

Anathapindikovada Sutta

A powerful exercise in non attachment as you work through this map of the inner landscape step by step.



Sayalay Susila

Instructions to Anathapindika by Venerable Sariputta

I WILL NOT CLING TO and MY CONSCIOUSNESS WILL NOT BE DEPENDENT ON:

- the eye, ear, nose, tongue, body and mind
- form, sound, smell, taste, touch, mind object
- eye consciousness, ear consciousness, nose consciousness, tongue consciousness, body consciousness, mind consciousness
- eye contact, ear contact, nose contact, tongue contact, body contact, mind contact
- feeling born of eye contact, feeling born of ear contact, feeling born of nose contact, feeling born of tongue contact, feeling born of body contact, feeling born of mind contact
- earth element, water element, fire element, air element
- material form, feeling, perception, mental formation, consciousness
- sphere of infinite space, sphere of infinite consciousness, sphere of nothingness, sphere of neither perception nor non perception
- this world, the world beyond
- what is seen, heard, sensed, cognised, encountered, sought after and examined by the mind.



In order not to cling to anything, we contemplate anicca, dukkha and anatta.

Sayalay Susila explained further:

- If you are not aware of pleasant or unpleasant feeling, craving arises, then clinging, then becoming .. thus the whole chain of dependent arising
- Clinging takes place by way of craving and wrong view (identification with I, mine and myself)
- One moment of mindfulness is so important to break this chain of dependent origination. We can do this by 1) develop SATI - awareness of that object and 2) develop PANNA - wisdom, penetrating into phenomenon as impermanent, suffering and non self.
- Whatever feeling whether pleasant, unpleasant or neutral is impermanent, arising and passing away. Constantly oppressed by arising and passing away is suffering.
- Feeling arises due to cause and condition. When the cause changes, feeling also changes.
- I will not cling to any feeling born of eye , ear, nose, etc (see instructions on the other side of page).
- When there is clinging, there is suffering. To be free from suffering, let go of your clinging whatsoever.

Mogok Sayadaw's simple but effective instruction to be remembered and practised at all times :
"Impermanent, rising, passing away ..."