

# Hirigāraṇa Sutta

AN VII 33 Respect for Modesty  
Translated by Bhante Ānanda  
Revised Aug. 2020

"*During the night, monks,*

*Some devatā of exceeding beauty,  
At the waning of the night  
Illuminating the whole of Jeta's grove with her radiance  
Came to the me,  
Paid loving homage,  
And stood to the side.*

*Then she said to the Awakened One:*

**[The Devatā]**

*"Bhante, there are seven things  
That lead a monk to growth."*

*What seven?*

- (1) One has respect for the Teacher,*
- (2) One has respect for the Dhamma,*
- (3) One has respect for the Saṅgha,*
- (4) One has respect for the training,*
- (5) One has respect for mental composure,*
- (6) One has respect for modesty,*
- (7) One has respect for moral conscience.<sup>1</sup>*

*Bhante, these are the seven things  
That lead a monk to growth*

*This is what she said.*

---

<sup>1</sup> *Satthugāraṇatā, dhammagāraṇatā, saṅghagāraṇatā, sikkhāgāraṇatā, samādhigāraṇatā, hirigāraṇatā, ottappagāraṇatā.*

*After declaring this, she paid homage  
And disappeared right there.*

*One who esteems the Teacher and esteems the Dhamma,  
Who sincerely esteems the saṅgha too,  
Who is awake, and esteems Samādhi,  
And who sincerely esteems the Training.*

*Endowed with modesty and moral conscience,  
Respectful and reverential  
That person is incapable of falling away,  
And is in the presence of Nibbāna.*



More at: [www.heartdhamma.org/](http://www.heartdhamma.org/)

The Dhamma is for everyone, at all time. For free distribution only.  
All books & translations by Bhante Ānanda are shared under:  
[Creative Commons License non-commercial share-a-like](https://creativecommons.org/licenses/by-nc-sa/4.0/)