

Samyukta Āgama

801. Five Dharmas

Thus have I heard. At one time, the Buddha was abiding in Śrāvastī, in the Jeta Grove, in Anāthapiṇḍada's Park.

At that time, the Bhagavān said to the bhikṣus, "There are five dharmas that bring many abundant benefits for the cultivation of ānāpānasmṛti. What are these five?"

"Abiding in the pure precepts of the Prātimokṣa rules, abiding and progressing perfectly with majestic deportment, with fear and concern arising for even minor transgressions. Accepting, maintaining, and studying the precepts is called the first practice that brings many abundant benefits for the cultivation of ānāpānasmṛti.

"Moreover, bhikṣus, having few desires, few possessions, and few affairs to attend to, is called the second dharma which brings many abundant benefits for the cultivation of ānāpānasmṛti.

"Moreover, bhikṣus, knowing moderation in food and drink, having neither too much nor too little, and to not give rise to thoughts seeking and desiring food and drink, considering only the essential matters, is called the third dharma which brings many abundant benefits for the cultivation of ānāpānasmṛti.

"Moreover, bhikṣus, not slumbering at the beginning of the night or at the end of the night considering only the essential matters, is called the fourth dharma which brings many abundant benefits for the cultivation of ānāpānasmṛti.

"Moreover, bhikṣus, spending leisure time within the forest, away from various troubles and conflicts, is called the fifth dharma which brings many abundant benefits for the cultivation of ānāpānasmṛti."

After the Buddha had spoken this sūtra, the bhikṣus heard what the Buddha had said, and joyfully practiced in accordance.