

Upaddha Sutta

SN V 45.2 Discourse on Half of the Spiritual Life

Translated by Bhante Ānanda

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*T*hus I have heard,

One time,
The Awakened One was living with the Sakyans,
In Nagaraka, a Sakyan town.

Then, the Elder Ānanda went to the Awakened One,
Paid loving respects and sat down to one side.
Sitting thus, the Elder Ānanda exclaimed:

[Ānanda]

“Bhante,
Surely, this is at least half of the Spiritual Life:

*Virtuous friendship,
Virtuous association,
Virtuous company.”*

[The Buddha]

“Surely not Ānanda, surely not...”

“That is the whole of the Spiritual Life, Ānanda, namely:

*Virtuous friendship,
Virtuous association,
Virtuous company.”*

It is by seeking out
Virtuous friendship,
Virtuous association,
Virtuous company,

*That a bhikkhu will develop this Ariyan Eight-Spoked Path.
That he will cultivate this Ariyan Eight-Spoked Path.*

*And how, Ānanda, does a bhikkhu with
Virtuous friends, virtuous associations, virtuous company,
Develop this Ariyan eight-spoked path,
Cultivate this Ariyan Eight-Spoked Path?*

Here Ānanda, a bhikkhu

*Develops Wise Understanding, which comes
From letting go, relaxing, and releasing,
And which culminates in surrender¹*

*He develops Wise Attitude which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

*He develops Wise Speech which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

*He develops Wise Action which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

*He develops Wise Living which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

*He develops Wise Practice which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

*He develops Wise Presence which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

¹ *vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ;*
Vossagga: relinquishing, relaxation; handing over, donation, gift -pariṇāmi, maturity of surrender

*He develops Wise Meditation which comes
From letting go, relaxing, and releasing,
And which culminates in surrender.*

*In this way Ānanda, a bhikkhu who has
Virtuous friends, virtuous associations, virtuous company,
Develops this Ariyan Eight-Spoked Path,
Cultivates this Ariyan Eight-Spoked Path*

*It is in this way Ānanda,
That it should be understood:*

That this is the whole of the Spiritual Life, namely:

*Virtuous friendship,
Virtuous association,
Virtuous company.*

From my help Ānanda,

*Beings subject to birth are completely liberated from birth;
Beings subject to aging are completely liberated from aging,
Beings subject to death are completely liberated from death;
Beings subject to sadness, weeping, hurt, affliction and distress
Are completely liberated from sadness, weeping, hurt, affliction and distress.*

*In this way Ānanda,
It should be understood*

That this is the whole of the Spiritual Life, namely:

*Virtuous friendship,
Virtuous association,
Virtuous company.*

Second.