

Sutta Anudhamma: Selaras Dengan Dhamma (1)
[Anudhamma Sutta: In Accordance with the Dhamma (1)]
[SN 22.39]

At Savatthi. "For a monk practicing the Dhamma in accordance with the Dhamma, what accords with the Dhamma is this: that he keep cultivating disenchantment with regard to form, that he keep cultivating disenchantment with regard to feeling, that he keep cultivating disenchantment with regard to perception, that he keep cultivating disenchantment with regard to fabrications, that he keep cultivating disenchantment with regard to consciousness. As he keeps cultivating disenchantment with regard to form... feeling... perception... fabrications... consciousness, he comprehends form... feeling... perception... fabrications... consciousness. As he comprehends form... feeling... perception... fabrications... consciousness, he is totally released from form... feeling... perception... fabrications... consciousness. He is totally released from sorrows, lamentations, pains, distresses, & despairs. He is totally released, I tell you, from suffering & stress."

Di Savatthi. "Seorang bhikkhu yang mempraktikkan Dhamma sesuai dengan Dhamma, selaras dengan Dhamma adalah demikian: dia terus-menerus mengembangkan ketidakterikatan terhadap wujud (*rupa*), dia terus-menerus mengembangkan ketidakterikatan terhadap sensasi (*vedana*), dia terus-menerus mengembangkan ketidakterikatan terhadap persepsi (*sanna*), dia terus-menerus mengembangkan ketidakterikatan terhadap *sankhara*, dia terus-menerus mengembangkan ketidakterikatan terhadap kesadaran (*vinna*). Dia terus-menerus mengembangkan ketidakterikatan terhadap wujud ... sensasi ... persepsi ... *sankhara* ... kesadaran. Karena mengetahui wujud ... sensasi ... persepsi ... *sankhara* ... kesadaran, dia sepenuhnya bebas dari wujud ... sensasi ... persepsi ... *sankhara* ... kesadaran. Dia sepenuhnya bebas dari kesedihan, ratapan, penderitaan, *dukkha* dan keputusasaan. Saya katakan pada kalian, dia sepenuhnya bebas dari penderitaan dan *dukkha*."

Sumber: "Anudhamma Sutta: In Accordance with the Dhamma (1)" (SN 22.39), translated from the Pali by Thanissaro Bhikkhu. Access to Insight, 29 June 2010, <http://www.accesstoinight.org/tipitaka/sn/sn22/sn22.039.than.html>.

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