

Sammāsaṅkappa Bhavana 1

First meditation on Right Thought

My immense gratitude to the great Noble council of
Akanitta brahma realm

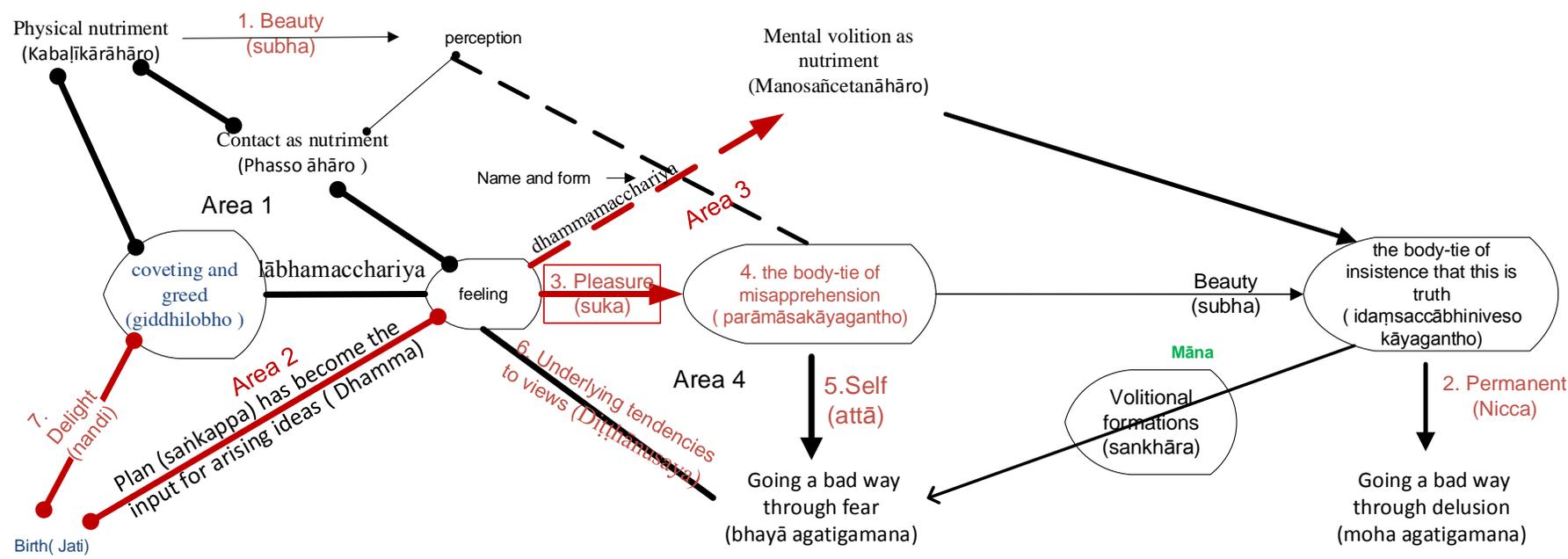
19/01/2014

Right Thought - the thought of renunciation, the thought of non-malevolence, the thought of non-harming.

කතමො ව, හික්ඛවෙ, සම්මාසඬිකජපො? නෙක්ඛම්මසඬිකජපො අඛ්‍යාපාදසඬිකජපො අවිහිංසාසඬිකජපො

How does ill-will (byāpāda) come to arise?

- We have disagreeable object -> contact to be felt as painful-> painful feeling -> approach with grief
 (ඉති අමනාපිකා ආරම්මණා දුක්ඛවෙදනීයො එස්සො, දුක්ඛවෙදනීයං එස්සං පටිච්ච උජ්ජජනෙ දුක්ඛවෙදනා, දුක්ඛවෙදනං පටිච්ච උජ්ජජනෙ දොමනස්සුපටිචාරො)
- At this stage, we have gone through 7 rounds; Area A, B, C, D – four rounds and then area 1, 2 and 3 – three rounds. We are in area 3



- At this stage, one would attain base of nothingness (ākiñcaññāyatana) if he understand that form, feeling, perception cannot be trusted to last.
- Why is that? At the seventh round, mind is with ill-will and sloth and torpor has arisen (thinamidda) because it was decided that it cannot be taken as agreeable (sāta) by taint of ignorance (avijjāsava). So the volition (cetanā) is no longer there.

