

# Paccavekkhaṇā The Reflections



Traditional Monastic Reflections  
translated and adapted for lay people also by

**Ānandajoti Bhikkhu**

# Bhikkhupaccavekkhaṇā

## The Reflections for Monastics

*morning*

### Cīvaram

#### Robes

**Paṭisaṅkhā yoniso cīvaram paṭisevāmi,**  
With proper discernment I make use of the robe,

**yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
only to ward off the cold, to ward off the heat,

**ḍamsamakasavātātapasirimsapasamphassānam paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and creeping things,

**yāvad-eva hirikopīnapaṭicchādanattham.**  
only as a cover for the shameful parts.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: cīvaram tad-upabhuñjako ca puggalo,**  
that is to say: this robe, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni cīvarāni ajigucchaṇīyāni**  
None of these robes should be disgusting but

**imaṃ pūtikāyaṃ patvā ativiya jigucchaṇīyāni jāyanti.**  
after touching this filthy body they become exceedingly disgusting.

## **Piṇḍapātāṃ** Almsfood

**Paṭisaṅkhā yoniso piṇḍapātāṃ paṭisevāmi,**  
With proper discernment I make use of almsfood,

**neva davāya, na madāya, na maṇḍanāya, na vibhūsanāya,**  
not for sport, or for showing off, not for ornament, or for adornment,

**yāvad-eva imassa kāyassa ṭhitiyā yāpanāya,**  
but only to maintain this body, and to carry on,

**vihimsūparatiyā brahmacariyānuggahāya,**  
to inhibit annoyance, and to assist in the spiritual life,

**iti purāṇañ-ca vedanaṃ paṭihaṅkhāmi,**  
and so I will get rid of any old feeling,

**navañ-ca vedanaṃ na uppādessāmi,**  
and not produce any new feeling,

**yātrā ca me bhavissati, anavajjatā ca phāsuvihāro cā ti.**  
and I will carry on, being blameless, and living comfortably.

**Yathā paccayaṃ pavattamānaṃ dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: piṇḍapāto tad-upabhuñjako ca puggalo,**  
that is to say: this almsfood, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbo panāyaṃ piṇḍapāto ajjucchaṇīyo**  
None of this almsfood should be disgusting but

**imaṃ pūtikāyaṃ patvā ativiya jjugucchaṇīyo jāyati.**  
after touching this filthy body it becomes exceedingly disgusting.

## Senāsanam A Dwelling

**Paṭisaṅkhā yoniso senāsanam paṭisevāmi,**  
With proper discernment I make use of a dwelling,

**yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
only to ward off the cold, to ward off the heat,

**ḍamsamakasavātātapasirimśapasamphassānam paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and serpents,

**yāvad-eva utuparissayavinodanam paṭisallānārāmattham.**  
only to dispel the trouble of the (varying) seasons, and so as to delight in seclusion.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: senāsanam tad-upabhuñjako ca puggalo,**  
that is to say: this dwelling, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni senāsanāni ajjucchaṇṭiyāni**  
None of these dwelling places should be disgusting

**imam pūtikāyam patvā ativiya jīgucchaṇṭiyāni jāyanti.**  
but after touching this filthy body they become exceedingly disgusting.

## **Gilānapaccayabhesajjaparikkhāraṃ** The Requisite of Medicine for Support when Sick

**Paṭisaṅkhā yoniso gilānapaccayabhesajjaparikkhāraṃ paṭisevāmi,**

With proper discernment I make use of the requisite of medicine for support when sick,

**yāvad-eva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya**

only to ward off oppressive feelings that have arisen

**abyāpajjhaparamatāyā ti.**

and at least be free from oppression.

**Yathā paccayaṃ pavattamānaṃ dhātumattam-ev' etaṃ,**

These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: gilānapaccayabhesajjaparikkhāro tad-upabhuñjako ca puggalo,**

that is to say: this requisite of medicine for support when sick and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**

merely elements, unsubstantial, soulless, empty.

**Sabbo panāyaṃ gilānapaccayabhesajjaparikkhāro ajigucchaṇīyo**

None of this requisite of medicine for support when sick should be disgusting

**imaṃ pūtikāyaṃ patvā ativiya jigucchaṇīyo jāyati.**

but after touching this filthy body it becomes exceedingly disgusting.



*evening*

## **Cīvaram̐** Robes

**Mayā apaccavekkhitvā ajja yam̐ cīvaram̐ paribhuttam̐,**  
That robe which was used by me today without having reflected on it,

**taṃ yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
that is only to ward off the cold, to ward off the heat,

**ḍamsamakasavātātapasirim̐sapasamphassānam̐ paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and creeping things,

**yāvad-eva hirikopīnapaṭicchādanattham̐.**  
only as a cover for the shameful parts.

**Yathā paccayam̐ pavattamānam̐ dhātumattam-eva' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: cīvaram̐ tad-upabhuñjako ca puggalo,**  
that is to say: this robe, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni cīvarāni ajigucchaṇīyāni**  
None of these robes should be disgusting but

**imam̐ pūtikāyam̐ patvā ativiya jīgucchaṇīyāni jāyanti.**  
after touching this filthy body they become exceedingly disgusting.

## **Piṇḍapātāṃ** Almsfood

**Mayā apaccavekkhitvā ajja yo piṇḍapāto paribhutto,**  
That almsfood which was used by me today without having reflected on it,

**so neva davāya, na madāya, na maṇḍanāya, na vibhūsanāya,**  
that is not for sport, or for showing off, not for ornament, or for adornment,

**yāvad-eva imassa kāyassa ṭhitiyā yāpanāya,**  
but only to maintain this body, and to carry on,

**vihimsūparatiyā brahmacariyānuggahāya,**  
to inhibit annoyance, and to assist in the spiritual life,

**iti purāṇañ-ca vedanaṃ paṭihaṅkhāmi,**  
and so I will get rid of any old feeling,

**navañ-ca vedanaṃ na uppādessāmi,**  
and not produce any new feeling,

**yātrā ca me bhavissati, anavajjatā ca phāsuvihāro cā ti.**  
and I will carry on, being blameless, and living comfortably.

**Yathā paccayaṃ pavattamānaṃ dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: piṇḍapāto tad-upabhuñjako ca puggalo,**  
that is to say: this almsfood, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbo panāyaṃ piṇḍapāto ajjucchaṇīyo**  
None of this almsfood should be disgusting but

**imaṃ pūtikāyaṃ patvā ativiya jjugucchaṇīyo jāyati.**  
after touching this filthy body it becomes exceedingly disgusting.

## Senāsanam A Dwelling

**Mayā apaccavekkhitvā ajja yaṃ senāsanam paribhuttam,**  
That dwelling which was used by me today without having reflected on it,

**taṃ yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
that is only to ward off the cold, to ward off the heat,

**ḍamsa-makasa-vātā-tapa-sirimsapa-samphassānam paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and serpents,

**yāvad-eva utuparissayavinodanam paṭisallānārāmattham.**  
only to dispel the trouble of the (varying) seasons, and so as to delight in seclusion.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idam: senāsanam tad-upabhuñjako ca puggalo,**  
that is to say: this dwelling, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni senāsanāni ajjucchaṇṭiyāni**  
None of these dwelling places should be disgusting

**imam pūtikāyam patvā ativiya jīgucchaṇṭiyāni jāyanti.**  
but after touching this filthy body they become exceedingly disgusting.



## **Gilānapaccayabhesajjaparikkhāraṃ** The Requisite of Medicine for Support when Sick

**Mayā apaccavekkhitvā ajja yo gilānapaccayabhesajjaparikkhāro paribhutto,**  
That requisite of medicine for support when sick which was used by me today without  
having reflected on it,

**so yāvad-eva uppannānaṃ veyyābādhikānaṃ vedanānaṃ paṭighātāya**  
that is only to ward off oppressive feelings that have arisen

**abyāpajjhaparamatāyā ti.**  
and at least be free from oppression.

**Yathā paccayaṃ pavattamānaṃ dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: gilānapaccayabhesajjaparikkhāro tad-upabhuñjako ca puggalo,**  
that is to say: this requisite of medicine for support when sick and the person who enjoys  
the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbo panāyaṃ gilānapaccayabhesajjaparikkhāro ajjucchaṇīyo**  
None of this requisite of medicine for support when sick should be disgusting

**imaṃ pūtikāyaṃ patvā ativiya jīgucchaṇīyo jāyati.**  
but after touching this filthy body it becomes exceedingly disgusting.

# Upāsakapaccavekkhaṇā

## The Reflections for Lay People

*morning*

### Vattham Cloth

**Paṭisaṅkhā yoniso vattham paṭisevāmi,**  
With proper discernment I make use of cloth,

**yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
only to ward off the cold, to ward off the heat,

**ḍaṃsamakasavātātapasirimsapasamphassānam paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and creeping things,

**yāvad-eva hirikopīnapaṭicchādanattham.**  
only as a cover for the shameful parts.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idam: vattham tad-upabhuñjako ca puggalo,**  
that is to say: this cloth, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni vatthāni ajigucchaṇīyāni**  
None of these clothes should be disgusting but

**imam pūtikāyam patvā ativiya jigucchaṇīyāni jāyanti.**  
after touching this filthy body they become exceedingly disgusting.

## Bhojanam

### Food

**Paṭisaṅkhā yoniso bhojanam paṭisevāmi,**  
With proper discernment I make use of food,

**neva davāya, na madāya, na maṇḍanāya, na vibhūsanāya,**  
not for sport, or for showing off, not for ornament, or for adornment,

**yāvad-eva imassa kāyassa ṭhitiyā yāpanāya,**  
but only to maintain this body, and to carry on,

**vihimsūparatiyā brahmacariyānuggahāya,**  
to inhibit annoyance, and to assist in the spiritual life,

**iti purāṇaṅ-ca vedanam paṭihaṅkhāmi,**  
and so I will get rid of any old feeling,

**navaṅ-ca vedanam na uppādessāmi,**  
and not produce any new feeling,

**yātrā ca me bhavissati, anavajjatā ca phāsuviḥāro cā ti.**  
and I will carry on, being blameless, and living comfortably.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: bhojanam tad-upabhuṅjako ca puggalo,**  
that is to say: this food, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suṅṅo.**  
merely elements, unsubstantial, soulless, empty.

**Sabbaṃ panāyam bhojanam ajigucchaṇīyam**  
None of this food should be disgusting but

**imaṃ pūtikāyam patvā ativiya jigucchaṇīyo jāyati.**  
after touching this filthy body it becomes exceedingly disgusting.

## **Geham** The Home

**Paṭisaṅkhā yoniso geham paṭisevāmi,**  
With proper discernment I make use of the home,

**yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
only to ward off the cold, to ward off the heat,

**ḍamsamakasavātātapasirimśapasamphassānam paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and serpents,

**yāvad-eva utuparissayavinodanam paṭisallānārāmattham.**  
only to dispel the trouble of the (varying) seasons, and so as to delight in seclusion.

**Yathā paccayam pavattamānam dhātumattam-ev' etam,**  
These are merely elements that continue because of (certain) conditions,

**yad-idam: geham tad-upabhuñjako ca puggalo,**  
that is to say: this home, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni gehāni ajigucchaṇīyāni**  
None of these homes should be disgusting

**imam pūtikāyam patvā ativiya jigucchaṇīyāni jāyanti.**  
but after touching this filthy body they become exceedingly disgusting.

## Osadham Medicine

**Paṭisaṅkhā yoniso osadham paṭisevāmi,**

With proper discernment I make use of medicine for support when sick,

**yāvad-eva uppannānam veyyābādhikānam vedanānam paṭighātāya**

only to ward off oppressive feelings that have arisen

**abyāpajjhaparamatāyā ti.**

and at least be free from oppression.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**

These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: osadham tad-upabhuñjako ca puggalo,**

that is to say: this medicine and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**

merely elements, unsubstantial, soulless, empty.

**Sabham panāyam osadham ajigucchaṇīyam**

None of this medicine when sick should be disgusting

**imaṃ pūtikāyam patvā ativiya jigucchaṇīyo jāyati.**

but after touching this filthy body it becomes exceedingly disgusting.

*evening*

## **Vattham**

**Cloth**

**Mayā apaccavekkhitvā ajja yaṃ vattham paribhuttam,**  
That cloth which was used by me today without having reflected on it,

**taṃ yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
that is only to ward off the cold, to ward off the heat,

**ḍamsamakasavātātapasirimśapasamphassānam paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and creeping things,

**yāvad-eva hirikopīnapaṭicchādanattham.**  
only as a cover for the shameful parts.

**Yathā paccayaṃ pavattamānam dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: vattham tad-upabhuñjako ca puggalo,**  
that is to say: this cloth, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni vatthāni ajjucchaṇīyāni**  
None of these clothes should be disgusting but

**imaṃ pūtikāyaṃ patvā ativiya jīgucchaṇīyāni jāyanti.**  
after touching this filthy body they become exceedingly disgusting.



## Bhojanam

### Food

**Mayā apaccavekkhitvā ajja yo bhojanam paribhutto,**  
That food which was used by me today without having reflected on it,

**so neva davāya, na madāya, na maṇḍanāya, na vibhūsanāya,**  
that is not for sport, or for showing off, not for ornament, or for adornment,

**yāvad-eva imassa kāyassa ṭhitiyā yāpanāya,**  
but only to maintain this body, and to carry on,

**vihimsūparatiyā brahmacariyānuggahāya,**  
to inhibit annoyance, and to assist in the spiritual life,

**iti purāṇañ-ca vedanam paṭihañkhāmi,**  
and so I will get rid of any old feeling,

**navañ-ca vedanam na uppādessāmi,**  
and not produce any new feeling,

**yātrā ca me bhavissati, anavajjatā ca phāsuviḥāro cā ti.**  
and I will carry on, being blameless, and living comfortably.

**Yathā paccayam pavattamānam dhātumattam-ev' etam,**  
These are merely elements that continue because of (certain) conditions,

**yad-idam: bhojanam tad-upabhuñjako ca puggalo,**  
that is to say: this food, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabham panāyam bhojanam ajigucchaṇīyam**  
None of this food should be disgusting but

**imam pūtikāyam patvā ativiya jigucchaṇīyo jāyati.**  
after touching this filthy body it becomes exceedingly disgusting.

## **Geham** The Home

**Mayā apaccavekkhitvā ajja yaṃ gehaṃ paribhuttaṃ,**  
That house which was used by me today without having reflected on it,

**taṃ yāvad-eva sītassa paṭighātāya, uṇhassa paṭighātāya,**  
that is only to ward off the cold, to ward off the heat,

**ḍaṃsa-makasa-vātā-tapa-siriṃsapa-samphassānaṃ paṭighātāya,**  
to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and serpents,

**yāvad-eva utuparissayavinodanaṃ paṭisallānārāmatthaṃ.**  
only to dispel the trouble of the (varying) seasons, and so as to delight in seclusion.

**Yathā paccayaṃ pavattamānaṃ dhātumattam-ev' etaṃ,**  
These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: gehaṃ tad-upabhuñjako ca puggalo,**  
that is to say: this home, and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**  
merely elements, unsubstantial, soulless, empty.

**Sabbāni pana imāni gehāni ajigucchaṇīyāni**  
None of these homes should be disgusting

**imaṃ pūtikāyaṃ patvā ativiya jigucchaṇīyāni jāyanti.**  
but after touching this filthy body they become exceedingly disgusting.

## **Osadham** Medicine

**Mayā apaccavekkhitvā ajja yo osadham paribhutto,**

That medicine which was used by me today without having reflected on it,

**so yāvad-eva uppannānam veyyābādhikānam vedanānam paṭighātāya**

that is only to ward off oppressive feelings that have arisen

**abyāpajjhaparamatāyā ti.**

and at least be free from oppression.

**Yathā paccayam pavattamānam dhātumattam-ev' etaṃ,**

These are merely elements that continue because of (certain) conditions,

**yad-idaṃ: osadham tad-upabhuñjako ca puggalo,**

that is to say: this medicine and the person who enjoys the use of it,

**dhātumattako, nissatto, nijjīvo, suñño.**

merely elements, unsubstantial, soulless, empty.

**Sabham panāyam osadham ajjucchaṇīyam**

None of this medicine when sick should be disgusting

**imaṃ pūtikāyam patvā ativiya jjugucchaṇīyo jāyati.**

but after touching this filthy body it becomes exceedingly disgusting.