

**Sutta Kitagiri: Di Kitagiri
(Kitagiri Sutta: At Kitagiri)
Kīṭāgirisuttaṃ
[Majjhima Nikaya 70]**

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Monks, I do not say that the attainment of gnosis is all at once. Rather, the attainment of gnosis is after gradual training, gradual action, gradual practice. And how is there the attainment of gnosis after gradual training, gradual action, gradual practice? There is the case where, when conviction has arisen, one visits [a teacher]. Having visited, one grows close. Having grown close, one lends ear. Having lent ear, one hears the Dhamma. Having heard the Dhamma, one remembers it. Remembering, one penetrates the meaning of the teachings. Penetrating the meaning, one comes to an agreement through pondering the teachings. There being an agreement through pondering the teachings, desire arises. When desire has arisen, one is willing. When one is willing, one contemplates. Having contemplated, one makes an exertion. Having made an exertion, one realizes with the body the ultimate truth and, having penetrated it with discernment, sees it.

Para bhikkhu, saya tidak mengatakan bahwa direalisasinya *jnana* terjadi sekaligus. Namun *jnana* direalisasi setelah latihan bertahap, praktik bertahap, dijalankan secara bertahap. Dan bagaimana *jnana* direalisasi setelah latihan bertahap, praktik bertahap, dijalankan secara bertahap? Ada keadaan di mana setelah keyakinan muncul, seseorang mencari (seorang guru). Setelah bertemu guru, dia menjadi dekat. Setelah menjadi dekat, dia mau mendengarkan. Setelah mendengarkan, dia mendengarkan Dhamma. Setelah mendengarkan Dhamma, dia mengingatnya. Setelah mengingat Dhamma, dia menyidik makna ajaran-ajaran tersebut. Setelah menyidik maknanya, dia menerimanya. Setelah menerimanya, muncullah minat. Dengan munculnya minat, muncullah kemauan. Dengan adanya kemauan, dia mengontemplasikannya. Setelah mengontemplasikannya, dia berupaya. Setelah berupaya, melalui tubuhnya dia merealisasi kenyataan terdalam, dan setelah menembus dengan *panna*, dia melihat secara langsung.

Nāhaṃ bhikkhave ādikeneva aññārādhanaṃ vadāmi. Api ca bhikkhave anupubbasiikkhā anupubbakiriyā anupubbapaṭipadā aññārādhanaṃ hoti.

Kathaṃca bhikkhave anupubbasiikkhā anupubbakiriyā anupubbapaṭipadā aññārādhanaṃ hoti: idha bhikkhave saddhājāto upasaṅkamati, upasaṅkamanto payirupāsati, payirupāsanto sotaṃ odahati, ohitasoto dhammaṃ suṇāti, sutvā dhammaṃ dhāreti, dhatānaṃ dhammānaṃ atthaṃ upaparikkhati, atthaṃ upaparikkhato dhammā nijjhānaṃ khamanti, dhammanijjhānakkhantiyā sati chando jāyati, chandajāto ussahati, ussahitvā tuletī, tulayitvā padahati, pahitatto samāno kāyena ceva paramaṃ saccaṃ sacchikaroti, paññāya ca naṃ paṭivijjha passati.

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Sumber: "Kitagiri Sutta: At Kitagiri" (MN 70), translated from the Pali by Thanissaro Bhikkhu. Access to Insight (Legacy Edition), 30 November 2013, <http://www.accesstoinsight.org/tipitaka/mn/mn.070.than.html>.

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