

Akusalarāsi Sutta

SN V 47.5 A Mass of Unwholesomeness – Four Foundations

Translated by Bhante Ānanda

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nce in Sāvatti.

There, the Awakened One said this:

“A complete mass¹ of unwholesomeness bhikkhus!”

*If this was stated about the five hindrances,
It would be properly stated.*

*For these are a complete mass of unwholesomeness,
That is to say; the five hindrances.*

What five?

The hindrance of:

- (1) Outward Desires,*
- (2) Anger,*
- (3) Dullness and Laziness,*
- (4) Restlessness and remorse,*
- (5) And Doubt.*

“A complete mass of unwholesomeness bhikkhus!”

*If this was stated about the five hindrances,
It would be properly stated.*

*For these are a complete mass of unwholesomeness,
That is to say; the five hindrances.*



¹ *Rāsi: Heap, quantity, mass*

“A complete mass of wholesomeness bhikkhus!”

*If this was stated about the four foundations of awareness,
It would be properly stated.*

*For these are a complete mass of wholesomeness,
That is to say: the four foundations of awareness.*

What four?

Here bhikkhus, a bhikkhu

- (1) Meditates, aware of body as body²
Intent, fully aware and present,
Without worldly desire or regret.*
- (2) He meditates, aware of feeling as feeling,
Intent, fully aware and present,
Without worldly desire or regret.*
- (3) He meditates, aware of mind as mind,
Intent, fully aware and present,
Without worldly desire or regret.*
- (4) He meditates, aware of Dhamma as Dhamma,
Intent, fully aware and present,
Without worldly desire or regret.*

“A complete mass of wholesomeness bhikkhus!”

*If this was stated about the four foundations of awareness,
It would be properly stated.*

*For these are a complete mass of wholesomeness,
That is to say: the four foundations of awareness.*



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² *Kāye kāyānupassī: Anupassī as “resting the mind” on either one of the four foundations (Satipaṭṭhāna), simply being aware, without being involved in the process. Not “my” body, but simply knowing: “this is body”. Instantly relaxing any tension that might pull one away from this passive awareness.*