

# Vimokkha Sutta

AN VIII 66 The Eight Unbindings  
Translated by Ānanda  
Nov 2020

*M*onks, there are these eight unbindings.<sup>1</sup>

What eight?

(1) One sees matter as [only] matter.<sup>2</sup>

This is the first unbinding.

(2) One considers oneself as not [constituted of] matter;  
One sees matter as external.<sup>3</sup>

This is the second unbinding.

(3) One is bent upon the Beautiful.<sup>4</sup>

This is the third unbinding.

(4) Leaving behind all physical awareness,<sup>5</sup>  
With the gradual fading of sensory impingement,  
Not paying attention to the perception of multiplicity,<sup>6</sup>  
Experiencing endless spaciousness”  
One understands and abides in the plane of Endless Spaciousness.

This is the fourth unbinding.

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<sup>1</sup> *Vimokkha* (& *Vimokha*) [fr. *vi+muc*, cp. *mokkha1*] deliverance, release, emancipation, dissociation from the things of the world.

<sup>2</sup> *Rūpī rūpāni passati*.

<sup>3</sup> *Ajjhattaṃ arūpasaññī, bahiddhā rūpāni passati*.

<sup>4</sup> *Subhanteva adhimutto hoti. Adhimutta* (adj.) [pp. of *adhimuccati*, cp. BSk. *adhimukta*.] intent upon, applying oneself to, keen on, inclined to, given to. *Adhimutti* (f.) [*adhi + mutti*] resolve, intention, disposition. *Subha*: The Beautiful, State equivalent to the 3<sup>rd</sup> and 4<sup>th</sup> *jhāna*. The pleasant abiding of the Ariyas, the awakened people where the bliss of steady awareness prevails over scattered mental grossness. For more suttas on the beautiful see SN II 14.11 *Sattadhātu Sutta* - Seven Elements, SN V 46.54 *Mettāsahagata Sutta* - Filled with Love, DN 16 *Mahānidāna Sutta*, MN 137 *Salāyatanavibhaṅga Sutta*.

<sup>5</sup> *Samatikkama* (adj.) [*sam+atikamma*] passing beyond, overcoming. *Samatikkamati* [*sam+atikkamati*] to cross over, to transcend

<sup>6</sup> In short, strong mental unity.

- (5) *Leaving behind all sense of Endless Spaciousness,  
Experiencing endless consciousness,  
One understands and abides in the plane of Endless Consciousness.*

*This is the fifth unbinding.*

- (6) *Leaving behind all sense of Endless Consciousness,  
Aware of nothing [in particular],  
One understands and abides in the plane of Bare Awareness.*

*This is the sixth unbinding.*

- (7) *Leaving behind all sense of Bare Awareness,  
One understands and abides in the plane between awareness and its release.*

*This is the seventh unbinding.*

- (8) *Leaving behind all sense of the plane between awareness and its release,  
One understands and abides in the Release from Experiential Awareness.<sup>7</sup>*

*This is the eighth unbinding.*

*“Monks, these are the eight unbindings.”*

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<sup>7</sup> *saññāvedayitanirodhaṃ upasampajja viharati.*

