

Bojjhanga Samyutta Nikaya 46.14 – Discourse on Enlightenment Factors to Arahant Kassapa

Discourse (*or Sutta*) on Enlightenment Factors
(*given*) to A-ra-hant Kas-sa-pa
(*Known in Pali as*) Boj-jhang-ga
(*found in the*) Sam-yut-ta Ni-ka-ya
(*or connected discourses of the Buddha*) 46.14

7apr26b



Thús have I heard: on one occasion
the Blessed One was living
in the city of Ra-ja Gá-ha,

át the Bamboo Grove,
in the squirrels' feeding ground.

Át that time
the venerable Ma-ha Kas-sa-pa
who was living in the Pip-pha-lí Cave,

- wás afflicted with a disease,
- was suffering physically, and
- was gravely ill. _ ^ _

Thén the Blessed One
arising from his evening meditátion,

vísited the Venerable Ma-ha Kas-sa-pa
and sat down
on the seat made ready fór him.

Thús seated,
the Blessed One spoke
to the Venerable Ma-ha Kas-sá-pa: _Λ_

Wéll Kas-sa-pa, how is it with you?
Are you bearing up,
are you enduring your bodily suffering?

Dó your pains increase or decrease?
Are there signs of your pains decreasing
and NOT increasing? ^

Nó, Bhan-te (*or teacher*),
I am **NOT** bearing up,

Í am **NOT** enduring
and the pain is **verý** great.

There is a sign
NOT of pains decreasing
BUT of increasing. ^

(Tó which the Buddha responded)

these Seven Enlightenment Factors,
Kas-sa-pa, áre well:

- éxpounded,
 - cultivated, and
 - fully developed
- bý me.

They lead:

- to special knowledge,
- to realization of the Noble Truths, and
- to Nib-ba-na.

What are the seven? ^

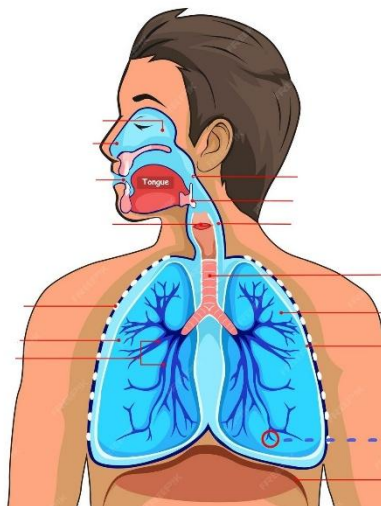
Míndfulness, enlightenment factor,
Kas-sá-pa,

ís well:

- expounded,
 - cultivated, and
 - fully developed
- bý me.

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Mind's Antics of Perception, Emotion, Intention, Cognition, Recollection, & Imagination



All Manner of Phenomena: External to Internal, Physical to Mental, Pleasurable to Painful, Interesting to Boring, Glorious to Grotesque

Mindfulness perception inhalation

Meditation cessation exhalation

This rest

As NON-graspable as a vast, EMPTY void...

like the illusion of the infinite azure sky on a bright and beautiful cloudless morn; which although could look tantalizing to the eye could feel NON-graspable to the hand.

Mindfulness leads

- to special knowledge,
- to realization of the Noble Truths, and
- to Nib-bá-na. ^

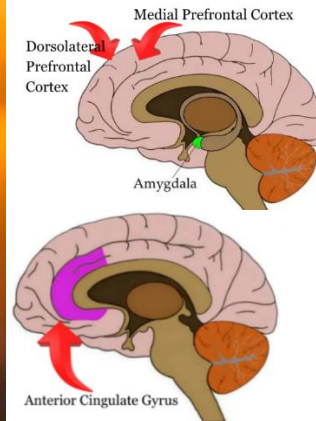
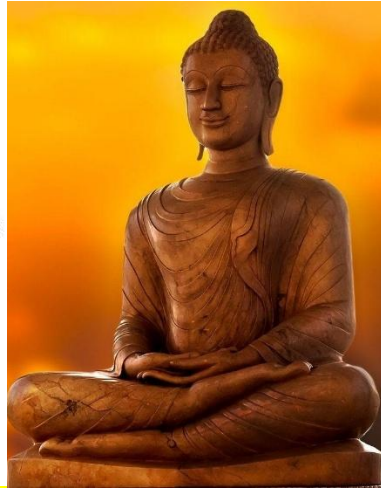
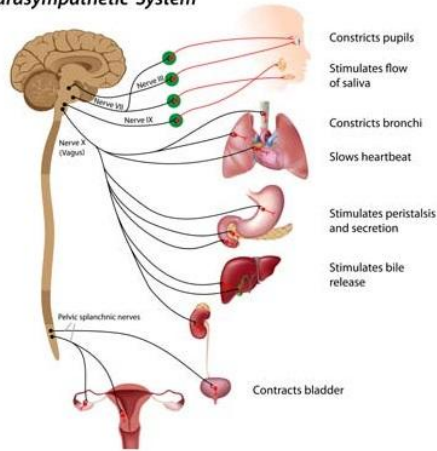
(*Vulnerable*) **investigation** of *phenomena*,
enlightenment factor,
Kas-sá-pa,

is well:

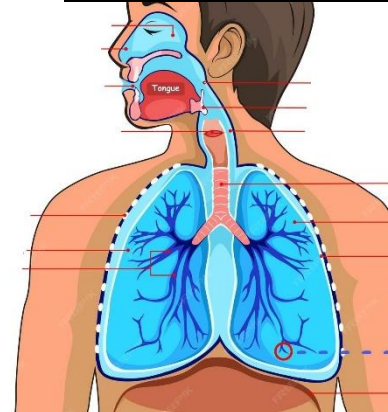
- expounded,
 - cultivated, and
 - fully developed
- by me.

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

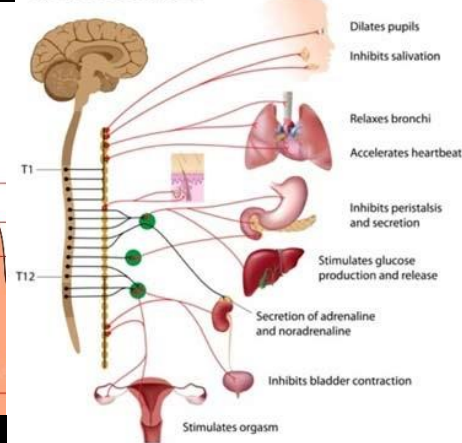
Parasympathetic System



Notice
-Vulnerably,
-Passively,
-Viscerally,
-Randomly, and
-Fleetingly



Sympathetic System

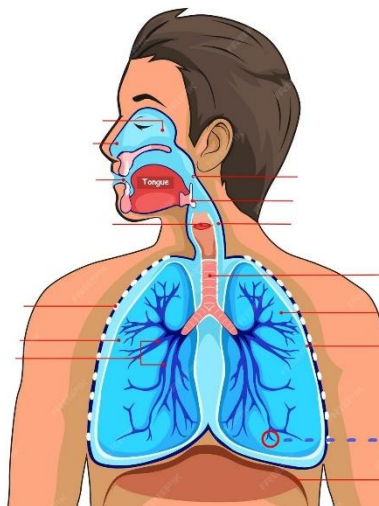


Mindfulness **noticing** inhalation This
Meditation **relaxing** exhalation rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

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(*Vulnerable*) **investigation** leads

- to special knowledge,
- to realization of the Noble Truths, and
- to Nib-bá-na. ^

Énergy, enlightenment factor,
Kas-sá-pa,

ís well:

- expounded,
 - cultivated, and
 - fully developed
- bý me.

What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (Gautama or Shakyamuni) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is vulnerable, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right Meditation (*during exhalation that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Énergy leads

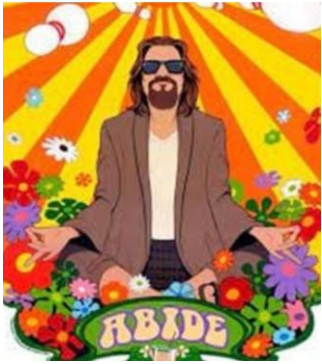
- to special knowledge,
- to realization of the Noble Truths, and
- to Nib-bá-na. _Λ_

(*Lóve's*) **joy**, enlightenment factor,
Kas-sá-pa,

ís well:

- expounded,
 - cultivated, and
 - fully developed
- bý me.

Bojjhanga Samyutta Nikaya 46.14 – Discourse on Enlightenment Factors to Arahant Kassapa



Sturgeon's Law

Ninety-percent of everything Sucks

Yin's Spiritual Matriarchy

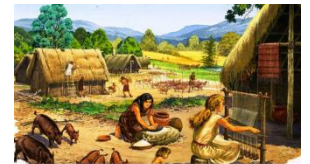
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

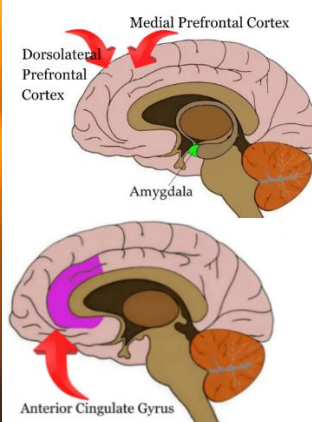
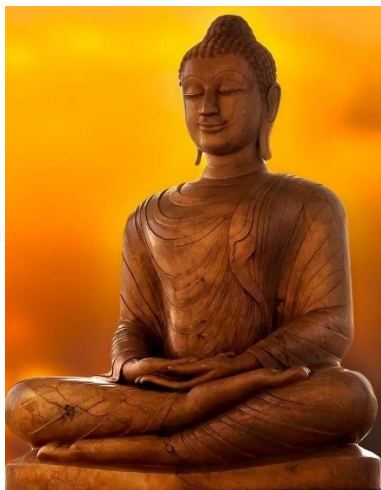
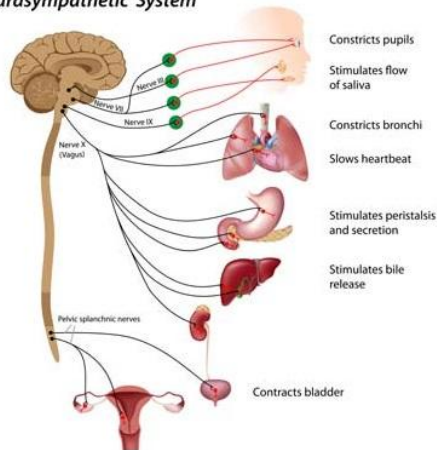
Elitist,
Cryptic,
Competitive, &
Cruel



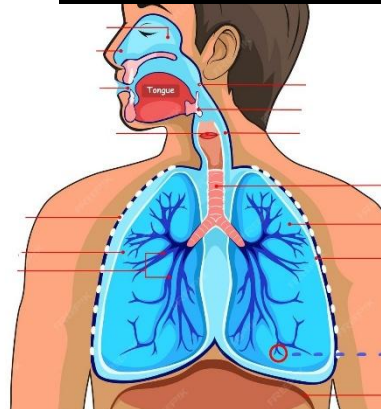
Bojjhanga Samyutta Nikaya 46.14 – Discourse on Enlightenment Factors to Arahant Kassapa

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

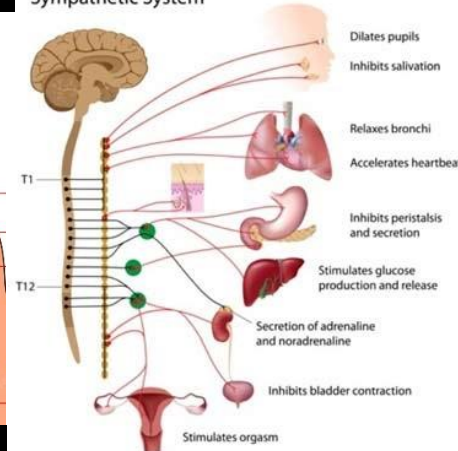
Parasympathetic System



Notice
-Vulnerably,
-Passively,
-Viscerally,
-Randomly, and
-Fleetingly



Sympathetic System



Mindfulness **noticing** inhalation This
Meditation **relaxing** exhalation rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (Gautama or Shakyamuni) Buddha's Eight fold path?

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7 - Right Mindfulness (*during inhalation that is vulnerable, passive, visceral, random & fleeting*) 1, 2, & 6

8 - Right Meditation (*during exhalation that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

(*Lóve's*) **joy** leads

- to special knowledge,
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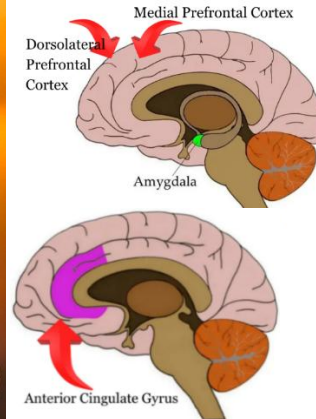
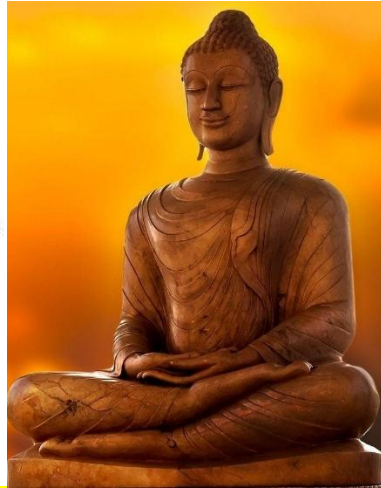
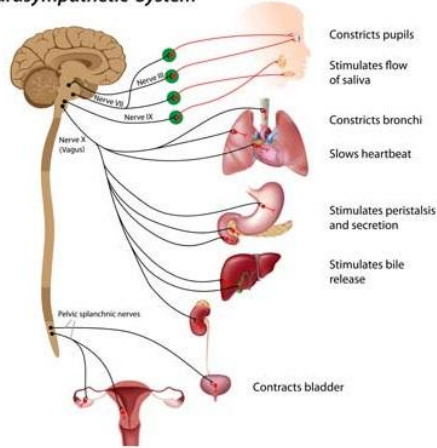
(*Inhalation's*) **coalescence**, enlightenment factor, Kas-sá-pa,

is well:

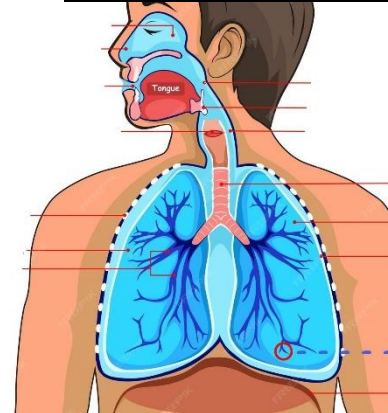
- expounded,
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- by me.

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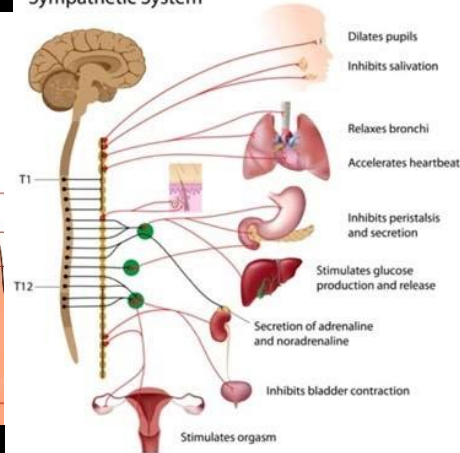
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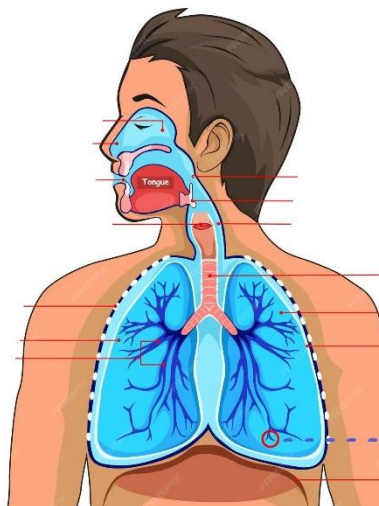


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- to realization of the Noble Truths, and
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(*Éxhalation's*) **tranquility**, enlightenment factor,
Kas-sá-pa,

ís well:

- expounded,
 - cultivated, and
 - fully developed
- bý me.

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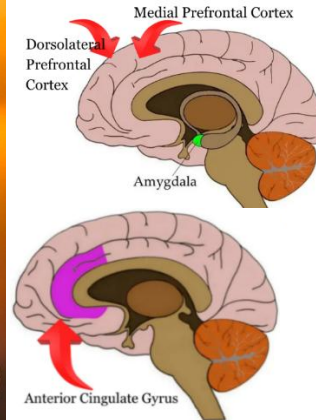
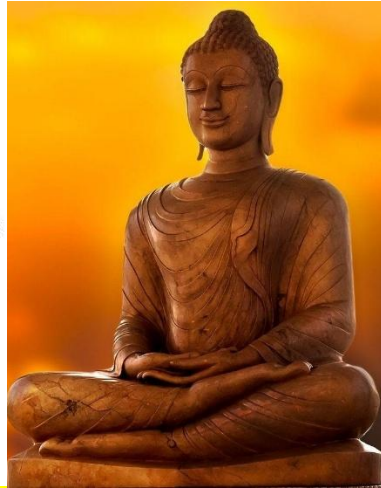
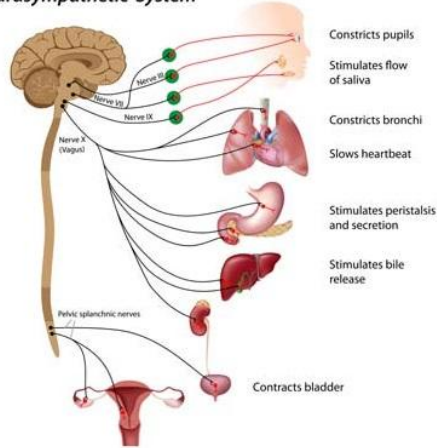
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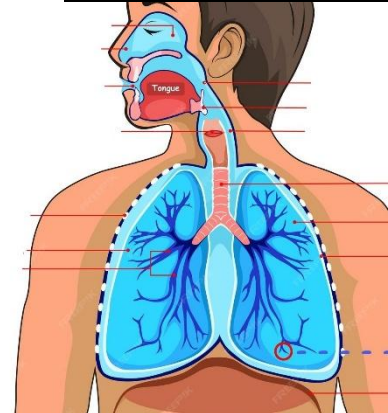
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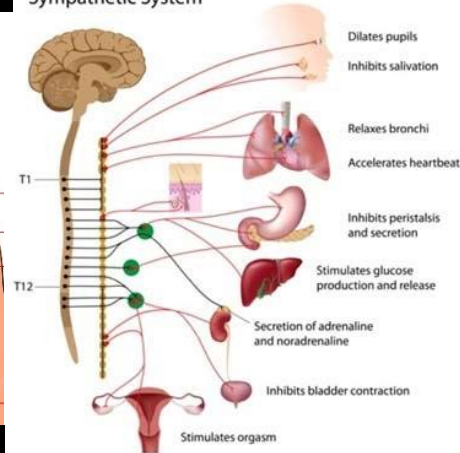
Parasympathetic System



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Sympathetic System

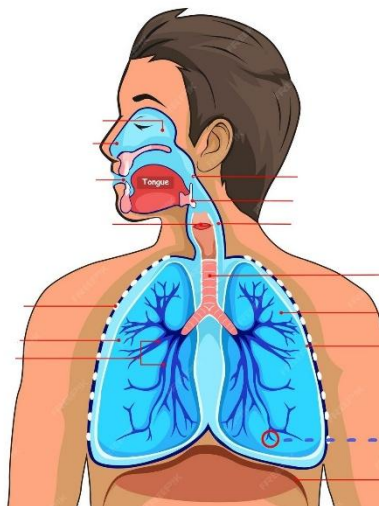


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Meditation **relaxing** exhalation rest

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(*Éxhalation's*) **tranquility** leads

- to special knowledge,
- to realization of the Noble Truths, and
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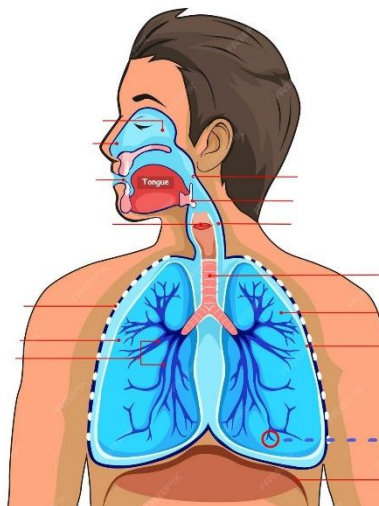
(*Rémedial*) **equanimity** (*or balance*),
enlightenment factor, Kas-sá-pa,

ís well:

- expounded,
 - cultivated, and
 - fully developed
- bý me.

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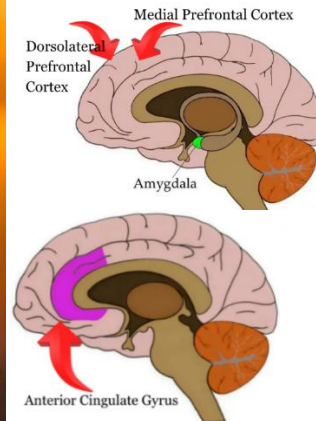
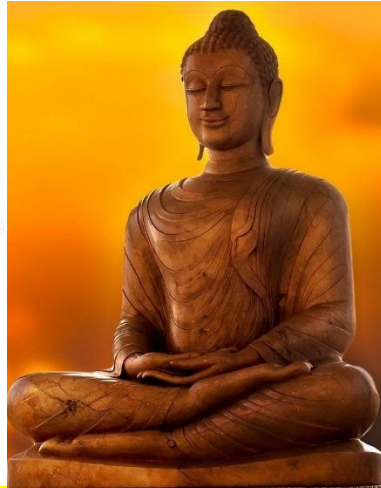
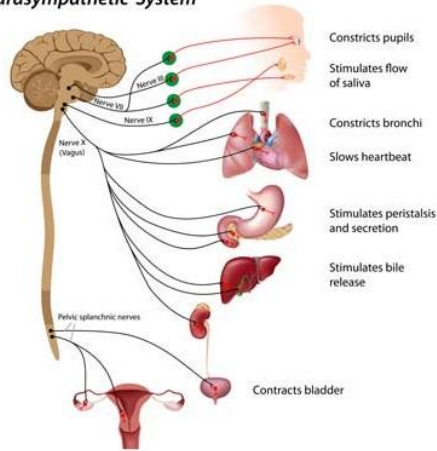
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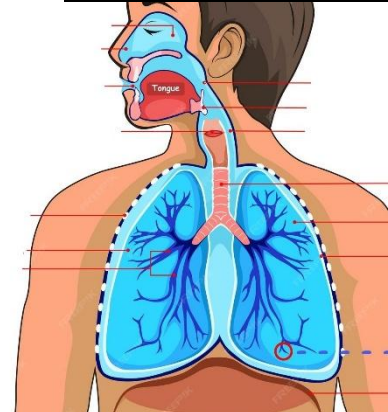
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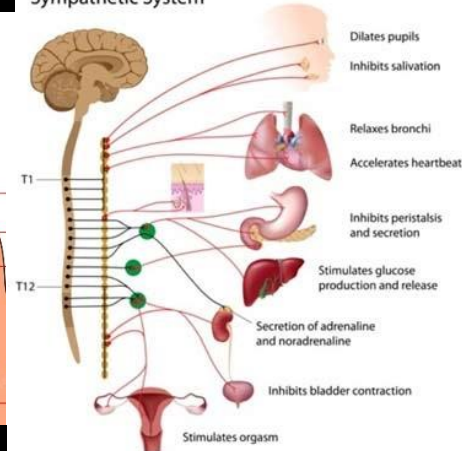
Parasympathetic System



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Sympathetic System



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Meditation **relaxing** exhalation rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

(*Rémedial*) **equanimity** (*or balance*) leads

- to special knowledge,
- to realization of the Noble Truths, and
- to Nib-bá-na. Λ

Thése seven enlightenment factors,
Kas-sá-pa,

áre well:

- expounded,
 - cultivated, and
 - fully developed
- bý me.

Thése *seven enlightenment factors* lead

- to special knowledge,
- to realization of the Noble Truths, and
- to Nib-bá-na. _Λ_

(Tó which Kassapa responded)

most surely, oh Blessed One,
they are the factors of enlighténment.

Móst surely, oh Sublime One,
they are the factors of enlighténment.

The Blessed One
taught this discourse.

And the Venerable Ma-ha Kas-sa-pa,
glad at heart,
rejoiced in the Blessed One's explanation.

Théreupon the Venerable Ma-ha Kas-sa-pa
recovered from that dísease,

Ánd that dísease
of the Venerable Ma-ha Kas-sa-pa
instantly díáppeared. 