

From *The Numerical Discourses of the Buddha*, translated by Bhikkhu Bodhi



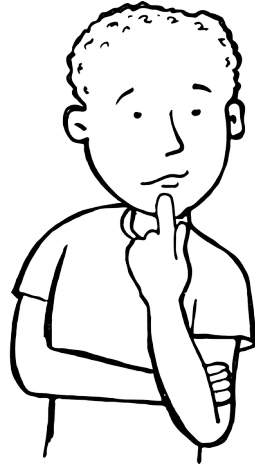
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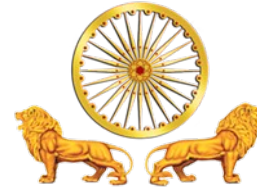
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Six Recollection Meditations



AN 11:12 Mahānāma Sutta

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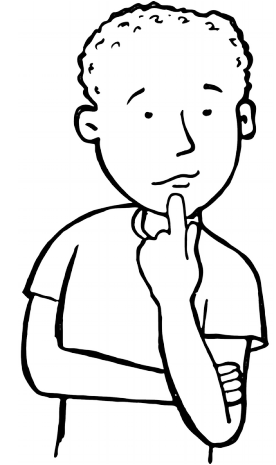
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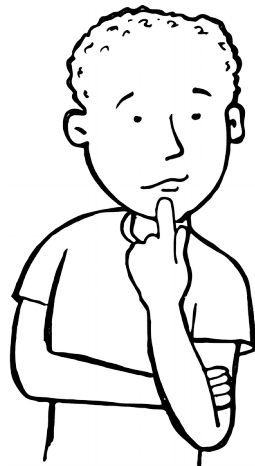
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Six Recollection Meditations



AN 11:12 Mahānāma Sutta

On one occasion the Blessed One was dwelling among the Sakyans at Kapilavatthu in the Banyan Tree Park. Now on that occasion a number of bhikkhus were making a robe for the Blessed One, thinking that with his robe completed, at the end of the three months [of the rains residence], the Blessed One would set out wandering. Mahānāma the Sakyan heard about this, approached the Blessed One, paid homage to him, sat down to one side, and said to him:

“Bhante, I have heard: ‘A number of bhikkhus are making a robe for the Blessed One, thinking that with his robe completed, at the end of the three months [of the rains resi-

the Dhamma. When he is joyful, rapture arises. For one with a rapturous mind, the body becomes tranquil. One tranquil in body feels pleasure. For one feeling pleasure, the mind becomes concentrated. Mahānāma, you should develop this recollection of the Buddha while walking, standing, sitting, and lying down. You should develop it while engaged in work and while living at home in a house full of children.”



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they passed away here, they were reborn there; there exists in me too such virtuous behavior... such learning ... such generosity ... such wisdom as those deities possessed because of which, when they passed away here, they were reborn there.' When a noble disciple recollects the faith, virtuous behavior, learning, generosity, and wisdom in himself and in those deities, on that occasion his mind is not obsessed by lust, hatred, or delusion; on that occasion his mind is simply straight, based on the deities. A noble disciple whose mind is straight gains inspiration in the meaning, gains inspiration in the Dhamma, gains joy connected with

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"Good, good, Mahānāma! It is fitting for you clansmen to approach the Tathāgata and ask: 'Bhante, with all our various engagements, how should we dwell?'"

"Mahānāma, a person with faith succeeds, not one without faith. An energetic person succeeds, not one who is lazy. One with mindfulness established succeeds, not one who is muddle-minded. One who is concentrated succeeds, not one who is unconcentrated. One who is wise succeeds, not one who is unwise. Having established yourself in

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these five qualities, you should further develop six things.

1. “Here, Mahānāma, **you should recollect the Tathāgata thus:** ‘The Blessed One is an arahant, perfectly enlightened, accomplished in true knowledge and conduct, fortunate, knower of the world, unsurpassed trainer of persons to be tamed, teacher of devas and humans, the Enlightened One, the Blessed One.’ When a noble disciple recollects the Tathāgata, on that occasion his mind is not obsessed by lust, hatred, or delusion; on that occasion his mind is simply straight, based on the Tathāgata. A noble disciple whose mind is straight gains inspiration in the

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6. “Again, Mahānāma, **you should recollect the deities thus:** ‘There are devas [ruled by] the four great kings, Tāvatiṃsa devas, Yāma devas, Tusita devas, devas who delight in creation, devas who control what is created by others, devas of Brahmā’s company, and devas still higher than these. There exists in me too such faith as those deities possessed because of which, when

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5. "Again, Mahānāma, **you should recollect your own generosity thus:** 'It is truly my good fortune and gain that in a population obsessed by the stain of miserliness, I dwell at home with a mind devoid of the stain of miserliness, freely generous, open-handed, delighting in relinquishment, devoted to charity, delighting in giving and shar-

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