

Ariya Sutta

SN V 46.19 Discourse on the Wise Supports of Awakening
Translated by Bhante Ananda
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*M*onks,

*These seven supports¹ of awakening,
When developed and cultivated,
are wise² and liberating³,*

*They lead those who train in them
to the Complete Calming of Tension.*

What Seven?

- (1) *The support of awakening of Presence [of mind]*
- (2) *The support of awakening of Inquiring the Dhamma⁴*
- (3) *The support of awakening of Enthusiasm⁵*
- (4) *The support of awakening of Bliss*
- (5) *The support of awakening of Calm*
- (6) *The support of awakening of Samādhi⁶*
- (7) *The support of awakening Steadiness [of mind].⁷*

*Thus monks,
These seven supports of awakening,
when developed and increased,
are wise and liberating.*

*They lead those who train in them
to the Complete Calming of Tension.*

¹ *Bojjhaṅga: Aṅga: Limbs, sections, factors, aspect, cause, elements, components, constituents, parts, branches, supports, ingredients*

² *Ariya: Wise, virtuous, noble, awakened.*

³ *ariyā niyyānikā niyyanti*

⁴ *Dhammavicaya: Experience, investigation.*

⁵ *Vīriya: Endurance, effort, determination, strength, exertion.*

⁶ *Samādhi: Collectedness, meditation, mental composure, mental harmony*

⁷ *Upekkhā: Steady Awareness or presence, poise, strong balance of mind.*



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