

Paṭhamasikkhattaya Sutta

AN III 89 *The Three Higher Trainings*

Translated by Ananda

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*M*onks, there are these three trainings.

What three?

- (1) *The Training in Higher Virtue,*
- (2) *The Training in Higher Mind,*
- (3) *The Training in Higher Wisdom.¹*

[*Higher Virtue*]

What is the Training in Higher Virtue?

- (1) *A monk is virtuous,*
- (2) *Observing the self-mastery of the Pātimokkha,*
- (3) *Endowed with good behavior,*
- (4) *Seeing danger even in the slightest lapse of attention,*
- (5) *A monk undertakes the training in the virtuous rules.*

This, I say, is the Training in Higher Virtue.

[*Higher Mind*]

What is the Training in Higher Mind?

- (1) *Being thus disengaged from outward desires,
and detached from unwholesome mental states,
Attended by thinking and reflection,
With the blissful happiness born of mental detachment,
A monk understands and abides in the first level of meditation.*
- (2) *With the calming of thinking and imagining,
With inner tranquilization,
His mind becoming unified,
Without thinking and imagining
With the blissful happiness born of mental stillness,*

¹ *Adhisīlasikkhā, adhicittasikkhā, adhipaññāsikkhā.*

A monk understands and abides in the second level of meditation.

- (3) *With the stilling of bliss,
Abiding in mental steadiness,
Present and fully aware,
Experiencing happiness within his body
That state, which the Awakened ones describe as such:
“Steady presence of mind:
This is a pleasant abiding.”
A monk understands and abides in the third level of meditation.*
- (4) *Leaving behind the notions of happiness and unhappiness,²
With the earlier settling of mental gladness and affliction,
With neither pain nor pleasure,
Purified by unmoving presence,
A monk understands and abides in the fourth level of meditation.*

This, I say, is the Higher Training of the Mind.

[Higher Wisdom]

What is the Training in Higher Wisdom?

- (1) *A monk knows, as it is: “This is tension”³*
 (2) *He knows, as it is: “This is the increase of tension”*
 (3) *He knows, as it is: “This is the release from tension”*
 (4) *He knows, as it is: “This is the way to release tension.”*

This, I say, is the Training in Higher Wisdom.

Monks, these are the three trainings.

Ninth

² *Due to the strong unity and steadiness of the mind, concepts lose their value and interest, even pleasure and pain.*

³ *Careful observation towards knowing and seeing mental distractions and imperfections as the root of harm.*



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