

Paṭhama Sammattaniyāma Sutta

AN V 151 First Discourse on Righteous Practice

Translated by Bhante Ānanda

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*M*onks,

Possessing five qualities,
Even if someone were to listen to the True Dhamma,
One is unable to understand the practice,
Of righteous [Development in] wholesome states.

What five?

- (1) One denigrates the talk,
- (2) One denigrates the speaker,
- (3) One denigrates himself,
- (4) One listens to the Dhamma with a restless mind,
- (5) One's mind is not calm and he does not carefully apply his mind.

[...]

Monks,
Possessing five qualities,
Listening to the True Dhamma,
One is able to understand the practice
Of righteous [Development in] wholesome states.

What five?

- (1) One does not denigrate the talk,
- (2) One does not denigrate the speaker,
- (3) One does not denigrate himself,
- (4) One listens to the Dhamma with a mind rid of restless,
- (5) One's mind is calm and he carefully apply his mind.

[...]



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