**둑카따숫따니**

(Dukkhatāsuttāni- Unpleasant States**-** 괴로움, 상윳따니까야 S44.15.65-80, 전재성님역)

이와 같이 나는 들었다. 한때 세존께서 싸밧티의 제따바나에 있는 아나타삔디까 승원에 계셨다.

그때 세존께서 “수행승들이여” 라고 수행승들을 부르셨다. 수행승들은 “세존이시여” 라고 세존께 대답했다. 세존께서는 이와 같이 말씀하셨다.

[세존]

“수행승들이여,

세가지 괴로움이 있다. 어떠한 것이 세가지인가? 고통의 괴로움, 형성의 괴로움, 변화의 괴로움이 있다. 수행승들이여, 이러한 것이 세가지 괴로움이다. 수행승들이여, 이러한 세가지 괴로움을 잘 알고 두루 알고 소멸시키고 버리기 위해 여덟가지 성스러운 길을 닦아야 한다.

291. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ abhiññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo.

수행승들이여,

여덟가지 성스러운 길이란 어떠한 것인가?

수행승들이여,

이 세상에 수행승은 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 견해를 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 사유를 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 언어를 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 행위를 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 생활을 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 정진을 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 새김을 닦고, 멀리떠남에 의존하고 사라짐에 의존하고 소멸함에 의존하고 보내버림으로 열반으로 회향하는 올바른 집중을 닦는다. 수행승들이여, 이와 같이 세가지 괴로움을 완전히 알기 위해 여덟가지 성스러운 길을 닦아야 한다.

수행승들이여,

세가지 괴로움이 있다. 어떠한 것이 세가지인가? 고통의 괴로움, 형성의 괴로움, 변화의 괴로움이 있다. 수행승들이여, 이러한 것이 세가지 괴로움이다. 수행승들이여, 이러한 세가지 괴로움을 잘 알고 두루 알고 소멸시키고 버리기 위해 여덟가지 성스러운 길을 닦아야 한다. 수행승들이여, 여덟가지 성스러운 길이란 어떠한 것인가?

수행승들이여,

이 세상에 수행승은 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 견해를 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 사유를 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 언어를 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 행위를 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 생활을 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 정진을 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 새김을 닦고, 탐욕을 완전히 제어하고 성냄을 완전히 제어하고 어리석음을 완전히 제어하는 올바른 집중을 닦는다. 이와 같이 세가지 괴로움을 완전히 알기 위해 여덟가지 성스러운 길을 닦아야 한다.

수행승들이여,

세가지 괴로움이 있다. 어떠한 것이 세가지인가? 고통의 괴로움, 형성의 괴로움, 변화의 괴로움이 있다. 수행승들이여, 이러한 것이 세가지 괴로움이다. 수행승들이여, 이러한 세가지 괴로움을 잘 알고 두루 알고 소멸시키고 버리기 위해 여덟가지 성스러운 길을 닦아야 한다. 수행승들이여, 여덟가지 성스러운 길이란 어떠한 것인가?

수행승들이여,

이 세상에 수행승은 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 견해를 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 사유를 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 언어를 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 행위를 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 생활을 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 정진을 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 새김을 닦고, 불사에 뛰어들고 불사로 건너고 불사를 구경으로 하는 올바른 집중을 닦는다. 수행승들이여, 이와 같이 세가지 괴로움을 완전히 알기 위해 여덟가지 성스러운 길을 닦아야 한다.

수행승들이여,

세가지 괴로움이 있다. 어떠한 것이 세가지인가? 고통의 괴로움, 형성의 괴로움, 변화의 괴로움이 있다. 수행승들이여, 이러한 것이 세가지 괴로움이다. 수행승들이여, 이러한 세가지 괴로움을 잘 알고 두루 알고 소멸시키고 버리기 위해 여덟가지 성스러운 길을 닦아야 한다. 수행승들이여, 여덟가지 성스러운 길이란 어떠한 것인가?

수행승들이여,

이 세상에 수행승은 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 견해를 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 사유를 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 언어를 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 행위를 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 생활을 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 정진을 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 새김을 닦고, 열반으로 향하고 열반으로 기울고 열반으로 임하는 올바른 집중을 닦는다. 수행승들이여, 이와 같이 세가지 괴로움을 완전히 알기 위해 여덟가지 성스러운 길을 닦아야 한다.”

註.

- 세가지 괴로움 : 삼고(三苦 tisso dukkhata)라고 하며, 각각 고고(苦苦 dukkhadukkhata), 행고(行苦 sankharadukkhata), 괴고(壞苦 viparinamadukkhata)를 말한다. 이 가운데 행고의 외연이 가장 넓다.

Suttantapiṭake  
Saṃyuttanikāyo  
Pañcamo bhāgo  
Mahāvaggo  
1. Maggasaṃyuttaṃ  
15. Esanāvaggo

Namo tassa bhagavato arahato sammāsambuddhassa.

1. 15. 66

Dukkhatāsuttāni

292. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ abhiññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsaṅkappaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvācaṃ bhāveti

Rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammākammantaṃ bhāveti, rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāājīvaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvāyāmaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsatiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsamādhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ abhiññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 67

Dukkhatāsuttāni

293. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ abhiññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsaṅkappaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvācaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammākammantaṃ bhāveti, amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāājīvaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvāyāmaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsatiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsamādhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ abhiññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 68

Dukkhatāsuttāni

294. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ abhiññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsaṅkappaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvācaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammākammantaṃ bhāveti, nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāājīvaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvāyāmaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsatiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsamādhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ abhiññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 66

Dukkhatāsuttāni

295. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pariññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ sammāsaṅkappaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāvācaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammākammantaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāājīvaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāvāyāmaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. Sammāsatiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāsamādhiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pariññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 70

Dukkhatāsuttāni

296. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pariññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsaṅkappaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvācaṃ bhāveti

Rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammākammantaṃ bhāveti, rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāājīvaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvāyāmaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsatiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsamādhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ pariññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 71

Dukkhatāsuttāni

297. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pariññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsaṅkappaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvācaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammākammantaṃ bhāveti, amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāājīvaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvāyāmaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsatiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsamādhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ pariññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 72

Dukkhatāsuttāni

298. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pariññāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsaṅkappaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvācaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammākammantaṃ bhāveti, nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāājīvaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvāyāmaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsatiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsamādhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ pariññāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 73

Dukkhatāsuttāni

299. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ parikkayāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ sammāsaṅkappaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāvācaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammākammantaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāājīvaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāvāyāmaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. Sammāsatiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāsamādhiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ parikkhayāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 74

Dukkhatāsuttāni

300. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ parikkhayāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsaṅkappaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvācaṃ bhāveti

Rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammākammantaṃ bhāveti, rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāājīvaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvāyāmaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsatiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsamādhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ parikkhayāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 75

Dukkhatāsuttāni

301. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ parikkhayāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsaṅkappaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvācaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammākammantaṃ bhāveti, amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāājīvaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvāyāmaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsatiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsamādhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ parikkhayāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 76

Dukkhatāsuttāni

302. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ parikkhayāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsaṅkappaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvācaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammākammantaṃ bhāveti, nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāājīvaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvāyāmaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsatiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsamādhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ parikkhayāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 77

Dukkhatāsuttāni

303. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pahānāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ sammāsaṅkappaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāvācaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammākammantaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāājīvaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāvāyāmaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. Sammāsatiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, sammāsamādhiṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ, imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pahānāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 78

Dukkhatāsuttāni

304. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pahānāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsaṅkappaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvācaṃ bhāveti

Rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammākammantaṃ bhāveti, rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāājīvaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāvāyāmaṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsatiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ, sammāsamādhiṃ bhāveti rāgavinayapariyosānaṃ dosavinayapariyosānaṃ mohavinayapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ pahānāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 79

Dukkhatāsuttāni

305. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pahānāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsaṅkappaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvācaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammākammantaṃ bhāveti, amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāājīvaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāvāyāmaṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsatiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ, sammāsamādhiṃ bhāveti amatogadhaṃ amataparāyaṇaṃ amatapariyosānaṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ pahānāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

1. 15. 80

Dukkhatāsuttāni

306. Tisso imā bhikkhave, dukkhatā. Katamā tisso: dukkhadukkhatā saṅkhāradukkhatā vipariṇāmadukkhatā. Imā kho bhikkhave, tisso dukkhatā. Imāsaṃ kho bhikkhave tissannaṃ dukkhatānaṃ pahānāya ariyo aṭṭhaṅgiko maggo bhāvetabbo. Katamo ariyo aṭṭhaṅgiko maggo: idha bhikkhave, bhikkhu sammādiṭṭhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsaṅkappaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvācaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammākammantaṃ bhāveti, nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāājīvaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāvāyāmaṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsatiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ, sammāsamādhiṃ bhāveti nibbānaninnaṃ nibbānapoṇaṃ nibbānapabbhāraṃ. Imesaṃ kho bhikkhave, tissannaṃ dukkhatānaṃ pahānāya ayaṃ ariyo aṭṭhaṅgiko maggo bhāvetabboti.

Sutta Pitaka  
Samyutta Nikāya  
Volume V - Mahāvaggo  
Samyutta 44 - Magga Saṃyutta  
Chapter 15 - Esanā Vaggo

**44. 15. 65-80.  
(291-3006) Dukkhatā - Unpleasant States (I-IV)**

(The detailed Sutta is to be copied from suttas 227-242 (paragraphs 3-33) with necessary changes for Unpleasant states.)

1. I heard thus. At one time the Blessed One lived in the monastery offered by Anāthapiṇḍika in Jeta's Grove in Sāvatthi, and addressed the monks from there:

2. “Monks, these three are *unpleasant states*. What three? They are unpleasant mental states, unpleasantness of determinations and unpleasantness owing to change. Monks, for special knowledge, exact comprehension, exhaustion and dispelling of this threefold unpleasantness the Noble Eightfold Path should be developed and made much.

3. “Here, monks, the monk develops right view relying on seclusion, non-excitement, for ceasing and to give up in the end with maturity  re  and the monk develops right concentration relying on seclusion, non-excitement, for ceasing and to give up in the end with maturity. Monks, in this manner the monk develops and makes much the Noble Eightfold Path.