Right Concentration.