

Sukhasomanassa Sutta

AN VI 6.78 Blissful Ease of Mind

Translated by Bhante Ānanda

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"Monks,

Possessing six qualities,
A monk abounds in blissful ease of mind¹ here and now,
And he is thoroughly undertaking the way to the stilling of the mental movements.²

What six?

Here, a monk

- (1) Delights in the Dhamma,
- (2) Delights in [mental] development,³
- (3) Delights in abandoning,⁴
- (4) Delights in solitude,⁵
- (5) Delights in non-hatred,⁶
- (6) And delights in non-proliferation.⁷

Possessing these six qualities,
A monk abounds in blissful ease of mind here and now,
And he is thoroughly undertaking the way to the stilling of the mental movements.

¹ Sukhasomanassa

² Yoni cassa āradhā hoti āsavānaṃ khayāya. Mental Influences, currents, distractions, weaknesses of the mind.

³ Bhāvanārāmo hoti: Mental Development, i.e. Meditation, release. From AN II 31 Samatho-Vipassanā Sutta:
"What is the purpose of undertaking the development of Tranquility? The mind comes to be developed.

What is the purpose of developing the mind? One's craving comes to be abandoned."

⁴ Pahānārāmo hoti: Abandoning tension. Delights in the bliss of relief that springs up from releasing craving.

⁵ Pavivekārāmo hoti.

⁶ Abyāpajjhārāmo hoti: Loving-Kindness

⁷ Nippapañcārāmo hoti: Still and collected mind



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