Ud 5.10 — Panthaka Sutta: Cūḷa Panthaka

English translation by Thanissaro Bhikkhu.

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Changes: Presentation only: original HTML markup reflowed into plain text; wording, numbering and source repetitions retained. No repetitions expanded.

Completeness: ABBREVIATED. Every source-unit character is preserved, including introductions, notes and verse structure. Thanissaro's collection-level note explicitly states that repetitions were cut: https://www.dhammatalks.org/suttas/about.html. This is evidence about the translation method, not an assertion that every individual unit contains an omission; no repetitions reconstructed.

Text

I have heard that on one occasion the Blessed One was staying near Sāvatthī at Jeta's Grove, Anāthapiṇḍika's monastery. And on that occasion Ven. Cūḷa Panthaka was sitting not far from the Blessed One, his legs crossed, his body held erect, with mindfulness established to the fore. The Blessed One saw Ven. Cūḷa Panthaka sitting not far away, his legs crossed, his body held erect, with mindfulness established to the fore.

Then, on realizing the significance of that, the Blessed One on that occasion exclaimed:

With steady body, steady awareness, — whether standing, sitting, or lying down[1] — a monk determined on mindfulness gains one distinction after another. Having gained one distinction after another, he goes where the King of Death can't see.

Note

1.

There's a slight paradox in this verse in that the word for "steady" (ṭhita) can also mean "standing." Thus when the body is steady and unmoving, it is "standing" regardless of its

posture.