

**Sutta Ayoniso-manasikara: Atensi yang Tidak Tepat**  
**(Ayoniso-manasikara Sutta: Inappropriate Attention)**  
**[SN 9.11]**

*I have heard that on one occasion a certain monk was dwelling among the Kosalans in a forest thicket. Now at that time, he spent the day's abiding thinking evil, unskillful thoughts: i.e., thoughts of sensuality, thoughts of ill will, thoughts of doing harm.*

Saya mendengar suatu ketika seorang bhikkhu sedang tinggal bersama orang-orang Kosala di hutan belukar. Waktu itu, bhikkhu tersebut menghabiskan waktu memikirkan hal-hal yang negatif, pikiran-pikiran yang tak bermanfaat, seperti pikiran-pikiran tentang keinginan indrawi, pikiran niat jahat, pikiran menyakiti.

*Then the devata inhabiting the forest thicket, feeling sympathy for the monk, desiring his benefit, desiring to bring him to his senses, approached him and addressed him with this verse:*

Kemudian dewa yang menghuni hutan belukar merasa simpati terhadap bhikkhu tersebut, ingin memberikan manfaat kepadanya dan ingin menyadarkannya, menghampiri bhikkhu tersebut dan berkata kepadanya dalam *gatha* berikut:

*From inappropriate attention  
 you're being chewed by your thoughts.  
 Relinquishing what's inappropriate,  
 Contemplate appropriately.*

Karena atensi yang tidak tepat  
 Engkau dirongrong oleh pikiran-pikiranmu.  
 Tinggalkanlah hal yang keliru  
 Berkontemplasilah secara tepat.

*Keeping your mind on the Teacher,  
 the Dhamma, the Sangha, your virtues,  
 you will arrive at joy, rapture, pleasure  
 without doubt.*

Kembangkanlah *sati* terhadap Guru,  
 Dhamma, Sangha, kebajikanmu,  
 Engkau mengalami suka cita, kenyamanan, rasa senang  
 Tanpa keragu-raguan.

*Then, saturated with joy,  
you will put an end  
to suffering & stress.  
The monk, chastened by the devata, came to his senses.*

Kemudian, diliputi suka cita,  
Engkau akan akhiri penderitaan dan *dukkha*.  
Diingatkan oleh dewa,  
Bhikkhu tersebut menjadi sadar.

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*Sumber: "Ayoniso-manasikara Sutta: Inappropriate Attention" (SN 9.11), translated from the Pali by Thanissaro Bhikkhu. Access to Insight, 17 June 2010, <http://www.accesstoinsight.org/tipitaka/sn/sn09/sn09.011.than.html>.*

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