

3

Vedanā (Feeling)

A study of the 2nd aggregate

Theme: A reflection on the Daṭṭhabba Sutta, S 36.5/4:207

by Piya Tan ©2005

1 The many facets of feeling

1.0 There is a common notion in western philosophy and popular belief that our behaviour is not fully determined by our conscious mind. Both Benedict de Spinoza¹ and Sigmund Freud,² for example, have remarked that our behavior is determined only partially by our conscious “will,” but very much more by something else. For Spinoza, this “something else” is our feeling, and for Freud it is our unconscious.³ Often, when these forces—volition versus feeling/unconscious—act, they bring about conflicts.

Early Buddhism is aware of both forces and teaches that when we understand our feeling in a mindful or detached manner, we will clean up and tame our unconscious,⁴ that is, the latent tendencies; then, we are free. As will be evident, Buddhism gives detailed and effective teachings concerning feeling and consciousness. To begin with, it is stated in **the Kim Mūlaka Sutta** (A 10.58), that “all states converge in feeling.”⁵

1.1 DEFINITION OF FEELING. Firstly, we should have a working definition of “**feeling**” (*vedanā*), and how it is different from “emotion” [1.3]. In early Buddhist psychology, feeling refers to the affective (or hedonic) tone that arises in connection with sense-perception, that is, pleasant feeling (*sukhā vedanā*), painful feeling (*dukkhā vedanā*) and neutral feeling (*adukkham-asukhā vedanā*), which is the first classification of feeling in **the Vedanā Saṃyutta**.⁶

Furthermore, a pleasant feeling, painful feeling or neutral feeling can be physical (*kāyika*) (arising through the 5 physical senses) or mental (*cetasika*) (arising through the mind), totaling 6 types of feelings in all.⁷ The Abhidhamma classification, however, has only five types of feeling, taking neutral feeling as being mental only, that is, we are only aware that a feeling is present (or not).⁸

The Majjhima Commentary says that it is not easy to be mindful of neutral feeling, and that it should be best approached by way of inference, by noting the absence of both pleasant and unpleasant feelings. It illustrates with the example of a hunter seeing tracks before and after a rock, thereby inferring the tracks of an animal (MA 1:277).

¹ Spinoza (1632-1677), independent Rationalist philosopher and religious thinker of Portuguese Jewish descent, who formulated one of the most important metaphysical systems in Western philosophy.

² Freud (1856-1939), an Austrian (of Jewish descent) neurologist and founder of the psychoanalytic school of psychology, best known for his theories of sexual desire, repression, dreams, and the unconscious mind.

³ This “unconscious,” of course, refers to Freud’s idea, but the term below refers to an early Buddhist teaching (esp *anusaya*). Unless otherwise stated or from the context, terms like *consciousness*, *preconscious*, *unconscious*, *subconscious*, etc, refer to early Buddhist teachings. On these terms, see **Viññāna**, SD 17.8a esp (6.1); **The unconscious**, SD 17.8b esp (1).

⁴ On *consciousness*, see **Viññāna**, SD 17.8a, and see also **The unconscious**, SD 18.8b.

⁵ *Vedanā samosaranā sabbe dhammā* (A 10.58/5:107), SD 57.20b. For comy, see SD 57.25 (1.2.2).

⁶ **Samādhi S** (S 36.1/4:204); see also **Mahā Satipaṭṭhāna S** (D 22.11/2:298), SD 13.2 = **Satipaṭṭhāna S** (M 10,32/-1:59) SD 13.3; and also D 3:275; S 2:53, 82, 4:207; A 3:400. See also SD 13.1 (5B).

⁷ **Cūḷa Vedalla S** (M 44,23/1:302), SD 40a.9; **Sall’atthana S** (S 36.6/4:208), SD 5.5. Other classifications of feelings are given below [4].

⁸ Vbh 72; Dhs 133.

The **suttas** say that pleasant and unpleasant sights, sounds, smells, and tastes, in turn, condition the arising of corresponding feelings of pleasure, or of displeasure.⁹ The **Dhamma,saṅgaṇī**, however, says that only the sense of touch is accompanied by pain or pleasure, while feelings arising at the other four sense-doors are invariably neutral.¹⁰

As **Analayo** notes,

This *Abhidhammic* presentation offers an intriguing perspective on observing feeling, since it invites an inquiry into the degree to which an experience of delight or displeasure in regard to sight, sound, smell or taste is simply the outcome of one's own mental evaluation.

(Anālayo 2003:171)

1.2 FEELING AND SENSATION

1.2.1 Is feeling the same as sensation? How is feeling different from emotion, or are they the same? *Vedanā* is sometimes translated as “sensation,”¹¹ rather than “feeling,” but is this right? **Sue Hamilton**, in her study of the 5 aggregates, *Identity and Experience*, notes that

it could be argued that “sensation” is a word which is more readily associated with neutrality than is “feeling,” which is more associated in our minds with pleasure or pain. The word “sensation” also implies a connection with the senses, which might be said to be more appropriate to *vedanā*, which requires the coming together of a sense organ and its corresponding sense object in order to arise.

But “feeling” *can* be used neutrally: it is not uncommon to say “I feel indifferent about that.”¹² And not only is it commonly accepted that feelings require sensory activity, even if this is not obviously implicit in the word itself, but in the Buddha's analysis of the *khandhas* this does not apply only to the *vedanākhandha* but to all four of the *arūpakhandhas*. The main reason I prefer the use of the word “feeling” rather than “sensation” in translating *vedanā* is, however, because I suggest that *vedanā* has a cognitive dimension which is conveyed by the word “feeling” but not by “sensation.”

(1996a:45)

1.2.2 This cognitive dimension of *vedanā* is clearly evident from its etymology. *Vedanā* is the abstract noun of *vedeti*, “he senses, knows,” and also the related forms *vediyati*, *paṭisaṃvedeti* and *paṭisaṃvediyati*,¹³ all of which have cognitive connotations of “experiencing.” As such, it is important to note that *vedanā* has both a cognitive dimension and an affective aspect, that is, an intellectual sense (to know)

⁹ S 4:115, 119, 125, 126.

¹⁰ Dhs 139-145; Abhds 2.

¹¹ PED: *vedanā*: “feeling, sensation.” E Pio, *Buddhist Psychology: A modern perspective*, 1988:8, “feeling or sensation.” FJ Varela et al, *The Embodied Mind*, 1991:64 “feelings/sensations.” M Boisvert, *The Five Aggregates*, 1995:ix (elsewhere he renders it as “emotion or feeling,” 4; index: *vedanā*).

¹² On neutral feeling, see SD 55.4 (2.1.3).

¹³ *Vedeti* is from √VID, “to know.” Usages incl: *phuṭṭho vedeti*, *phuṭṭho ceteti*, *phuṭṭho sañjānāti*, “contacted, one feels; contacted, one intends; contacted, one perceives” (S 4:68; S:B 1408 n67); or the form *vediyati*, “he knows (as) or calls,” as in *taṃ ... munim vediyanti.*, “(the wise) know (or call) him as a sage” (Sn 211 f). More commonly, *vediyati* tr as “he feels or experiences a feeling,” usu as *vedanaṃ vediyati* (M 1:59, 2:70; S 2:82, 3:86 f, 4:207; A 1:41, 2:198). The form *paṭisaṃvedeti*, “he feels, experiences, undergoes,” is also common (D 1:43, 45; A 1:157 (*domanassaṃ p*), 4:406 (id); also the by-form, *paṭisaṃvediyati* (S 2:18, 75, 256; It 38).

and an experiential sense (to feel).¹⁴ In early Buddhist psychology, the affective role of *paṭisaṃvedeti*, “to experience,” is of great significance.¹⁵

Hamilton continues her helpful analysis of *vedanā* thus:

The cognitive role of *vedanā* is unobvious: one might say that it is affective rather than intellectual cognition. It is nevertheless significant enough to be an important factor in understanding the role of the *vedanākhanda* [sic] correctly. From a psychological point of view, it is not difficult for us to understand that *vedanā* is part of the cognitive process. We know, for example, that feelings can be expressed cognitively: if we say we are feeling sad, we also mean that we *know* that we are experiencing sadness. We also commonly refer to feelings as a vague level of knowledge in expressions such as “I have the feeling that this is correct,” or “I feel there is something wrong here.” Thus *vedanā* plays a part, however nebulous, in the cognitive process of an individual.

It is perhaps significant that *vedayita*, the (irregular) past passive participle of the verb *vedeti*, from which *vedanā* comes, is often interpreted as meaning “experienced” rather than “felt.” And “experience” might be a better translation of *vedanā* when it is found in the context of the cognitive process as a whole: in English to state that cognition necessarily involves experience is more readily acceptable than stating that it necessarily involves feelings. (1996a:46)

1.2.3 Georges Dreyfus, in his paper, “Meditation as ethical activity,” makes a similar note on the overlapping of cognitivity and affectivity in Buddhist psychology:¹⁶

Keown uses Aristotle's binary opposition between the cognitive and the affective to explicate Buddhist ideas. Buddhists do recognize these aspects of mind, for instance, in the concept that wisdom is cognitive whereas attachment and compassion are affective. However, I would argue that applying a binary model to Buddhist psychology is inappropriate, for it forces a number of mental factors such as mindfulness, enthusiasm, and deliberation into one of the two sides of the dichotomy. The Buddhist view emphasizes that these mental factors are common to both affective and cognitive states. Any mental state in which the degree of attention is sufficient is said to contain these mental factors. I would like to argue that from a Buddhist perspective, these factors are neither strictly affective nor cognitive in and of themselves, but are best described as enabling either side. Buddhist models of the psyche do not conform to the opposition cognitive-affective, and forcing them into this mode distorts the picture. (Dreyfus 1995:36)

1.2.4 However, we cannot really avoid talking in dual terms, as it is the way of the world and we are communicating with the world. As such, it is vital (for keeping the Dharma as a living experience) that we understand this approach is only a conventional expedience, a way of talking and conveying the helping and liberating truth. We need two hands to loudly clap; a bird flies on two wings; but there is only one sound and only one bird. The purpose of understanding all this is to bring about a wise and joyful oneness of heart and mind.¹⁷

¹⁴ See Hamilton 1996a:45 f. See also **Viññāṇa**, SD 18.8a.8.

¹⁵ On *paṭisaṃvedeti*, see eg SD 51.14 (2.2.2.5). See SD 55.1 (2.1.3.2).

¹⁶ Here, Dreyfus is criticizing Keown's use [*The Nature of Buddhist Ethics*, 1992:210] of Aristotle's binary opposition between the cognitive and the affective to explicate Buddhist ideas.

¹⁷ See SD 49.5b (0.3.4).

1.3 FEELING AND EMOTION

1.3.1 Then there is the question of the connection between feeling (*vedanā*) and “emotion.” Sadly, “**emotion**” is one of most nebulous of English words: “Historically this term has proven utterly refractory to definitional efforts; probably no other term in psychology shares its indefinability with its frequency of use.”¹⁸

1.3.2 The word “**emotion**” comes from the Middle French *mouvoir* (to move), which in turn comes from Latin *exmovēre, movēre* (to move out, move away).¹⁹ In other words, an emotion is a feeling, usually one that is *overt or expressed*, often directed to others to inform or influence them. The problem is compounded by the fact that there are the lay (common) usages of the word and the technical (specialist) senses of the term.

1.3.3 Here are examples of conventional usages of “**emotion**” taken from *Webster’s 3rd New International Dictionary*:

1a (obsolete): a physical or social agitation, disturbance, or tumultuous movement.

1b: turmoil or agitation in feeling or sensibility (the nerveless dreamer, who spends his life in a weltering sea of sensibility and ~ —William James).

1c: a physiological departure from homeostasis that is subjectively experienced in strong feeling (as of love, hate, desire or fear) and manifests itself in the neuromuscular, respiratory, cardiovascular, hormonal, and other bodily changes preparatory to overt acts which may or may not be performed—often used in [the] plural (how can I describe my ~s at this catastrophe—Mary W Shelley).

1d: a state of strong feeling (as of fear, anger, disgust, grief, joy, or surprise) (he felt a sudden rage, but controlled the ~).

2a: the affective aspect of consciousness: FEELING (we are not men of reason, we are creatures of ~ —C C Furnas).

2b: a reaction of or effect upon this aspect of consciousness (the essential ~ of the play is the feeling of a son toward a guilty mother—T S Eliot).

3: the quality (as of a song or melody) that arouses an emotion, esp a pleasant one (the melody of the song voices the ~, the appeal—Anatole Chujoy).

4: an expression of feeling, esp strong feeling (the king moves anonymously among his men listening to their ~s about the war—Delmore Schwartz). **Syn** see FEELING.

1.3.4 We cannot be certain even of the technical meanings of “emotion,” as evident from this selection and summary of definitions from A S Reber’s *The Penguin Dictionary of Psychology* (1985):

1. An umbrella term for any of a number of subjectively experienced, affect-laden states the ontological status of each being established by a label whose meaning is arrived at by simple consensus. This is the primary use of the term in both the technical and the common language. It is what we mean when we say that *love, fear, hate, terror*, etc are emotions.

2. A label for a field of scientific investigation that explores the various environmental, physiological and cognitive factors that underlie these subjective experiences... [Here,] nearly all contemporary theories of emotion recognize four classes of factors:

¹⁸ AS Reber, *The Penguin Dictionary of Psychology*, 1985: emotion.

¹⁹ From *ex-*, *e-* (out) + *movēre* (to move).

(a) *investigating stimuli*: these may be exogenous (events in the world) or endogenous (thoughts, images);

(b) *physiological correlates*: included here are general biological systems (central and autonomic nervous-system activities) as well as more specific patterns of action (eg, thalamic-hypothalamic interactions);

(c) *cognitive appraisal*: the personal significance of an event dictates to a considerable extent the emotions aroused, thus snarling tigers behind clearly strong cage bars do not result in fear, panic or flight;

(d) *motivational properties*: emotional arousal is almost always viewed as playing a role in impelling activity.

In addition to these recognized correlates of emotion, the term generally carries a number of other connotations:

(1) Emotional states are generally regarded as *acute*. They are accompanied by relatively short-lived levels of arousal and desire to act: fear, joy, disgust, pity, love, etc ... [motivate] activity and then subside. This sense helps to distinguish it from terms like *sentiment*.

(2) Emotions are regarded as intensely experienced states; the point here is to distinguish an emotion from a *feeling*.

(3) Emotional states are often behaviorally disorganized. This is particularly the case with extreme states of rage, terror, desperate grief and the like where the individual's behavior may be erratic, chaotic and lacking in organization.

(4) Emotions are, to a certain extent, evolutionarily determined and reflect species-specific survival strategies of considerable genetic antiquity.

(5) Emotional reactions tend to be non-habitual and to result from particular constraints of the environment and how it is appraised ... [Compared to other biochemical behaviours such as

hunger and thirst] emotional states are not cyclical or regular but are dependent on specific situations and how they are evaluated for their personal significance.

(A S Reber, *The Penguin Dictionary of Psychology*, 1985: emotion)

1.3.5 Neuroscientists have apparently discovered a good reason why the vast Buddhist psychological vocabulary does not include "emotion" (as understood by the scientists). The Buddhist exclusion of "emotion" from the language of the mind is quite consistent with what scientists have come to learn about the brain's anatomy. Every region in the brain that has been identified with some aspect of emotion has also been identified with aspects of cognition.²⁰ "The circuitry that supports affect and the circuitry that supports cognition are completely intertwined—an anatomical arrangement consistent with the Buddhist view that these processes cannot be separated." (P Ekman et al 2005:1)

1.4 PERCEPTUAL ROLE OF FEELING. *Vedanā*, often contrary to what the general overtness and expressiveness of an "emotion," is essentially a covert quality. In fact, it is part of the mental process involving both perception (*saññā*)²¹ and consciousness (*viññāṇa*).²² Feeling (*vedanā*) is a key factor in **the perceptual process**.²³ The canonical theory of the perceptual process comprises 6 stages, namely.²⁴

²⁰ Eg Davidson & Irwin 1999.

²¹ See *Saññā*, SD 17.4.

²² See *Viññāṇa*, SD 17.8a.

²³ Sue Hamilton, in *Identity and Experience*, 1996a, uses the term "cognitive process" (see index), while here I use "perceptual process." I think it is better to reserve the former for the *viññāṇa, kicca* or *citta, vīthi*.

(1) The 1st stage is that of **sense-consciousness**, for example, visual consciousness (*cakkhu, viññāṇa*), which arises with the eye and a visual object as its conditions. At this point, it is bare sensation before the object is fully apprehended (which is similarly understood in the Abhidhamma).

(2) The 2nd stage is the process of **sensory impression** (*cakkhu, samphassa* or *phassa*), defined as the conjunction of the sense-organ, the sense-object and sense-consciousness (*tiṇṇaṃ saṅgati phasso*, M 18,16/1:111).

(3) The 3rd stage is feeling (*vedanā*), which refers to the hedonic tone or affective value of the resultant experience. This is the weakest link in the cycle—when feeling arises but before we go on into perception—when we break the negative cycle (by, say, turning to the reflection on impermanence), or transforms it into a wholesome cycle (by, say, cultivating lovingkindness).

(4) The 4th stage is **perception** or apperception (*saññā*). The fact that *viññāṇa* (bare sensation) occurs before *saññā* [bare reaction] shows that *saññā* represents a more complex form of awareness. While *viññāṇa* refers to mere sensory awareness, *saññā* “suggests a state of awareness obtained by introducing distinctions to the earlier stage of bare awareness” (Karunadasa 2001: 211).

(5) The 5th stage is **thinking** (*vitakka*, often translated as “initial application (of thought)”), suggesting a stage where the perceived object is *interpreted*. Hence, there is *both* thinking (*vitakka*) and pondering (*vicāra*).

(6) The 6th and last stage is called **mental proliferation** (*papañca*) that “hints at the tendency of the individual’s imagination to break loose” (Ñāṇananda 1971:4). This is a very complex level of experience that is coloured, filtered and flooded by our desires and prejudices.²⁵

Having said that, it is helpful to understand that the 6th and last stage here is not necessarily always a thought “explosion” (how *papañca* can be imagined to work), but it can simply lead to a new or renewed perception, so that we are caught in a perceptual loop, spiralling into more perceptions. This whole process is of course a mental proliferation.

As we shall see below in the two chapters on perception (*saññā*)²⁶ and consciousness (*viññāṇa*),²⁷ they are both part of the perceptual process. Formations (*saṅkhāra*)²⁸ are not directly involved in this process, and they are what we normally understand as “emotions.”²⁹

2 Feeling, love and sex

2.1 LOVE

2.1.1 Feeling (*vedanā*), as we have seen [1.3], is not “emotion” as it is commonly understood, but refers to an important aspect of the 6 types of sense-experiences: seeing, hearing, smelling, tasting, touching,

²⁴ See **Madhu,piṇḍika S** (M 18), SD 16.14 (4). Discussed in greater detail in **Saññā**, SD 17.4 (8) + Table 8.1.1. See also Analayo, *Satipaṭṭhāna: The direct path to realization*, 2003:222-226. For original ref, see 3.1 below.

²⁵ Karunadasa argues that in this sixfold process, the final stage of perception is not “mental proliferation” (as proposed by Sarathchandra, 1958 & Ñāṇananda 1971:5 ff) but actually “perception” (stage 4) since “what follows *saññā* could be understood not as a process of sense-perception but as a purely ideational process set up by a process of perception. In point of fact, both Sarathchandra and Ñāṇananda (1971:5 ff, 41 ff) explain the stages subsequent to *saññā* as a process of interpretation and judgement.” (2001:212).

²⁶ See **Saññā**, SD 17.4. For comy on the perception/proliferation cycle, see SD 17.4 (Table 8.1.2).

²⁷ See **Viññāṇa**, SD 17.8a.

²⁸ See **Saṅkhārā**, SD 17.6.

²⁹ For a comparative study of the western psychological “emotion,” see SD 57.25 (3.3).

and thinking.³⁰ The feelings of each of these sense-experiences are evaluated or “toned” in different ways in English, and notice that they are subjective, covert qualities, for example:

	<u>Craving</u> [like]	<u>Repulsion</u> [dislike]	<u>Delusion and ignorance</u> [is ignored]
Seeing:	beautiful, attractive	ugly, repulsive	plain, average
Hearing:	soothing, sonorous	jarring, dull, grating	monotonous, uninteresting
Smelling:	sweet, fragrant, balmy	offensive, rancid, acrid	odourless, deodorized
Tasting:	delicious, sweet, rich	sour, bitter, bad-tasting	flat, bland, tasteless
Feeling:	nice, soft, comfortable	hurting, smarting	neutral, numb, stiff
Minding:	interesting, stimulating	heavy, dull, boring	indifferent, apathetic

2.1.2 The 3 kinds of feelings actually colour, even distort, the way we perceive the world and others, that is, as *being loved, unloved and unthought of*, or as *friend, foe and stranger*. In an almost simplistic predictable way, we regard those who arouse pleasure in us as our beloved or as friends; those who provoke an unpleasant feeling as the unloved or as foes; and those who bring about only neutral feeling (or “no feeling”), we disregard them or regard them as strangers.

2.1.3 Our understanding of **love** is often profoundly confusing. On a personal level, when someone falls in love and says, “I love so and so,” what he really means is that he is infatuated by that person’s form, sound, smell, taste, or touch, or by his perception of that person. “Falling in love” is really about the past because our attraction to another is really simply a *reminder*, usually subconscious, even subliminal, of someone we have been familiar with, whether in this life or before that.

2.1.4 Falling in love is like window-shopping and then buying an item on impulse, only to regret later because we have fallen out of love with it. It is *staying in love*, or even better, *growing in love*, that promises true happiness when both (a couple) or all parties (in the case of a family or community) bond closer in the discovery of one another’s more wholesome qualities, thus letting go of unwholesome ones. In short, we do not find friends, we have to make friends.³¹

2.2 WHY SEX?

2.2.1 Wholesome love. The danger of falling in love is that we are only attracted to a part, often isolated piece, of a person. The disillusionment begins and grows as the other less familiar parts reveal themselves. **The Saññoga Sutta** (A 7.48) describes this in a graphically psychological way:

WOMANLINESS. **2** A woman thinks about herself³² in terms of her womanly faculty,³³ her womanly ways,³⁴ her womanly looks,³⁵ her womanly pride,³⁶ her womanly desires, her womanly voice, her womanly adornments.³⁷ She is aroused by this and delights in it.³⁸

³⁰ “Thinking,” here referring to any mental activity: alt: “minding, mentation.”

³¹ An excellent book here is: Erich Fromm, *The Art of Loving*. NY: Harper & Row. London: Allen & Unwin, 1957.

³² “To herself,” *ajjhataṃ*, lit “internally.”

³³ “Womanly faculty,” *itth’indriya*, lit “womanly sense-organ.” Here referring to the physical features that make one a woman, that is, “womanliness.” The term “femininity” usually refers to the psychological aspect of a woman, related to Jung’s notions of *anima* and *animus*.

Thus aroused, she considers another³⁹ in terms of a man's faculty,⁴⁰ his manly ways, his manly looks,⁴¹ his manly pride,⁴² his manly desires, his manly voice, his manly adornments. She is aroused by this and delights in it.

Thus aroused, she desires external union,⁴³ and she desires the [physical] pleasure and [mental] joy arising on account of such a union.

Bhikshus, attached to⁴⁴ her womanliness, she enters into union with men.

In this way, bhikshus, a woman does not rise above her womanliness.

MANLINESS. **3** A man thinks about himself in terms of his own manly faculty, his manly ways, his manly looks, his manly pride, his manly desires, his manly voice, his manly adornments. He is aroused by this and delights in it.

Thus aroused, he contemplates another in terms of a woman's faculty, her womanly ways, her womanly looks, her womanly pride, her womanly desires, her womanly voice, her womanly adornments. He is aroused by this and delights in it.

Thus aroused, he desires external union,⁴⁵ and he desires the pleasure and joy arising on account of such a union.

Bhikshus, attached to his manliness, he enters into union with women.

In this way, bhikshus, a man does not rise above his manliness. (A 7.48/4:57 f), SD 8.7

2.2.2 Most creative, most destructive. Of all human qualities, sexual feeling is the most creative as well as the most destructive. It is the most creative in its biological function of bringing us forth, but beyond that when misunderstood and uncontrolled, it usually becomes the most destructive of emotions that can be displaced into the many guises of lust. One of the most tragic displacements of sexual feelings is

³⁴ "Womanly ways," *itthi,kutta*, eg seductiveness, coquetry, and wiles (AA 4:32). Many of such terms in this sentence and their cognates below are in the Pali singular, which however need to be rendered idiomatically into the English plural.

³⁵ "Womanly looks," *itth'ākappa*, ie, her physical looks and how she is dressed (AA 4:32).

³⁶ "Womanly pride," *itthi,vidha*, ie, her pride and conceit (AA 4:32).

³⁷ "Womanly adornments," *itth'alāṅkāra*. "adorning the head, the neck, the hands, the feet, the hips (*kaṭṭi*)" (*sīsūpago gīvūpago hatthūpago pādūpago kaṭṭūpago*, V 4:340)

³⁸ "She is aroused by this ..." Here I have rendered *tattha* in the English singular, since such an unskillful person would attend to the features mentioned. In the cognate sentences below [4-5] *tattha* is rendered in the English plural, ie, referring to the various physical features, to which the skillful person remains unattracted.

³⁹ "Another," *bahiddhā*, lit "outside (of herself)."

⁴⁰ "Manly faculty," *puris'indriya*, lit "manly sense-organ." Here referring to the physical features that make one a man, that is, "manliness." The term "masculinity" usually refers to the psychological aspect of a man. Note here in the Sutta that the reference is "in terms of a man's faculty," and not "in another man." This is very significant as this reflects the fact that those sexually attracted to others, consciously or unconsciously, may look for such features that excite them in either sex.

⁴¹ "Manly looks," *puris'ākappa*, ie, his physical looks and how he is dressed. "Looks" here includes his own perception of his own body and the other person's body.

⁴² "Manly pride," *purisa,vidha*, ie, his pride and conceit.

⁴³ "She desires external union," *bahiddhā saṃyogaṃ ākaṅkhati*. Note that she does not consider her sexual features, but her "womanliness." It is possible to understand here that "man" and "woman" are both this person's own perceptions of gender. See SD 8.7 (3.2).

⁴⁴ "Attached to," *sattā* (V 1:185; D 2:246; Nc 23, 34; Dh 342; J 1:376).

⁴⁵ "He desires external union," *bahiddhā saṃyogaṃ ākaṅkhati*. Note that he does not consider his sexual features, but his "manliness." It is possible to understand here that "man" and "woman" are both this person's own perceptions of gender. See SD 8.7 (3.2).

when a person with unresolved sexual issues turns to the monastic life, thinking that it is the best way to be totally free from sexuality. Sadly, such repressive feelings often rear their ugly heads through psychological transference (by the devotee) and counter-transference (by the monastic), fuelled by the monastic's charisma or by blind devotion, usually both.

2.2.3 The 2 kinds of pain. The **Sall'atthana Sutta** (S 36.6) makes an important observation here: when an untutored worldlyling suffers pain, he suffers *twice*: he feels it physically and also mentally, and then he reactively turns to sensual pleasure (sex, drunkenness, quarrels, violence, etc) as a means of escape, "because, bhikshus, the untutored ordinary person knows no other escape than through sensual pleasure."⁴⁶

One cannot simply cast off the clothing of sexuality simply by donning monastic robes. We cannot really hide the nakedness of our sexuality behind the cloth. We must outgrow this narcissistic level of biological want or perception of existential lack. Indeed, sexual feeling is the most selfish of feelings, seeking only to satisfy itself in an insatiable manner. While we can surfeit of food, having eaten our fill, it is not the case with sex.

2.2.4 Self-lust. An important teaching of **the Saññoga Sutta** (A 7.48), not immediately apparent, is that we must overcome narcissism or self-lust, at least in the physical sense, and cultivate unconditional love or lovingkindness.⁴⁷ We begin to be lovingkind by starting to see others as total beings and accepting them as they really are.

2.2.5 Solitude. Another way we can rise above attachment to sensual pleasure is through regular solitary meditation leading to inner stillness.⁴⁸ Such stillness can lead us in due course to deeper and more joyful states of meditation, even into dhyana. In other words, we can only overcome sexual feelings by discovering a higher pleasure, that of mental calm and dhyana. Only then, we can really rise above our sexuality.⁴⁹

[Section 2.3, "Sexual abuse in religion," has been transferred to SD 64.17 (10)]

3 Feeling and contact

3.1 HOW FEELING ARISES. *Vedanā* is not mere feeling but part of the perceptual process [1.4]. In other words, feeling does not arise by itself. According to **the Phassa,mūlaka Sutta** (S 36.10), feeling, whether pleasant, painful or neutral, are "rooted in contact" (*phassa,mūlaka*), rising in dependence on contact (*phassa*).⁵⁰ In fact, contact plays a major role in the perceptual process, and we shall now examine it in some detail. The perceptual process is clearly described in **the Madhu,piṇḍika Sutta** (M 18),⁵¹ thus:

Friends, dependent on the eye and forms, eye-consciousness arises. The meeting of the three is contact.⁵²

⁴⁶ S 36.6.8c/4:208 (SD 5.5). Comy: The escape is mental concentration, the path and the fruit, but he does not know this, knowing only sensual pleasure. (SA 3:77)

⁴⁷ On the words "lovingkindness," and its adj "lovingkind," see SD 38.5 (1.1.3).

⁴⁸ See **Pīti S** (A 5.176/3:206-208), SD 19.8.

⁴⁹ See **Dhyana**, SD 8.4 esp (7); **Nimitta & Anuvyañjana**, SD 19.14; & **Nimitta**, SD 19.7 esp (4).

⁵⁰ S 36.10/4:215,

⁵¹ See **Madhu,piṇḍika S** (M 18,16/1:111 f), SD 16.14 (4). Discussed in greater detail in **Saññā**, SD 17.4. See also Analayo, *Satipaṭṭhāna: The direct path to realization*, 2003:222-226. For a paraphrase, see 1.4 above.

⁵² *Tiṇṇaṃ saṅgati phasso*. For a discussion on this passage, see Bucknell 1999:318 ff.

With contact as condition, there is feeling (*phassa, paccayā vedanā*).

What one feels, one perceives.

What one perceives, one thinks about.⁵³

What one thinks about, one mentally proliferates.⁵⁴

What a person mentally proliferates is the source through which perceptions and notions due to mental proliferation⁵⁵ impacts one regarding past, future and present forms cognizable through the eye.⁵⁶ (M 18,16/1:111 f), SD 6.14

The same process applies mutatis mutandis to all the other five remaining senses. It is from such a process that feeling arises: “with contact as condition, feeling arises” (*phassa, paccayā vedanā*). Contact is the proximate condition for the arising of feeling, and a necessary condition for the perceptual process as a whole.

3.2 FEELING AS THE ROOT OF ALL DOGMAS

3.2.1 Contact and feeling are crucial to the formation of views (*diṭṭhi*), especially wrong views. In the “wisdom” section of **the Brahma, jāla Sutta** (D 1), the Buddha explains how the 62 grounds for wrong views arise from the “feeling of those who know not, merely the agitation and vacillation of those overcome by craving” (§§105-117). Applying the principle of dependent arising, the Buddha goes on to explain such ignorant reactions are in turn caused by contact (*phassa*), that is, through misunderstanding sense-experience (§§118-130). Without contact, none of those views would arise; they all arise through the constant contact in the six sense-spheres (§§131-143). All these are speculative views (*diṭṭhi, gata*), arising from feeling, binding them to the rounds of speculative views and of suffering (§§144).⁵⁷

3.2.2 The Dvaya Sutta 2 (S 35.93) explains how consciousness arises dependent on a dyad (*dvaya*) of sense-faculty and sense-object; for example, “dependent on the eye and forms, there arises eye-consciousness” (*cakkhuñ ca paṭicca rūpe ca uppajjati cakkhu, viññānam*). The meeting of these 3—sense-faculty, sense-object and sense-consciousness—is called contact (*phassa*): “contacted [touched], bhikshus, one feels; contacted, one intends; contacted, one perceives” (*phuṭṭho vedeti, phuṭṭho ceteti, phuṭṭho sañjānāti*).⁵⁸ And all these processes are impermanent, changing, becoming otherwise.

From all this, it is easy to see the roots of the Creator-God idea: it is extremely difficult to understand the nature of feelings, much less how they work on our lives. Lacking this understanding, humans seek some external form of power to liberate them from the vicissitudes due to feelings: joy and sorrow, pleasure and pain, fear and courage, stress and relief, and so on.

3.2.3 Understandably, the Creator-God idea, being deeply rooted in feeling, cannot be proven in any logical or scientific manner, and can only be sustained by “faith,” that is, surrender and obedience to its official definition. Whoever defines God, as such, commands power over their believers.⁵⁹ What one

⁵³ “One thinks about,” *vitakketi*. On how when thinking stops, desires do not arise, see **Sakka, pañha S** (D 21,2.2-2:277).

⁵⁴ This verse up to here is also found in (**Samuday’atthaṅgama**) **Loka S** (S 12.44/2:71-73), SD 7.5 and (**Sabb’upādāna**) **Pariññā S** (S 35.60/4:32 f), SD 6.17 in different contexts.

⁵⁵ *Papañca, saññā, saṅkhā*, see SD 6.14 (3).

⁵⁶ This important passage is the earliest statement on the Buddhist theory of perception. See SD 25.1 (4).

⁵⁷ D 1,105-144/1:40-45. See Sue Hamilton 1996a:47 f.

⁵⁸ S 25.93/4:68; S:B 1408 n67.

⁵⁹ An interesting and informative article here is: Norman Council, “Christianity, capitalism, corporations, and the myth of dominion,” 2004, downloadable from <http://www.doublestandards.org/text/council1.html>.

does not understand, one often grasps it by the wrong end, and suffer ignorance, craving and pain as a result.

The greatest fear of those who do not understand the true nature of feeling is *change*. Seeing change working through birth, life, decay and death, they think life begins only at birth and ends at death. And since death seems to take away their lives, loved ones, possessions and pleasures, they fear death. Fearing change and death, they fabricate or believe in a Creator God who is eternal and life-giving. The point is whatever exists can only exist in change: without change nothing exists; unless that state is beyond change and stasis—that is, nirvana.

4 Classifications of feelings

4.1 NUMERICAL GROUPS. “Feelings” (*vedanā*) are complex states of mind, not merely “bare awareness” or “anoetic sentience,” that is, “pure” feelings or emotions.⁶⁰ They have some specific content: pleasure, pain, neutral feeling; and that *vedanā* is a necessary, but not a sufficient, condition, for the arising of craving (the subsequent link in the dependent arising cycle).⁶¹ They arise through contact with external sense-objects, namely, the seen, the heard, the sensed (smelling, tasting, touching), and the known (*diṭṭha suta muta viññāta*).⁶²

The **Aṭṭha,sata Sutta** (S 36.22) categorizes feelings into various numerical groups “along the lines that became prominent in the Abhidhamma,”⁶³ thus:⁶⁴

The 2 kinds of feeling:	bodily and mental. [4.2]
The 3 kinds of feeling:	pleasant feeling, painful feeling, and neutral feeling. [4.3]
The 5 kinds of feeling:	the physical pleasure faculty, the physical pain faculty, the joy faculty, the displeasure faculty, the equanimity faculty. [4.4]
The 6 kinds of feeling:	feeling born of eye-contact, born of ear-contact, born of nose-contact, born of tongue-contact, born of body-contact, born of mind-contact. [4.5]
The 18 kinds of feeling:	6 examinations accompanied by joy, 6 examinations accompanied by displeasure, 6 examination accompanied by equanimity. [4.6]
The 36 kinds of feeling:	6 types of joy of the household life, 6 types of joy of renunciation, 6 types of displeasure of the household life, 6 types of displeasure of renunciation, 6 types of equanimity of household life, 6 types of equanimity of renunciation. [4.7]
The 108 kinds of feeling:	The above 36 feelings in the past, in the future, in the present. [4.8] (S 36.22/4:231 f)

Let us now examine each of these groups in some detail.

4.2 THE 2 KINDS OF FEELING

4.2.1 Feeling and the awakened. The teaching of the two kinds of feeling—the bodily and the mental—is a psychologically and spiritually very important one. The locus classicus of this teaching is **the Sall’-**

⁶⁰ Jayatilleke 1963:436; Boisvert 1996:53.

⁶¹ On necessary and sufficient conditions, see SD 5.16 (6) & 35.1.

⁶² D 3:134 = Nc276 = It 121; D 3:232; Sn 1080, 1122.

⁶³ S:B 1129.

⁶⁴ This same list is briefly stated in **Pañcak’āṅga S** (S 36.19/4:224 f), SD 30.1 = **Bahu Vedanīya S** (M 59,5/1:398), SD 30.4. See [4.3] below.

atthena Sutta (S 36.6), where the Buddha says that *both the unawakened worldling and the arhat experience pleasant feeling, painful feeling and neutral feeling*, but each with a difference.

The worldling reacts to *pleasant feeling* with delight, reinforcing his latent tendency of lust; he reacts to *painful feeling* with displeasure, reinforcing the latent tendency of ill will; and he fails to notice *neutral feeling*, reinforcing the latent tendency of ignorance.⁶⁵

The arhat, however, simply notes those feelings as they arise in his body without reacting to them [7.2]. As such, although his body is affected by the vicissitudes of feelings, his mind is constantly calm and clear. A similar teaching (S 22.1), but a very short one, is given by the Buddha to the layman **Naku-la,pitā**, and which is elaborated by Sāriputta to him.⁶⁶

4.2.2 Feeling is a mental event. It is important to understand that although we speak of feeling of the body and of the mind, a feeling is always *a mental event*. It is part of “name” (*nāma*) as “name-and-form” (*nāma,rūpa*).⁶⁷ Without a mind, we can never feel any sensation. These very same feelings, however, are not felt only in the mind. Any bodily feeling of pain obviously involves the body: we feel bodily pains. In our daily lives, we know that even a mental feeling of anger, for example, also affects the body (we grimace our face, our heart-rate rises, etc). Similarly, mental displeasure, such as being rebuked or having failed a task is reflected in drooping shoulders and dropping the head in dismay and defeat,⁶⁸ or more happily, mental feelings of zest and joy during dhyana affect the whole body.⁶⁹

As such, it is important to understand that it is not that some feelings are only experienced in the body while some are only in the mind. The true situation is *where the feeling arises from*, that is, which sense-door is the basis for the arising of the pleasant or the painful feeling. Such experiences understandably must involve both the body and the mind. In other words, it is *how* the mind responds to the feeling, whether wholesomely or unwholesomely in terms of mindfulness and wisdom.⁷⁰

4.3 THE 3 KINDS OF FEELING

4.3.1 In early Buddhist psychology, feeling refers to the affective (or hedonic) tone that arises in connection with sense-perception, that is, a pleasant feeling (*sukhā vedanā*), a painful feeling (*dukkhā vedanā*) and neutral feeling (*dukkham-asukhā vedanā*), which is the first classification of feeling in the **Vedanā Saṃyutta**.⁷¹ This is the most common way in which feelings are classified in the Sutta.⁷²

The simplicity of this classification facilitates the perception of impermanence where one notices not only that feelings quickly change, but also that pleasure is the absence of pain, that pain is the absence of pleasure. Neutral feeling is noticed when both pleasurable and painful feelings are present (they do not occur at the same time, but are juxtaposed or occur in close succession). The three kinds of feelings are examined in the **Indriya,bhāvanā Sutta** (M 152), but there instead of *adukkham-asukha*

⁶⁵ S 36.6/4:207-210 (SD 5.5).

⁶⁶ S 22.1/3:1-5 (SD 5.4).

⁶⁷ See **Sammā Diṭṭhi S** (M 9,54/1:53,11), SD 11.14. For def of feeling, see (**Paṭicca,samuppāda**) **Vibhaṅga S** (S 12.2.11/2:3 f) n, SD 5.15.

⁶⁸ D 3:53,26 = M 1:132,34 = 234,4 = 258,31 = 2:154,27 = 3:298,23 ≠ A 3:57,13; M 1:132,30, 234,2 = 258,29 = 2:154,25 = 3:187,18 = 208,22 = M 3:298,21 = S 1:124,12 = A 1:186,29 ≠ A 3:57,11 ≠ D 3:53,22; V 3:162,4 = 2:78,24 ≈ D 3:57,13 = A 5:188,18.

⁶⁹ D 2,75-81/1:73-75, 22,21/2:313 f, M 27,19-22/1:181 f, 141,31/3:252.

⁷⁰ See Analayo 2011:161.

⁷¹ (**Vedanā**) **Samādhi S** (S 36.1/4:204), SD 61.4.

⁷² See **Mahā Satipaṭṭhāna S** (D 22,11/2:298), SD 13.2 = **Satipaṭṭhāna S** (M 10,32/1:59), SD 13.3; also D 3:275; S 2:53, 82, 4:207; A 3:400. See also SD 13.1 (5B).

(neither pleasant nor painful, ie neutral), the term *manāpāmanāpa* (both agreeable and disagreeable) is used.⁷³

4.3.2 A remarkable example of the Buddha’s tolerance and skillful means is found in **the Pañcak’āṅga Sutta** (S 36.19).⁷⁴ When the monk Udāyī teaches the carpenter Pañcak’āṅga that there are three kinds of feelings—the pleasant, the painful, and the neutral—Pañcak’āṅga refuses to accept that there is such a thing as neutral feeling. When the Buddha is told about this, he generously replies that both Udāyī and Pañcak’āṅga are right: he has himself taught the various classifications of feeling (two kind, three kinds, and so on) [4.1]. The Buddha goes on to say that *it is not wise to delve into differences*.⁷⁵

When the Dharma has been taught by me in a such a way through various methods, it might be that there will be those who will not concur, not allow, not approve of what is well said and well spoken by others, so that strife will arise, quarrels will arise, disputes will occur, so that they dwell stabbing each other with verbal daggers.

But when the Dharma has been taught by me in such a way through various methods, it might be that there will be those who will concur, will allow, will approve of what is well said and well spoken by others, so that they will live in concord, in mutual appreciation, without disputing, mixing like milk and water, looking at each other with kindly eyes.⁷⁶

(S 36.19,10/4:225), SD 30.1 = **Bahu Vedaniya Sutta** (M 59,5/1:398), SD 30.4

4.4 THE 5 KINDS OF FEELING

4.4.1 The 5 kinds of feelings, according to the suttas, such as **the (Indriya) Vibhaṅga Sutta** (S 48.35), are as follows:

the physical pleasure faculty	(<i>sukh’indriya</i>),	
the physical pain faculty	(<i>dukkh’indriya</i>),	
the joy faculty	(<i>somanass’indriya</i>),	
the displeasure faculty	(<i>domanass’indriya</i>), and	
the equanimity faculty	(<i>upekkh’indriya</i>).	(S 48.35/5:208 f): see 4.4.1 below.

4.4.2 According to **the Abhidhamma**, all feelings may, according to their nature, be classified into these 5 kinds, which they termed thus:⁷⁷

bodily pleasant feeling	<i>sukha</i>	=	<i>kāyikā sukhā vedanā</i> ;
bodily painful feeling	<i>dukkha</i>	=	<i>kāyikā dukkhā vedanā</i> ;

⁷³ See n at M 152.4/3:299 (SD 17.13).

⁷⁴ Also found as **Bahu,vedaniya S** (M 59/1:396-400), SD 30.4.

⁷⁵ *Evam pariyāya,desito kho ānanda mayā dhammo, evam pariyāya desite kho ānanda mayā dhamme ye aññam-aññassa subhāsitaṃ sulapitaṃ na samanumaññissanti na samanujānissanti na samanumodissanti; tesam etam pāṭikañkhaṃ bhaṇḍana,jātā kalaha,jātā vivādāpannā aññam-aññam mukha,sattīhi vitudentā viharissanā ti. | Evam pariyāya,desito kho ānanda mayā dhammo, evam pariyāya desite kho ānanda mayā dhamme ye aññam-aññassa subhāsitaṃ sulapitaṃ samanumaññissanti samanujānissanti, samanumodissanti, tesam etam pāṭikañkhaṃ, samaggā sammodamānā avivadamānā khīrodakī bhūtā aññam-aññam piya,cakkhūhī sampassantā viharissantī ti.*

⁷⁶ On this last simile, “mixing like milk and water,...,” see **Dhamma,cetiya S** (M 89.11/2:120 f), SD 8.1.6.

⁷⁷ Vbh 72; Dhs 133. See 1.1 above for the Abhidhamma explanation for there being only one kind of neutral feeling.

mentally pleasant feeling	<i>somanassa</i>	=	<i>cetasikā sukhā vedanā;</i>
mentally unpleasant feeling	<i>domanassa</i>	=	<i>cetasikā dukkhā vedanā;</i>
neutral feeling	<i>upekkhā</i>	=	<i>adukkham-asukhā vedanā.</i>

4.4.3 The details of these 5 kinds of feelings are given the suttas of **the Sukh'indriya Vagga** of the Saṃyutta Nikāya.⁷⁸ More specifically, **the (Indriya) Vibhaṅga Sutta 1** (S 48.35) defines these 5 kinds of feelings, thus:

SD 17.3(4.4)

(Indriya) Vibhaṅga Sutta 1

Paṭhama (Indriya) Vibhaṅga Sutta The First Discourse on the Analysis (of the Faculties)

S 48.35/5:208 f = SD 56.21a

Theme: The 5 feeling faculties

2 Bhikshus, there are these 5 faculties. What are the five?

The pleasure faculty.

The pain faculty.

The joy faculty.

The displeasure faculty.

The equanimity faculty.

3 (1) And what, bhikshus, is **the pleasure faculty**?

Whatever bodily pleasure there is, bhikshus, whatever **bodily comfort**, the pleasant comfortable feeling born of body-contact—

This, bhikshus, is called the pleasure faculty.

4 (2) And what, bhikshus, is **the pain faculty**?

Whatever bodily pain there is, bhikshus, whatever **bodily discomfort**, the painful uncomfortable feeling born of body-contact—

This, bhikshus, is called the pain faculty.

5 (3) And what, bhikshus, is **the joy faculty**?

Whatever mental pleasure there is, bhikshus, whatever **mental comfort**, the pleasant comfortable feeling born of mind-contact—

This, bhikshus, is called the joy faculty.

6 (4) And what, bhikshus, is **the displeasure faculty**?

Whatever mental displeasure there is, bhikshus, whatever **mental discomfort**, the painful uncomfortable feeling born of mind-contact—

This, bhikshus, is called the displeasure faculty.

7 (5) And what, bhikshus, is **the equanimity faculty**?

Whatever feeling there is, bhikshus, whether bodily or mental, that is **neither comfortable nor uncomfortable**—

This, bhikshus, is called the equanimity faculty.

8 These, bhikshus, are the 5 faculties.

— evaṃ —

⁷⁸ **Sukh'indriya Vagga** (S 48.31-40/5:207-216).

The Commentary explains that, in the expression, “**bodily discomfort**” (*kāyika sāta*), “bodily” means “based on bodily sensitivity” (*kāya-p,pasāda,vatthuka*); “comfort” is merely a synonym for pleasure: it means “sweet” (*madhura*). (SA 3:241)

4.4.4 According to the Abhidhamma, all bodily feelings, that is, feelings arising through bodily sensitivity (*kāya-p,pasāda*), are either pleasant or painful, and there is no neutral feeling based on bodily sensitivity.⁷⁹ As such, the Sutta Commentary explains “bodily equanimity” as arising based on the other 4 senses (the eye, ear, nose and tongue) (SA 3:241). Here, *upekkhā* is translated as **equanimity**, and has two main denotations:

- (1) affective (relating to feeling), which denotes neutral feeling (*adukkham-asukha*);
- (2) cognitive (as a mental quality), which denotes mental neutrality or impartiality (*tatra,majjhataṭṭā*).

The Abhidhamma calls (2) ***tatra,majjhataṭṭā***, and classes it as part of the formations aggregate (*sañ-khāra-k.khandha*). This is the equanimity (*upekkhā*) that is the fourth divine abode (impartiality towards all beings), the 7th awakening factor (mental equipoise) and as a mental quality mentioned in the 3rd and 4th dhyanas.⁸⁰

4.5 THE 6 KINDS OF FEELING

The 6 kinds of feelings are those arising through the six senses, that is, born of eye-contact, born of ear-contact, born of nose-contact, born of tongue-contact, born of body-contact, born of mind-contact. They are listed in **the Saḷ-āyatana Vibhaṅga Sutta** (M 137.7).⁸¹

4.5.1 The (Anicca) Vedanā Sutta (S 25.5). This is a short, simple but very important text in the Okkanta Saṃyutta, where the reflection on impermanence is prescribed as a sure way of descending (*okkanti*) into the stream to awakening. Due to its importance, the Sutta is given in full here.⁸²

SD 17.3(4.5.1)

(Anicca) Vedanā Sutta

The (Impermanent) Feeling Discourse | S 25.5/3:226

S 3.4.1.5 = Saṃyutta Nikāya 3, Khandha Vagga 4, Okkant(ik)a Saṃy 1, Cakkhu Vg 5

- 1 At Sāvatti.
- 2 There the Blessed One said:

Feelings are impermanent

- | | |
|--|---|
| <ol style="list-style-type: none"> 3 “Bhikshus, <u>feeling born of eye-contact</u> <u>Feeling born of ear-contact</u> <u>Feeling born of nose-contact</u> <u>Feeling born of tongue-contact</u> | <p>is impermanent, changing, becoming otherwise.</p> |
|--|---|

⁷⁹ See S:B 1934 n212.

⁸⁰ For a discussion on the 10 kinds of *upekkhā*, see Vism 4.156-170/160-162.

⁸¹ M 137,7/3:216 (SD 29.5).

⁸² The first sutta in this important chapter is **(Anicca) Cakkhu S** (S 25.1), SD 16.7.

Feeling born of body-contact
Feeling born of mind-contact

is impermanent, changing, becoming otherwise.
 is impermanent, changing, becoming otherwise.

The faith-follower

4 ⁸³Bhikkhus, one who has faith thus, who firmly believes these truths [is convinced of these truths], is called a **faith-follower**.

4.2 ⁸⁴He has gone beyond the plane of the worldlings.⁸⁵ He is descending⁸⁶ into the plane of true individuals,⁸⁷ descending into the certainty of rightness [the fixed course to rightness].⁸⁸

4.3 He is incapable of doing any intentional deed by which he might be reborn in hell, or in the animal birth, or in the preta realm.

4.4 He is incapable of dying without having attained the fruit of streamwinning.⁸⁹

The truth-follower

5 Bhikkhus, one who accepts these truths after pondering over them with some wisdom thus,⁹⁰ is called a **truth-follower**.

5.2 He has gone beyond the plane of the worldlings. He is descending into the plane of true individuals; descending into the certainty of rightness [the fixed course to rightness].

5.3 He is incapable of doing any intentional deed by which he might be reborn in hell, or in the animal birth, or in the ghost realm.

5.4 He is incapable of dying without having attained the fruit of streamwinning.

The streamwinner

6 One who knows and sees these truths thus is called a **streamwinner**, no longer bound for the lower world,⁹¹ sure of going over to self-awakening.⁹² — evaṃ —

⁸³ *Yo bhikkhave ime dhamme evaṃ saddahati adhimuccati, ayaṃ vuccati saddhā'nusārī okkanto sammatta, niyāmaṃ sappurisa, bhūmiṃ okkanto vītivatto puthujjana, bhūmiṃ.* The operative verbs here are *saddahati* ("he has faith (in)") and *adhimuccati* ("he resolves, adheres to, is sure of"). I have rendered *adhimuccati* here as "(he) firmly believes..." On the streamwinner's faith, see **Entering the stream**, SD 3.3(5).

⁸⁴ *Okkanto sammatta, niyāmaṃ sappurisa, bhūmiṃ okkanto vīti, vatto puthujjana, bhūmiṃ.* On the meaning of this sentence [1.6.1]; on the translation of this key passage [1.6.4].

⁸⁵ "Worldlings," *puthujjana*, ie, "born of the crowd"; more fully called *assutavā puthujjanā*, "untutored worldling," one unskilled (*akovidā*), having only a little theoretical knowledge of the Dharma, undisciplined (*avinīta*), and lacking practical training in the Dharma. He is not a "seer of the noble ones" (*ariya, dassavī*), has no regard for the Buddha and the noble disciples (the saints), because he lacks the wisdom-eye that discerns the truth they have seen. "Noble ones" (*ariya*) and "true individuals" (*sappurisa*) are often synonymous. See also MA 1:20-25; SA 2:98-101, 2:251 f; AA 1:61-63; Nc 75-78; Pm 2:445-449; DhsA 348-354.

⁸⁶ *Okkanto* (mf; past part of *okkamati*): see (1.6.1.3).

⁸⁷ "True individuals," *sappurisa*, also "superior person," "virtuous person," "ideal person"; often syn with "noble disciple," *ariya, sāvaka*, but here clearly includes those, although not yet on the path, but is assured of it, viz, the faith-follower and the truth-follower. The qualities of the *sappurisa* are given in **Sappurisa S** (M 113/3:37-45), SD 29.6; see also **D 33**, 2.2(6)/3:252, **34**.1.8(7)/3:283; **M 110**, 14-24/3:23 f; **A 7.64**/4:113, **8.38**/4:144.

⁸⁸ *Sammatta, niyāmaṃ.* See (1.5). On the translation of this key passage [1.6.4]

⁸⁹ *Abhabbo taṃ kammaṃ kātuṃ yaṃ kammaṃ katvā nirayaṃ vā tiracchāna, yoniṃ vā petti, visayaṃ vā uppajjeyya. Abhabbo ca tāva kālaṃ kātuṃ yāva na sotāpatti, phalaṃ sacchikaroti.* This is the Sutta's key statement and clearly refers to what, after the Buddha's time, is referred to as a "lesser streamwinner" (*cūḷa, sotāpanna, culla, sotāpanna, cullaka, sotāpanna*). See **Entering the stream**, SD 3.3(6).

⁹⁰ *Yassa kho bhikkhave ime dhammā evaṃ paññāya mattaso nijjhānaṃ khamanti.*

4.5.2 The Cūla Vedalla Sutta (M 44). There is another set of six kinds of feeling, that is, according to *whether they are physical or mental*. A pleasant feeling, painful feeling or neutral feeling can be physical (*kāyika*) (arising through the five physical senses) or can be mental (*cetasika*) (arising through the mind), making six types of feelings in all.⁹³ The Abhidhamma classification, as noted above [1.1], has only five types of feeling, taking neutral feeling as being mental only, that is, one is only aware that a feeling is present (or not).

The 6 kinds of feeling are defined by the nun Dhamma,dinnā in **the Cūla Vedalla Sutta** (M 44). After defining the 6 kinds of feeling in the manner mentioned above, instructive catechism follows:

“Now, ayya,⁹⁴
 regarding pleasant feeling, what is pleasant, what is painful,?
 regarding painful feeling, what is painful, what is pleasant,?
 regarding neutral feeling, what is pleasant, what is painful,?”
 “Avuso Visākha,
pleasant feeling is *pleasant* when it persists, *painful* when it changes;
painful feeling is *painful* when it persists, *pleasant* when it changes;
neutral feeling is *pleasant* when there is knowledge of it, *painful* when there is no knowledge of it.”
 (M 44,24/1:303), SD 40a.9

4.6 THE 18 KINDS OF FEELING

4.6.1 The 18 kinds of feeling are the following 18 examinations:

6 examinations accompanied by joy.	<i>somanass’upavicāra</i>
6 examinations accompanied by displeasure,	<i>domanass’upavicāra</i>
6 examinations accompanied by equanimity.	<i>upekkh’upavicāra</i>

Each type becomes sixfold by arising in relation to the 6 sense-objects. **The Saḷ-āyatana Vibhaṅga Sutta** (M 137) describes the 18 kinds of feelings as “mental examination” (*upavicāra*), thus:

⁹¹ *Avinīpāta*, alt tr “not fated for birth in a suffering state”; opp of *vinīpāta*, “the world of ruin/suffering,” another name for the 4 woeful courses (*duggati*) or the 4 lower worlds (*apāya*), esp as *niraya*, *tiracchāna*, *pettivisaya*, *asura-kāyā* (KhA 189,12 = DA 2:496,11 (on D 2:55,27) = SA 2:97,5 (on S 2:92,16); Vism 13.92 f). Sometimes 5 courses (*pañca,gati*) (D 33,2.1(4)/3:234; A 9.68/4:459) are mentioned: the hells (*niraya*), the animal birth (*tiracchāna,yoni*), the ghost realm (*petti- or pittī,visaya*), the human world (*manussa*) and the heavenly world (*deva*). Of these, the first three are woeful, with the asura-demons (*asura,kāya*) as the fourth woeful course. The remaining two are “happy courses” (*sugati*). For a discussion, see A:ÑB 1999:14-19. See **Pañca,gati S** (A 9.68/4:459), SD 2.20. See also a late work, **Pañca,gati,dīpana**, ed L Feer (JPTS 1884:152 ff); tr Feer, *Annales du Musée Guimet* 5, 1883:514-528: sv Naraka,kaṇḍa, Tiracchāna~, Peta~, Manussa~, Deva~.

⁹² *Yo bhikkhave ime dhamme evaṃ jānāti evaṃ passati ayaṃ vuccati sotāpanno avinīpāta,dhammo niyato sambodhi,parāyano ti*. “This statement makes it clear how the stream-enterer [streamwinner] differs from those on the way to stream-entry. The faith-follower accepts the teachings on trust (with a limited degree of understanding), the Dhamma-follower through investigation; but the stream-enterer has *known and seen* the teachings directly. I read Se: *evaṃ jānāti evaṃ passati*.” (S:B 1099 n270)

⁹³ **Cūla Vedalla S** (M 44.23/1:302), SD 40a.9; **Sall’atthana S** (S 36.6/4:208), SD 5.5. See below, for other classifications of feelings.

⁹⁴ Anglicization of *ayyā* or *ayye* (“venerable lady”) is the feminine equivalent of *bhante* (“venerable sir”). In the Buddha’s time, both forms were common ways of addressing any seniors. Only in later times, they were specifically used for monastics.

On seeing a form with the eye, one examines (*upavicarati*) a form productive of joy, one examines a form productive of displeasure, one examines a form productive of equanimity.

On hearing a sound with the ear, one examines a sound productive of joy, one examines a sound productive of displeasure, one examines a sound productive of equanimity.

On smelling a smell with the nose, one examines a smell productive of joy, one examines a smell productive of displeasure, one examines a smell productive of equanimity.

On tasting a taste with the tongue, one examines a taste productive of joy, one examines a taste productive of displeasure, one examines a taste productive of equanimity.

On touching a touch with the body, one examines a touch productive of joy, one examines a touch productive of displeasure, one examines a touch productive of equanimity.

On cognizing a mind-object with the mind, one examines a mind-object productive of joy, one examines a mind-object productive of displeasure, one examines a mind-object productive of equanimity. (M 137,8/3:216 f), SD 29.5

4.6.2 The Majjhima Commentary says that “**mental examination**” (*manôpavicāra*) is a common term for initial application (*vitakka*) and sustained application (*vicāra*). One examines or investigates (*upavicarati*) the object by the occurrence of sustained application, and initial application is associated with sustained application (MA 5:22). **The Tittth’āyatana Sutta** (A 3.61) defines the third satipatthana—the contemplation of the mind (*cittānupassanā*)—as being these 18 mental examinations or investigations.⁹⁵

4.7 THE 36 KINDS OF FEELING

4.7.1 The 36 kinds of feelings are explained in detail in **the Saḷ-āyatana Vibhaṅga Sutta** (M 137). They are of 2 broad categories: those of the household life and those of renunciation; and they relate to the 3 kinds of feeling: pleasant, painful and neutral. Each in turn becomes sixfold in terms of the 6 sense-objects.⁹⁶

4.7.2 The Kiṭṭāgiri Sutta (M 70) summarizes into 6 categories, the detailed teaching given in the Saḷ-āyatana Vibhaṅga Sutta. The Kiṭṭāgiri Sutta speaks of 2 kinds of feelings (without their technical terms): those of the householder (that conduce to unwholesome states), and those of the renunciant (that conduce to wholesome states), thus:⁹⁷

JOY OF THE HOUSEHOLD LIFE. Here, when one feels a certain pleasant feeling, unwholesome states grow in him, and wholesome states lessen.

JOY OF THE RENUNCIANT’S LIFE. But here when one feels a certain pleasant feeling, unwholesome states lessen in him, and wholesome states grow.

PAIN OF THE HOUSEHOLD LIFE. Here, when one feels a certain painful feeling, unwholesome states grow in him, and wholesome states lessen.

PAIN OF THE RENUNCIANT’S LIFE. But here when one feels a certain painful feeling, unwholesome states lessen in him, and wholesome states grow.

EQUANIMITY OF THE HOUSEHOLD LIFE. Here, when one feels a certain neutral feeling, unwholesome states grow in him, and wholesome states lessen.

EQUANIMITY OF THE RENUNCIANT’S LIFE. But here when one feels a certain neutral feeling, unwholesome states lessen in him, and wholesome states grow. (M 70,7/1:475), SD 11.1

⁹⁵ A 3.61.8/1:176 (SD 6.8).

⁹⁶ M 137,9-15/3:217-219 (SD 29.5).

⁹⁷ M 70,6-7/1:475 (SD 11.1). See Boisvert 1995:74-76 for the Sutta passage with Comy.

4.7.3 The Commentary to the Sa|āyatana Vibhaṅga Sutta (M 137) explains that the expression “of the household life” (*geha,sita*) means “connected with the cords of sense-pleasure,” while “of renunciation” (*nekkhamma,sita*) means “connected with insight.” This latter joy arises when we have set up insight and is watching the break-up of formations with the flow of sharp and bright insight knowledge focused on formations. (MA 5:22)

The same Commentary adds that the householder’s equanimity (*gehasitā upekkhā*)⁹⁸ is the equanimity of unknowing [ignorance] that arises in one who has not broken the barriers created by defilements or the future karmic fruits. It “does not go beyond form” (*rūpaṃ sā ativattati*) because it is stuck, glued to the object like flies to a ball of sugar. On the other hand, the renunciant’s equanimity (*nekkhamma,-sitā upekkhā*)⁹⁹ is the equanimity of insight knowledge. It does not lust after desirable objects that fall within the range of the senses, nor does it feel ill will toward undesirable objects. (MA 5:24)

4.8 THE 108 KINDS OF FEELING

4.8.1 The listing of 36 feelings over the past, the future and the present is not only comprehensive, but more importantly, it points to the eternal truth that these feelings arise and pass away. They exist in time and space, both of which entail change and flux. Feeling is a feature of this constant universal change. According to **the Aṭṭha,sata Sutta** (S 36.22), the 108 kinds of feeling are these very same 36 feelings in the past, in the future, and in the present. **The Bahu,vedaniya Sutta** (the Discourse on the Many Kinds of Feelings. M 59), **the Pañcak’āṅga Sutta** (S 36.19), and **the Bhikkhū Sutta** (S 36.20), and their commentaries, also mention the 108 kinds of feelings.¹⁰⁰

4.8.2 In fact, Dhammapāla says, feeling (*vedanā*) is sixfold, by way of the 6 types of contacts, that is, feeling born of eye-contact, of ear-contact, of nose-contact, of tongue-contact, of body-contact, and of mind-contact. They form a total of 108 kinds, thus:

preoccupation (<i>upavicāra</i>)	support (<i>nissita</i>)	time (<i>kāla</i>)
desirable	<u>6 internal sense-faculties</u> eye, ear, nose, tongue, body, mind	past
undesirable	<u>6 external sense-objects</u> form, sound, smell, taste, touch, mind-objects	present
neutral		future
3 × 12		36 × 3 = 108 feelings

Table 4.7 The 108 feelings (DAaṬ:VRI 1:463)

The 6 internal sense-faculties, of course, refer to our own feelings towards these faculties during the 3 period of time: past, present and future. It can also refer to the feelings that arise from contemplating on our own faculties.

⁹⁸ Technically, this should tr as “the equanimity of the householder.”

⁹⁹ Technically, this should tr as “the equanimity of the renunciant.”

¹⁰⁰ M 59,5/1:399; S 36.19/4:224 f (SD 30.1); S 36.20/4:229; S 36.22/4:231 f; MA 3:114; SA 3:82-84.

The 6 external sense-objects refer to the feelings that arise stimulated by some external objects. In the case of the mind, it refers to feeling arising when it revels in some memory or perception of some mental object.

4.9 CARNAL FEELINGS AND SPIRITUAL FEELINGS

4.9.1 A number of texts mention another classification of feeling, namely, that of the sensual or carnal (*s'āmisa*) and the non-sensual or spiritual (*nirāmisa*). The well known satipatthana passage on the contemplation of feelings (*vedanā'nupassanā*) of **the Satipaṭṭhāna Suttas** (D 22; M 10) mentions them:

And how, bhikshus, does a monk dwell observing feelings in the feelings?

Here, bhikshus, a monk,

- (1) feeling a pleasant feeling,¹⁰¹ understands, "I feel a pleasant feeling";
feeling a painful feeling,¹⁰² understands, "I feel a painful feeling";
feeling a neutral feeling, understands, "I feel a neutral feeling";¹⁰³
- (2) feeling a pleasant sensual [carnal] feeling, he understands, "I feel a pleasant sensual feeling."
feeling a pleasant non-sensual [spiritual] feeling, he understands, "I feel a pleasant non-sensual feeling";
- (3) feeling a painful sensual feeling, he understands, "I feel a painful sensual feeling";
feeling a painful non-sensual feeling, he understands, "I feel a painful non-sensual feeling";
- (4) feeling a neutral sensual feeling, he understands, "I feel a neutral sensual feeling";
feeling a neutral non-sensual feeling, he understands, "I feel a neutral non-sensual feeling."

(D 22,11/2:298 = M 10,32/1:59 @ SD 13.2-3)

4.9.2 In the phrase "**pleasant sensual [carnal] feeling**" (*s'āmisaṃ sukhaṃ vedanaṃ*). "sensual" (*s'āmisa* = *sa-āmisa*), literally means "with flesh," thus connoting some sense of the carnal, that is, it is connected to the pleasures of the 5 senses (*kāma,guṇa*) (S 4:235, 236). In the phrase "pleasant non-sensual [spiritual] feeling" (*nirāmisaṃ sukhaṃ vedanaṃ*), *nirāmisa* means "non-sensual, non-carnal, spiritual," which, according to the Commentary, refers to the six joyful feelings connected with the sense-doors, but not dependent on sense-desire (MA 1:279).

4.9.3 In the **Saḷ-āyatana Vibhaṅga Sutta** (M 137), "sensual" (*s'āmisa*) refers to the household life and "non-sensual" (*nirāmisa*) to the renounced life. Elsewhere, as in **the Suddhika Nirāmisa Sutta** (S 36.-29), non-sensual zest (*nirāmisa pīṭi*), non-sensual happiness (*nirāmisa sukha*) and non-sensual equanimity (*nirāmisā upekkhā*) are experienced in the dhyanas.¹⁰⁴ **Sujato's** comments are helpful here:

¹⁰¹ *Sukhaṃ vedanaṃ*, either bodily or mental.

¹⁰² *Dukkhaṃ vedanaṃ*, either bodily or mental.

¹⁰³ *Adukkham-asukhaṃ vedanaṃ*, which is mental only: one is only aware that a feeling is present. Comy says that it is not easy to be mindful of neutral feeling, and that it should be best approached by way of inference, by noting the absence of both pleasant and unpleasant feelings. Comy illustrates with the example of a hunter seeing tracks before and after a rock, thereby inferring the track of an animal (MA 1:277). **Dhamma,saṅgaṇī** says that only the sense of touch is accompanied by pain or pleasure, while feelings arising at the other 4 sense-doors are invariably neutral (Dhs 139-145; Abhds 2). The suttas however speak of pleasant and unpleasant sights, sounds, smells, and tastes, that in turn condition the arising of corresponding feelings of pleasure or displeasure (S 4:115, 119, 125, 126). "This *Abhidhammic* presentation offers an intriguing perspective on observing feeling, since it invites an inquiry into the degree to which an experience of delight or displeasure in regard to sight, sound, smell or taste is simply the outcome of one's own mental evaluation" (Anālayo, *Satipaṭṭhāna*, 2003:171).

¹⁰⁴ S 36.29.8-15/4:236). See D 2:298; M 1:59; S 4:235, 236 (x2); A 1:81, 3:412l Pm 2:233. See also Sue Hamilton 1996a:43 f.

In addition to the usual threefold analysis of feelings, the satipatthana material introduces the distinction between “carnal” and “spiritual” feelings. This distinction is not explained in the context of satipatthana as such; the detailed discussion is in **the Vedanā-saṃyutta**.¹⁰⁵ Since “carnal” and “spiritual” are unusual terms in this context, it seems likely that the Vedanā-saṃyutta passage was specifically intended to explain the Satipaṭṭhāna Sutta material.

This impression is reinforced by another unusual feature, the inclusion of “rapture” [*pīti*, “zest”] as a kind of feeling. Rapture is not mentioned in the feeling section of the Satipaṭṭhāna Sutta, but it does fall under feelings in ānāpānasati. Again, this is an unusual if not unique usage, and suggests that the Vedanā-saṃyutta passage was intended to synthesize and explain the feelings sections in both satipatthana and ānāpānasati.

The explanations that concern us here are as follows. Carnal feelings are those connected with the senses. Spiritual rapture is in the first two jhanas, spiritual pleasant feeling is in the first three jhanas, while spiritual neutral feeling is in the fourth jhana. Spiritual painful feeling is described as depression arising as one longs for the peaceful liberations one has not yet realized — a feeling I’m sure many are familiar with! (Sujato 2004b:149; emphases added)¹⁰⁶

5 Feeling as suffering

5.1 THE 3 KINDS OF SUFFERING

5.1.1 It is a universal fact that feeling is impermanent, and what is impermanent is *dukkha* (unsatisfactory, suffering).¹⁰⁷ **The Dukkha Sutta** (S 38.14) categorizes suffering into 3 kinds:

- (1) affective suffering (due to physical and mental pain) (*dukkha, dukkhatā*, literally, “the suffering of suffering” or pain as psychosomatic suffering),
- (2) temporal suffering or “suffering due to change” (that is, due to the ending of a pleasant feeling”) (*vipariṇāma, dukkhatā*), and
- (3) existential suffering or “suffering due to formations,” in the inherent inadequacy in conditioned existence (*saṅkhāra, dukkhatā*). (S 38.14/4:259; also S 45.165/5:56; D 3:216)

Here, (1) refers to bodily pain and mental pain (or displeasure); (2) is pleasant feeling, which brings about suffering when it ends, and (3) is all conditioned phenomena of the three worlds (of existence) because they are oppressed by the rise and fall of events.

5.1.2 The Dhamma,cakka Pavattana Sutta (S 56.11), in defining the 1st noble truth, gives some details, as follows:

Now this, bhikshus, is **the noble truth that is suffering**:

birth is suffering,
 decay¹⁰⁸ is suffering,
 disease is suffering,¹⁰⁹
 death is suffering;

¹⁰⁵ S 36.31/SĀ 483

¹⁰⁶ On the further implications of Sujato’s remarks here, see **The Satipaṭṭhāna Suttas**, SD 13.1(5B.1).

¹⁰⁷ Eg **Anatta Lakkhaṇa S** (S 22.59.13/3:68), SD 1.2. For a contemporary discussion on pain, see Susan Blackmore 2003:236-241.

¹⁰⁸ *Jarā*, old age, aging.

¹⁰⁹ Only in the Vinaya & Saṃyutta versions; not mentioned in Comys.

Compendium of Feeling

(*Vedanā,saṅgaha*)

Analysis of Feeling

Tattha vedanā,saṅgahē tāva tividhā vedanā: sukhā dukkhā, adukkham-asukhā cā ti. Sukham dukkham somanassam domanassam upekkhā ti va bhedenā pana pañcadhā hoti.

In the compendium of feeling there are first three kinds of feeling, namely, pleasant, painful, and that which is neither painful nor pleasant. Again, feeling is analyzed as fivefold: pleasure, pain, joy, displeasure, and equanimity.

Guide

Analysis of feeling. As we have seen, feeling (*vedanā*) is a universal mental factor, the cetasika [mental factor] with the function of experiencing the “flavour” of the object. Since some sort of feeling accompanies every citta [mind-moment], feeling serves as an important variable in terms of which consciousness can be classified. In this section the author’s main concern is to classify the totality of cittas by way of their concomitant feeling.

The 3 kinds of feeling. Feeling may be analyzed as either threefold or fivefold. When it is analyzed simply in terms of its affective quality, it is threefold: pleasant, painful, and neither-painful-nor-pleasant. In this threefold classification, pleasant feeling includes both bodily pleasure and mental pleasure or joy, and painful feeling includes both bodily pain and mental pain or displeasure.

Feeling is analyzed as fivefold. When feeling is analyzed by way of the governing faculty (*indriya*), it becomes fivefold. These five types of feelings are called faculties because they exercise lordship or control (*indra*) over their associated states with respect to the affective mode of experiencing the object.

When the fivefold analysis of feeling is considered, the pleasant feeling of the threefold scheme becomes divided into pleasure and joy, the former bodily and the latter mental; the painful feeling of the threefold scheme becomes divided into pain and displeasure, again the former bodily and the latter mental; and neither-painful-nor-pleasant feeling becomes identified with equanimity or neutral feeling.

In the Suttas the Buddha sometimes also speaks of feeling as twofold, pleasure (*sukha*) and pain (*dukkha*). This is a loose or metaphorical method of analysis, arrived at by merging the blameless neutral feeling in pleasure and the blameworthy neutral feeling in pain. The Buddha further declares that whatever is felt is included in suffering (*yaṃ kiñci vedayitam taṃ dukkhasmim*, S 36.11/4:216). In this statement the word *dukkha* does not bear the narrow meaning of painful feeling, but the broader meaning of the suffering inherent of all conditioned things by reason of their impermanence.

Pleasure (*sukha*) has the characteristic of experiencing a desirable tangible object, the function of intensifying associated states, manifestation as bodily enjoyment, and its proximate cause is the bodily faculty.

Pain (*dukkha*) has the characteristic of experiencing an undesirable tangible object, the function of withering associated states, manifestation as bodily affliction, and its proximate cause is also the bodily faculty.

Joy (*somanassa*) has the characteristic of experiencing a desirable object, the function of partaking of the desirable aspect of the object, manifestation as mental enjoyment, and its proximate cause is tranquillity.¹¹⁰

Displeasure (*domanassa*) has the characteristic of experiencing an undesirable object, the function of partaking of the undesirable aspect of the object, manifestation as mental affliction, and its proximate cause is the heart-base.¹¹¹

Equanimity (*upekkhā*) has the characteristic of being felt as neutral, the function of neither intensifying nor withering associated states, manifestation as peacefulness; its proximate cause is consciousness without zest.¹¹²

Source: *A Comprehensive Manual of Abhidhamma* (Abhs:BRS), ed Bodhi et al, 2nd ed 1999:115 f.

¹¹⁰ Tranquillity (*passaddhi*), it seems, is the proximate cause only for the joyful feeling that arises in meditation.

¹¹¹ Pali comys tell us that the heart serves as the physical support for all cittas other than the two sets of fivefold sense-consciousness, which take their respective sensitivities as their bases. In the canonical Abhidhamma the heart-base is not expressly mentioned. The Paṭṭhāna, the book of the Abhidhamma Piṭaka, simply speaks of “that matter in dependence on which the mind element and mind-consciousness element occur” (1.4). Comys, however, subsequently specify “that matter” to be the heart-base, a cavity situated within the physical heart (Vism 8.111).

¹¹² These defs of the 5feelings are found at Vism 14.128.

grief, lamentation, physical pain, mental pain and despair are suffering;¹¹³
 to be with the unpleasant¹¹⁴ is suffering;
 to be without the pleasant¹¹⁵ is suffering;
 not to get what one desires is suffering,
 —in short, the 5 aggregates of clinging¹¹⁶ are suffering. (S 56.11/5:421 = SD 1.1)

In this list, the categories of suffering are as follows:

- (1) affective suffering: birth, decay, disease, death, grief etc;
- (2) temporal suffering: not to be with the pleasant, to be without the pleasant;
- (3) existential suffering: the 5 aggregates.

The 3 kinds of suffering are elaborated in **the Visuddhi,magga** (Vism 16.34 f/499).

5.2 TWO WAYS OF SEEING FEELINGS

Ñāṇābhivamsa, in his New Subcommentary (Abhinava,ṭīkā) to the Dīgha,¹¹⁷ gives **two methods of interpretation** as regards suffering and feeling. According to the 1st method of interpretation, the term “impermanent” (*anicca*) refers to equanimous feeling (*upekkhā,vedanā*) or to all feelings, by way of existential suffering (*saṅkhāra,dukkha*); the term “suffering” (*dukkha*) refers to painful feelings, by way of affective change (*dukkha,dukkha*); and the term “subject to change” (*vipariṇāma,dhamma*) refers to pleasant feelings, by way of temporal change (*vipariṇāma,dukkha*).

The 2nd method applies all three terms to all 3 types of feeling (pleasant, painful and equanimous). Of this, **Bodhi** notes:

This interpretation gives a clear example of the intricate interconnections of the diverse categorical schemes underlying the Buddha’s teaching, and the exactness in the Master’s selection of words to bring home the significance of his discourse. (Bodhi 1978:153 n2)

5.3 PAIN AND SUFFERING

5.3.1 At this point, it is useful to remind ourselves of the teaching of the two kinds of pains, bodily pain and mental pain, famously declared by the Buddha to Nakula,pitā in **the Nakula,pitā Sutta** (S 22.1), in this reflection: “**My body may be sick but my mind will not be sick.**” The meaning of this brief statement is then detailed by Sāriputta in the rest of the Sutta in terms of not owning any of the 5 aggregates.¹¹⁸

5.3.2 On a simpler level, this meditation mantra means that there are 2 kinds of pains: the bodily and the mental. Since our body is physical, it is naturally subject to stresses and strains of daily living, and to decay in the long run, as the Buddha often declares.

This body is form made up of the four elements [3.3], born from mother and father, built up on rice and porridge, subject to impermanence, rubbing, pressing, breaking up, and crumbling.

¹¹³ Found in most MSS but not in Be and Ce.

¹¹⁴ “The unpleasant,” *appiya*, also tr “what one loves not.”

¹¹⁵ “The loved,” *piya*, also tr “what one loves.”

¹¹⁶ *Pañc’upadāna-k,khandha*, namely, form, feeling, perception, formations and consciousness (S 3:47 Vbh 1). What is briefly mentioned here is elaborated in the second discourse, **Anatta,lakkhaṇa S** (S 22.59), SD 1.2.

¹¹⁷ DAṬ:Be (CSCD) 1:408 f. See also DAṬ:CSCD 1:196 f & *The All-embracing Net of Views*, tr Bodhi, 1978:153 n2.

¹¹⁸ S 22.1/3:1-5 (SD 5.4).

And this consciousness of mine is supported here and bound up here.

(D 2; M 23, 109; S 35.105; A 9.15, 55.21; J 12)¹¹⁹

5.3.3 Through wrong or unskillful perception (*saññā*),¹²⁰ we define or measure such feelings (*vedanā*) in terms of past feelings. Based on a memory of a painful past experience, we see our present similar one as being painful, too; based on a memory of a pleasant past experience, we see the present one as being pleasant, too. In other words, we are reacting to our experiences in terms of stereotypes that we have ourselves defined from past experiences. In this way, we do not really experience the present; we are living in the past! We are simply reprising old memories and acting out familiar roles: we are caught in the rut of predictable behaviour.

On a deeper level, we have prevented ourselves from understanding that when physical pain arises in our body, we could, by not identifying with the pain (such as relating it to past experiences), simply regard it as a present but passing experience. Indeed, all experiences are passing events, if we really see them for what they are. Pain is a physical or bodily experience, liking and disliking are our past memories trying to manipulate us. Suffering is when we fail to see this. In short, pain is natural, suffering is optional.

5.4 THE DAṬṬHABBA SUTTA (S 36.5)

The Daṭṭhabba Sutta summarizes our discussion thus far to serve as a reflection:

SD 17.3(5)

Daṭṭhabba Sutta

The Discourse on What Should be Seen

Theme: Dealing with feelings

S 36.5/4:207

Traditional: S 4.2.1.5 = Saṃyutta Nikāya 4, Saḷāyatana Vagga 2, Vedanā Saṃyutta 1, Sagāthā Vagga 5

3 Bhikshus, there are these 3 feelings. What are the three?

Pleasant feeling.

Painful feeling.

Neither pleasant nor painful [Neutral] feeling.

A pleasant feeling, bhikshus, should be seen as painful.¹²¹

A painful feeling should be seen as a dart.

A neutral feeling should be seen as impermanent.

4 Bhikshus, insofar as a monk has seen a pleasant feeling as painful,

a painful feeling as a dart, and

a neutral feeling as impermanent,

he is called a monk who sees rightly, who has cut off craving, who by fully breaking through conceit, destroying it, has made an end of suffering.¹²²

One who has seen the pleasant as painful;

Who has seen the painful as a dart;

¹¹⁹ See SD 29.6a (3.4).

¹²⁰ See *Saññā*, SD 17.4.

¹²¹ On account of change (*viparināmana, vasena*). (SA 3:76)

¹²² *Ayaṃ vuccati bhikkhave bhikkhu sammaddaso acchejji taṇhaṃ vivattayi saṃyojanaṃ sammamānābhisamayā antam akāsi dukkhassā ti.*

The neither painful nor pleasant, as peaceful,¹²³
 Who sees it as impermanent:
 He is a monk who rightly sees,
 Who thoroughly knows feeling.
 He has fully understood feeling.
 He is without cankers in this very life.
 Standing in the Dharma, when the body breaks up,
 The master of knowledge cannot be reckoned.

— evaṃ —

6 Feeling and feeling-content

6.1 THE NATURE OF FEELING

6.1.1 Sue Hamilton, in *Identity and Experience*, makes an important note on the nature of feeling:

There are many different descriptions of the types of *vedanā*. By far the most commonly referred to are the three types covered by the term *tisso vedanā*: agreeable, disagreeable and neutral.¹²⁴ It is this analysis which stands in the *Vedanā Saṃyutta* [S 4:204]. It is also stated that *vedanā* which is agreeable, disagreeable and neutral is experienced (*vedayitam*) either bodily or mental [*kāyikaṃ va cetasikaṃ vā*], making six types in all.¹²⁵ And in the *Satipaṭṭhāna Sutta* it states that agreeable, disagreeable and neutral feelings can be experienced with regard to material (*sāmisā*) or non-material (*nirāmisā*) things [M 1:59].

These last two sentences have been interpreted as meaning that feelings have both a physical and a mental aspect.¹²⁶ In my view, however, it seems more likely that the first refers to the fact that feelings have a tactile origin are experienced bodily (*kāya* is the object corresponding to the sense of touch) and feelings that have a non-tactile origin are experienced mentally: so, for example, the agreeable feelings we experience as a result of hearing or seeing something nice are not in this sense “bodily” feelings. (1996a:43 f)

6.1.2 It is stated in **the Mahā Satipaṭṭhāna Sutta** (D 22) that physical pain arises through bodily contact (*kāya,samphassa,ja*) and that displeasure (mental pain) arises through mental contact (*mano,samphassa,ja*).¹²⁷ The key word to note here is “contact” (*samphassa*, or simply *phassa*), which refers to the impingement of the sense-object on its sense-faculty. The question here is not whether there are two kinds of feeling (bodily or mental), but that all feelings arise from contact: *phassa,paccayā vedanā*.¹²⁸

¹²³ *Adukkham-asukhaṃ santam*, where *santam* is glossed by Comy as *santa,sabhāvam*, “a state of peace” (SA 3:76). PED gives 2 forms of *santa*: (1) “calmed, tranquil, peaceful, pure,” as pp of *sammati* (√SAM; Dh 436 = *upasama*) (V 1:4; D 1:12; S 1:5; A 2:18; Sn 746), or (2) “tired, wearied, exhausted, fatigued” pp of *sammati* (√SRAM, Vedic *śramyati*; Dh 220 = *parissama*, 437 = *kheda*) (Dh 60; J 1:498; Pv 2.9.36); and possibly (3) “working, satisfactory,” pp of *sammati* (√SAM, to labour; present *śamyati*; pp Vedic *śamita* (V 2:119, 278). None of these senses is reflected in the comy gloss.

¹²⁴ Eg D 3:275; S 2:53, 82, 4:204, 207, etc; A 3:400.

¹²⁵ M 1:302; S 4:208; cf Vbh 72; Dhs 133.

¹²⁶ This is suggested by NR Reat 1987:23.

¹²⁷ D 22.18/2:306 @ SD 13.2.

¹²⁸ (**Kāya**) **Na Tumha S** (S 12.37/2:64), SD 5.14; (**Paṭicca,samuppāda**) **Vibhaṅga S** (S 12.2/2:2), SD 5. 15.

6.2 PAIN CAN BE UNLEARNED

6.2.1 In this connection, in the **Nakula, pitā Sutta** (S 22.1), we find the Buddha admonishing the aging Nakula, pitā to train himself (by constantly reflecting) thus: “My body may be sick, but my mind will not be sick” (*ātura, kāyassa me sato, cittam anāturaṃ bhavissati*).¹²⁹ In other words, there are body-based feelings and mind-based feelings: the body-based feelings arise from the impingement of a physical sense-object on any of the physical sense-faculties: in short, this is physical sense-stimuli.

This is the area of pain that medical science is familiar with, and can be divided into two kinds: acute and chronic. Acute pain is caused by a specific disease or injury, serves a useful biologic purpose, is associated with skeletal muscle spasm and sympathetic nervous system activation, and is self-limited. Chronic pain, in contrast, may be considered a disease state. It is pain that outlasts the normal time of healing, if associated with an injury or disease. Chronic pain may arise from psychological states, serves no biologic purpose, and has no recognizable end-point.

6.2.2 Chronic pain is technically called “nociceptive pain,” and troubles us painfully over a long period. Chronic pain is mostly biological, and are of two kinds—the visceral and the neuropathic. So altogether we have the following 3 kinds of pain:¹³⁰

- | | |
|-------------------|---|
| Nociceptive pain | Nociceptors are the nerves that sense and respond to those areas of the body where pain, infection or trauma (damage) occur, such as cuts, sprains, fractures, burns, bumps, bruises, inflammation (eg due to infection or arthritis), obstruction, and myofascial (muscular) pain. This kind of pain, also called “somatic pain” (or acute bodily pain), because it involves the destruction of bodily tissue that is time-limited or episodic. |
| Visceral pain | This is a sub-type of nociceptive pain involving the internal organs. Visceral pain is usually diffuse and difficult to locate. It may be accompanied by nausea and vomiting, and may be described as sickening, squeezing, throbbing, deep or dull. |
| Neuropathic pains | Pain resulting from an injury or malfunction in the peripheral or central nervous system. It is often triggered by an injury, but there may be no damage to the nervous system (eg, the nerves could just be infiltrated or compressed by tumours, strangulated by scar tissue, or inflamed by infection). This kind of pain is normally chronic. Such pain does not really reflect an injury, but simply that the alarm system itself is not working well. |

6.2.3 Pain, on the other hand, could also arise from any of the 6 sense-faculties, like one hears some bad news and has a heart attack, or one thinks of a loved one and weeps as a result: these are mind-based feelings. As such, pain is not just a feeling: *it is an experience*, one that is not only mind-based, but also psychologically, culturally and environmentally determined. It might be said to be a “learned pain,” sometimes called *psychogenic* (mind-generated) pain. Thus, the reflection, “my mind will not be sick” means that one trains oneself not to be led by unwholesome sense-objects, but to wisely consider them to be impermanent and not to “own” them.¹³¹ One can *unlearn* this kind of pain.

¹²⁹ S 22.1/3:1 @ SD 5.4.

¹³⁰ See eg <http://calder.med.miami.edu/pointis/typepain.html>;
http://www.medicinenet.com/pain_management/page2.htm.

¹³¹ In **Nakula, pitā S** (S 22.1), Sāriputta explains to Nakula, pitā how to “disown” the 5 aggregates (S 22.1,6-25/3:2-5), SD 5.4.

6.3 ALL FEELINGS ARE FELT MENTALLY

6.3.1 The next key point to note is that *all feelings are experienced in the mind: the sense-faculty and the sense-object are not sufficient conditions for feeling to arise*, as clearly stated by Mahā Kaccāna in **the Madhu, piṇḍika Sutta** (M 18):¹³²

Friends, dependent on the eye and forms, eye-consciousness arises. The meeting of the three is contact.¹³³

With contact as condition, there is feeling. What one feels, one perceives. What one perceives, one thinks about.¹³⁴

What one thinks about, one mentally proliferates.¹³⁵ What a person mentally proliferates is the source through which perceptions and notions due to mental proliferation¹³⁶ impacts one regarding past, future and present forms cognizable through the eye.

Friends, dependent on the ear and sounds, ear-consciousness arises

Friends, dependent on the nose and smells, nose-consciousness arises

Friends, dependent on the tongue and tastes, tongue-consciousness arises

Friends, dependent on the body and touches, body-consciousness arises

Friends, dependent on the mind¹³⁷ and mind-objects, mind-consciousness¹³⁸ arises. The meeting of the three is contact. With contact as condition, there is feeling.

(M 18,16/1:111 f), SD 6.14

This important passage clearly shows that all feelings are mentally experienced. The difference amongst the feelings—whether they are bodily or mental—depends on *where* they arise: a bodily feeling arises in the body (that is, the eye, ear, nose, tongue or body), and a mental feeling arises in the mind. Hence, there is no need, as Sue Hamilton attempts, to show “that feeling that have a tactile origin are experienced bodily ... and feelings that have a non-tactile origin are experienced mentally” (1996a:44). All feelings are experienced mentally: if there is no attention (sense-consciousness), there is no feeling.

6.3.2 This explanation is further supported by the very first two verses of **the Dhammapada**:

*Mano, pubb’āṅgamā dhammā mano, seṭṭhā mano, mayā
Manasā ce paduṭṭhena bhāsati vā karoti vā
Tato naṃ dukkham anveti cakkam’va vahato padaṃ*

Phenomena are preceded by the mind [consciousness],
for them the mind is supreme, they are mind-made,

¹³² Similar passages are found in **Pariññā S** (S 35.60/4:32 f), SD 6.17, and **Mahā Hatthi, padōpama S** (M 28,27-38/1:190 f) SD 6.16.

¹³³ *Tiṇṇaṃ saṅgati phasso.*

¹³⁴ “One thinks about,” *vitakketi*. On how desire arises from thinking, see **Sakka, pañha S** (D 21,2.2/2:277).

¹³⁵ This verse up to here is also found in **(Samuday’atthaṅgama) Loka S** (S 12.44/2:71-73), SD 7.5, and **(Sabb’upā-dāna) Pariññā S** (S 35.60/4:32 f), SD 6.17, in a different context.

¹³⁶ *Papañca, saññā, saṅkhā*, see SD 6.14 (3).

¹³⁷ “The mind,” *mana*. Here Comy glosses as *bhavaṅga, citta* (MA 2:79), the life-continuum, sometimes called the subconscious (DEB qv).

¹³⁸ “Mind-consciousness,” *mano, viññāṇa*. Here Comy glosses as “advertence” (*āvajjana*) and impulsion (*javana*) (MA 2:77).

If one speaks or acts with a defiled mind,
Suffering follows one like the wheel the ox's hoof. (Dh 1)

*Mano, pubb'āṅgamā dhammā mano, seṭṭhā mano, mayā
Manasā ce pasannena bhāsati vā karoti vā
Tato naṃ sukham anveti chāyā'va anāpayinī*

Phenomena are preceded by the mind [consciousness],
for them the mind is supreme, they are mind-made,
If one speaks or acts with a clear [undefiled] mind,
Happiness follows one like an undeparting shadow. (Dh 2)

6.3.3 The term “phenomena” (*dhammā*) here refers to whatever we experience through our senses. The Dhammapada Commentary defines *dhammā* as the non-material aggregates: feeling (*vedanā*), perception (*saññā*), and formations (*saṅkhāra*) (DhA 1:22). Form (*rūpa*) is not mentioned because we do not experience “form” in itself: we only have a bare awareness of them (*viññāṇa*, consciousness), then we form images or percepts of them (*saññā*, perception), and then volitionally act on these perceptions (*saṅkhāra*, formations). In this sense, it is all in the mind: all phenomena are mind-made.

6.4 NOT EVERYTHING WE FEEL IS DUE TO PAST KARMA

6.4.1 One of the important modern debates on Buddhism is whether dependent arising occurs over three lives (past, present and future). Both side of the divide are famously represented: we have well known proponents (like Bodhi¹³⁹ and Brahmavamso¹⁴⁰) as well as prominent opponents (like Ñāṇavīra¹⁴¹ and Buddhadasa¹⁴²). My own stand is that *the three-life dependent arising is true*, that is, if we are to accept both karma and rebirth.

6.4.2 An examination of **the Tittth'āyatana Sutta** (A 3.61)¹⁴³ will help us understand the problem better. As Brahmavamso has noted, some interpret this Sutta as stating that *vedanā* is not caused by karma-formations (*saṅkhāra*) done in a past life. Therefore, the link called *saṅkhāra* in dependent arising (which does cause *vedanā*) cannot mean karma-formations of a previous life. Brahmavamso goes on to show that this is a misreading of the Sutta.¹⁴⁴ The Sutta opens with the Buddha pointing out three common wrong views in his days:

Monks, there are three sectarian doctrines¹⁴⁵ which when fully examined, investigated, discussed by the wise, even if taken in any other way,¹⁴⁶ will remain **a doctrine of non-action** (*akiriya, vāda*).¹⁴⁷ What are the three?

¹³⁹ “A critical examination of Ñāṇavīra Thera’s ‘A note on paṭiccasamuppāda,’” *Buddhist Studies Review*, 1998.

¹⁴⁰ See eg Brahmavamso 2003:66-69.

¹⁴¹ See **Channovāda S** (M 144), SD 11.12.

¹⁴² Buddhadasa, *Paṭiccasamuppāda: Dependent origination*, 1986:49; *Patīccasamuppāda: Practical dependent origination*, 1992:77. He also argues that the three-life model of dependent arising was introduced by Buddhaghosa, who still had brahminical inclinations: 1992:78-104.

¹⁴³ A 3.61/1:173-177 (SD 6.8).

¹⁴⁴ Brahmavamso 2003:66-69.

¹⁴⁵ “Sectarian doctrines,” *tittth'āyatanāni*. M 1:483,21,23; A 1:173, 175; Nc 154; Vbh 145, 367; AA 2:272; DhA 2:63.

¹⁴⁶ “Even if taken in any other way,” *param pi gantvā*. I have taken the Pali as it is *pace* Comy which glosses it as *yaṅ kiñci paramparaṅ gantvā pi*, “even if adopted because of tradition” (A:ÑB 61).

¹⁴⁷ **Sāmañña,phala S** ascribes the doctrine of non-action to Pūraṇa Kassapa (D 2.17/1:52 f). “Although on first encounter the view seems to rest on materialistic premises..., there is canonical evidence that Pūraṇa Kassapa sub-

(a) There are, monks, some recluses and brahmins who teach and hold this view: “Whatever a person experiences, whether pleasurable, painful or neutral, all that is caused by past action [done in past lives] (*pubbe kata,hetu*).”¹⁴⁸

(b) There are, monks, others who teach and hold this view: “Whatever a person experiences ... all that is caused by God’s creation (*issara,nimmāna,hetu*).”¹⁴⁹

(c) There are, monks, others who teach and hold this view: “Whatever a person experiences ... all that is uncaused and unconditioned (*ahetu appaccaya*).”¹⁵⁰ (A 3.61,1/1:173, SD 6.9)

6.4.3 Philosophical terms

6.4.3.1 In modern philosophical terms, the three wrong views are respectively called

- | | | |
|-----------------|--|----------------------------|
| (a) determinism | (everything is due to past action), ¹⁵¹ | <i>niyati,vāda</i> |
| (b) theism | (everything is due to God), ¹⁵² and | <i>issara,nimmāna,vāda</i> |
| (c) fatalism | (no causality). ¹⁵³ | <i>ahetu,vāda</i> |

They all fall under the category of “the doctrine of non-action” (*akiriya,vāda*).

6.4.3.2 The first view—that everything that one feels now is due to what one did in the past—is pertinent to our present discussion. This view is discussed in detail in **the Devadaha Sutta** (M 101), where it is said to be a view of the Jains.¹⁵⁴ They held that all suffering one experiences in this life is due to bad karma from a previous life. The Devadaha Sutta disproves this wrong view.

According to the Buddha, some of what one feels are caused by present karma-formations, some by past karma-formations earlier in this life, and some by karma-formations being performed right now. What the Buddha is denying is that *all* happiness, suffering, and neutral feelings are caused by karma from a previous life.

6.4.3.3 It should be noted here that the Buddha is referring to the type of feeling, not than to feeling itself. It is true that whichever of the 3 feelings that we experience—happiness or suffering or neutral—is not always due to past karma, even karma from a past life. However, the fact that we experience any feeling at all—that feeling exists—is due to both past karma and present conditions.

Suppose we have a television set. The fact that we have one is due to our having bought it on some time before. Its presence, as it were, is due to past karma (the result of our past action). However, which of the three channels that appears on the screen—Channel Happiness or Channel Suffering or Channel Neutral—is not due to what we did on some previous day (other than simply turning the TV on and selecting the channel). The content is not at all due to past-life karma.

scribed to a fatalistic doctrine. Thus his moral antinomianism probably follows from the view that all action is predestined in ways that abrogate the ascription of moral responsibility to its agent.” (M:ÑB 1264 n629). See A L Basham, *History and Doctrine of the Ajivikas*, 1951:84.

¹⁴⁸ This determinist view is ascribed by the Buddhists to the Jains; but cf **Sāmañña,phala S** (D 2,28-30/1:57 & nn), where Nigaṇṭha Naṭaputta is ascribed a different set of teachings. For rebuttal, see **Devadaha S** (M 101).

¹⁴⁹ This theist view is common among the brahmins.

¹⁵⁰ This fatalist view (that denies causality) was taught by Makkhali Gosāla, a contemporary of the Buddha who held that all things are fated (D 2,20/1:53, M 30,2/1:198, 36,5/1:238, 36,48/1:250, 60,21/1:407, 76,53/1:524, 77,6/2:2 ff). This doctrine, together with the doctrine of non-action (or inaction) belongs to the “wrong views with a fixed destiny” (*niyata micchā,ditṭhi*), ie, a wrong view leading to a bad rebirth (Tkp 168).

¹⁵¹ See **Titth’āyatana S** (A 3.61,4), SD 6.8.

¹⁵² SD 1.8 (5).

¹⁵³ See **Titth’āyatana S** (A 3.61,2), SD 6.8.

¹⁵⁴ M 101/2:101-228 (SD 18.4).

Similarly, the Buddha teaches that the existence of feeling in this life is due to past karma-formations. But the particular kind of feeling—happiness or suffering or neutral—is not always due to past-life karma. It depends on present conditions, especially *how* we view them when they occur or after they have occurred.

Hence, it helps to see the distinction between feeling and **feeling-contents** (happiness, suffering or neutral). This means that feeling is not necessarily caused by past-life karma-formations. Neither does it disprove the traditional teaching of dependent arising as spanning 3 lives.

Indeed, **the Tithh'āyatana Sutta** (A 3.61) introduces dependent arising from the very physical composition of our being: the 4 elements, thus:

“Dependent on the 6 elements (earth, air, fire, water, wind and consciousness), there is the descent into the womb; when there is descent, there is name-and-form; with name-and-form as condition, there are the 6 sense-bases; with the 6 sense-bases as condition, there is contact; with contact as condition, there is **feeling**.” (A 3.61,9/1:176), SD 6.8.¹⁵⁵

Thus, the Buddha clearly shows that feeling (*vedanā*) arises due to the descent of the being-to-be-born (*gandhabba*) into the womb. We have feelings on account of our being born, which is a present condition.

6.4.3.4 We can, then, go on to compare this with the definition of *nāma,rūpa* in **the Mahā,nidāna Sutta** (D 15):

“It is said: **‘With consciousness as condition, there is name-and-form.’**

Ānanda, how consciousness conditions name-and-form should be known in this manner:

If there were no consciousness to descend into a mother’s womb, would name-and-form take shape in the womb?”¹⁵⁶

“Certainly not, bhante.”

(D 15,21/2:62 f), SD 5.17

Viññāṇa,paccayā nāma,rūpan¹⁵⁷ ti iti kho pan’etaṃ vuttam.

Tad Ānanda iminā p’etaṃ pariyāyena veditabbarṃ, yathā viññāṇa.paccayā nāma,rūpaṃ.

Viññāṇaṃ va hi Ānanda mātu kucchismiṃ na okkamissattha, api nu kho nāma,rūpaṃ māṭu kucchismiṃ samucchissathā ti

No h’etaṃ bhante.

We can conclude that this passage clearly shows that the descent of the being-to-be-born of the Tithh'āyatana Sutta is the same as the descent of rebirth-linking consciousness into the womb of the Mahā,nidāna Sutta.

¹⁵⁵ Cf Brahmavamso 2003:67 f.

¹⁵⁶ Cf **Tithh'āyatana S** (A 3.61) where the Buddha declares: “Based on the 6 elements, there is descent into the womb; | (On account of) such a descent, there is name-and-form; | With name-and-form as condition, there is contact; | With contact as condition, there is feeling. | Now, it is for one who feels that I make known [the 4 noble truths]” (A 3.61,9/1:176), SD 6.7. This clearly shows that feeling arises with the descent of the gandharva (rebirth consciousness) into the womb. However, this is not a common interpretation of *viññāṇa-nāma,rūpa* dyad, where “*viññāṇa* in this context became the consciousness that descends into the mother’s womb at conception, while *nāma,rūpa* became the body complex that takes shape and, after developing sense-organs (*saḷāyatana*), experiences contact (*phassa*) and so on.” (Bucknell 1999:339). More commonly, *viññāṇa* is “the consummation of the 6 types of consciousness associated with the sense organs, which makes the version read like an account of the psychological process of sensory perception.” (Bucknell 1999:327): see **Madhu,piṇḍika S** (M 18,16-18/1:111-113), SD 6.14. See discussion on *nāma,rūpa* in (**Paṭicca,samuppāda**) **Vibhaṅga S** (S 12.2.11/2:3 f) n, SD 5.15.

¹⁵⁷ Here and next line, Brahmavamso’s article reads *nāma,rūpa,paccayā viññāṇaṃ*. It has been corrected.

6.4.3.5 Thus, **the Titt'hāyatana Sutta** [6.4.3.3] says that feeling arises with consciousness first arises in this life, whose cause can only be found in a previous life. As such, the Titt'hāyatana Sutta (A 3.61) is sometimes wrongly quoted as teaching that dependent arising does not span more than one life. But when the Sutta is fully and carefully read, it actually proves otherwise. The situation that feeling exists at all is due to ignorance and karma-formations from the previous life, and dependent arising, as taught by the Buddha, does indeed span more than a single life.¹⁵⁸

7 Arhats are in full control of their feelings

7.1 AVIJJĀ PAHĀNA SUTTA

7.1.1 The suttas are full of references to the fact that saints, including arhats, experience feelings and are not bereft of them like some zombie-like automata. In **the Avijjā Pahāna Sutta 2** (S 35.80), a monk asks the Buddha a very interesting question on spiritual development and the Buddha's answer shows how the saints know and see things "as other" (*aññato*), that is, as "non-self":

"But, bhante, how should a monk know, how should he see, for ignorance to be abandoned by him, and for true knowledge to arise?"

"Here, bhikshu, the monk has learned [heard] that nothing is worth clinging to. And a monk has thus learned that nothing is worth clinging to, he directly knows all things. Having directly know all things, he fully understands¹⁵⁹ all things.

Having fully understood everything, he sees all signs as other."¹⁶⁰ (S 35.80/4:50), SD 16.9

7.1.2 The Buddha then goes on to say that the practitioner sees each of his sense-faculties as other; he sees the sense-objects as other; he sees the sense-consciousnesses as other, and "Whatever feeling—whether pleasant, or painful, or neutral—that arises with tongue-contact as condition, that, too, he sees as other ...when a monk knows and sees thus, ignorance is abandoned by him and true knowledge (*vijjā*) arises." (S 35.80).¹⁶¹

¹⁵⁸ See also Brahmavamso 2003:69.

¹⁵⁹ "He fully understands," *parijānāti*, meaning "he comprehends, knows fully for certain." This spiritual knowledge is called "**full understanding**" (*pariññā*), of which there are 3 kinds: (1) Full understanding of the known (*ñāta,pariññā*), ie, the discernment of the specific characteristics of a phenomena ("Form as the characteristic of being oppressed' feeling has the characteristic of being felt, etc"); (2) Full understanding by investigating (*tīraṇa,pariññā*), ie, insight wisdom (*vipassanā,paññā*) which as the 3 universal characteristics (impermanence, unsatisfactoriness, not-self) as its objects, and which arises when attributing a universal characteristic to a physical and mental state, eg "Form is impermanent; feeling is impermanent, etc"; (3) Full understanding as overcoming (or abandoning) (*pahāna,pariññā*), ie, the insight-wisdom that has the universal characteristics as its objects, and arises after one has overcome the idea of permanence, etc" (Nm 52; Vism 20.3/606 f). Comy says that "full understanding" here refers to *tīraṇa,pariññā* (AA 4:43). The contemplation of impermanence (*aniccānupassanā*), etc, are given in the final tetrad (*Dhammānupassanā*, contemplation of mind-objects) of the breath meditation of the **Ānāpāna,sati S** (M 118.21/3:83), SD 7.13.

¹⁶⁰ *Sabbaṃ dhammaṃ pariññāya sabba,nimittāni aññato passati; cakkhum aññato passati, rūpe aññato passati, cakkhu,viññānam aññato passati;...yam p'idaṃ mano samphassa,paccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkham asukhaṃ vā. Tam pi aññato passato.* Comy: "He sees all signs differently" (*sabba,nimittāni aññato passati*) means that he sees the signs of formations (*saṅkhāra,nimittāni*) differently from those who have not fully understood the worldly inclinations (*abhinivesā*). For such people see all signs as self, but one who has fully understood the worldly inclinations, sees them as not-self, not as a self. Thus is the characteristic of not-self discussed in this sutta. (SA 2:370).

¹⁶¹ S 35.80,6/4:50 & SD 16.9 (2).

7.2 SUKHUMĀLA SUTTA

7.2.1 The story of the Bodhisattva's seeing the four sights (or signs) is the hypostatization (the turning into concrete images) of his reflections on the three great evils of life, described in **the Sukhumāla Sutta** (A 3.38), thus:

(1) Bhikshus, amidst such splendour and wealth,¹⁶² and because of such an exceedingly delicate life, this thought arose in me:

“An ignorant ordinary person, though by nature would decay himself and unable to escape decay, would feel pained, ashamed, disgusted,¹⁶³ when seeing an old or aged person, being forgetful of himself [his own situation].

Now I, too, by nature, will age and cannot escape ageing. If, bhikshus, when seeing an old or aged person, I were to feel pained, ashamed, disgusted, that would not be proper for one like myself.”

When I reflected thus, bhikshus, all my **intoxication with youth** vanished.

(2) (Again I reflected:)

“An ignorant ordinary person, though by nature will suffer disease himself and unable to escape disease, would feel pained, ashamed, disgusted, when seeing an ill person, being forgetful of himself.

Now I, too, by nature, will suffer disease and cannot escape disease. If, bhikshus, when seeing an ill person, I were to feel pained, ashamed, disgusted, that would not be proper for one like myself.”

When I reflected thus, bhikshus, all my **intoxication with health** vanished.

(3) (Again I reflected:)

“An untutored ordinary person, though by nature will die himself and unable to escape dying, would feel pained, ashamed, disgusted, when seeing a dead person, being forgetful of himself.

Now I, too, by nature will die and cannot escape dying. If, bhikshus, when seeing a dead person, I were to feel pained, ashamed, disgusted, that would not be proper for one like myself.”

When I reflected thus, bhikshus, all my **intoxication with life** vanished. (A 3.38/1:145 f)¹⁶⁴

7.2.2 Understandably, an ordinary person would feel “pained, ashamed, disgusted” at the sight of **decay** (especially the human ageing process), **disease** and **death**. Here, however, the Bodhisattva (as reported by the Buddha later) feels that, “for one like myself,” he should *not* feel that way, that is, for 2 reasons:

- (1) if he were to remain in the home life, he should not be pained, ashamed, or disgusted at the 3 great bads or evils because they are a part and parcel of such a life;
- (2) if he were to seek the way out of these 3 evils, he should not be troubled by them either, but face them squarely.

In short, he should not be troubled by his feelings at all. **The Indriya, bhāvanā Sutta** (M 152), too, says that the saint on the path (*sekha pātipada*, that is, a saint who is not yet an arhat), feels “pained, ashamed, disgusted” at a sense-experience, whether they are agreeable, disagreeable or neutral.¹⁶⁵

¹⁶² “Splendour and wealth,” *iddhi*, or in a word “majesty.”

¹⁶³ “Would feel pained, ashamed, disgusted,” *aṭṭiyeyyaṃ harāyeyyaṃ jeguccheyyaṃ*. For fuller analyses of these terms, see **Kevaddha S** (D 11,5/1:213), SD 1.7 n sv.

¹⁶⁴ See SD 1.11 (3.2) & esp “Dependent arising,” SD 5.16.19d.

7.2.3 The Buddha responds in the same manner towards the “miracles” (pātihāriya) of psychic power and of mind-reading, as recorded in **the Kevaḍḍha Sutta** (D 11), that is, he feels “pained, ashamed, disgusted” regarding them. However, the context here is more specific: the Buddha is referring to the fact that it is not wise to place our faith in miracles; for they could be performed by others by their own means, and as such fails as a way of authenticating our claims. “Seeing this danger,” the Buddha thus feels “pained, ashamed, disgusted” towards them.

What is expressed here is not merely an oblique way of expressing an opinion, but that it reflects an *urgent feeling* towards situations that do not conduce to spiritual development. This is somewhat the reverse of samvega and of *pasāda* (bright faith), discussed elsewhere.¹⁶⁶

7.3 SALL’ATTHENA SUTTA

7.3.1 The best known passage attesting to the fact that feelings do arise in the arhat is clearly **the Sall’-atthena Sutta** (S 36.6), where the Buddha explains the difference between how the worldly person and how the arhat responds to feeling. The Sutta opens with the Buddha asking this question:

“Bhikshus, the untutored ordinary person feels pleasant feeling, painful feeling, neutral feeling.¹⁶⁷

But, bhikshus, the instructed noble disciple, too, feels pleasant feeling, painful feeling, neutral feeling.

Bhikshus, what then is the distinction, the disparity, the difference between the instructed noble disciple and the untutored ordinary person?” (S 36.6.3-5/4:207 f), SD 5.5

7.3.2 The untutored ordinary person, that is, the worldling, as a rule predictably *reacts* to the 3 kinds of feelings, thus:

Feeling	Reaction	Reinforces
Painful	He sorrows, grieves, laments, beats his breast, becomes	latent tendency of aversion
Pleasant	confused	latent tendency of lust
Neutral	He <u>delights</u> in sensual pleasure He does not understand [does not know] it	latent tendency of ignorance

Table 7.3a The worldling’s reaction to feelings

¹⁶⁵ M 152,10/3:300 f (SD 17.13).

¹⁶⁶ See **Mahā,parinibbāna S** (D 16), SD 9 (7f) & **Somanassa S** (It 2.1.10), SD 16.14 (3+4).

¹⁶⁷ Comy to Mahā Satipaṭṭhāna S says that it is not easy to be mindful of neutral feeling, and that it should be best approached by way of inference, by noting the absence of both pleasant and unpleasant feelings. Comy illustrates with the example of a hunter seeing tracks before and after a rock, thereby inferring the track of an animal (MA 1:277). **Dhamma,saṅgaṇī** says that only the sense of touch is accompanied by pain or pleasure, while feelings arising at the other four sense-doors are invariably neutral (Dhs 139-145; Abhds 2). The suttas however speak of pleasant and unpleasant sights, sounds, smells, and tastes, that in turn condition the arising of corresponding feelings of pleasure or displeasure (S 4:115, 119, 125, 126). “This *Abhidhammic* presentation offers an intriguing perspective on contemplation of feeling, since it invites an inquiry into the degree to which an experience of delight or displeasure in regard to sight, sound, smell or taste is simply the outcome of one’s own mental evaluation” (Anālayo, *Satipaṭṭhāna*, 2003:171). See §8e n.

As for the instructed noble disciple, that is, the arhat, he *responds* to the 3 kinds of feelings thus:

Feeling	Response	Benefit
Painful	He shows no aversion towards painful feelings.	He knows an escape other than through sensual pleasure.
Pleasant	He does not delight in sensual pleasure.	He understands, according to reality, the arising, the passing away, the gratification, the danger and the escape with regards to feelings. ¹⁶⁸
Neutral	He understands it according to reality.	Ignorance does not lie latent in him.

Table 7.3b The arhat's response to feelings

7.3.3 The Buddha concludes by saying that for the arhat, “If he feels a pleasant feeling, he does not feel that it is yoked to him. If he feels a painful feeling, he does not feel that it is yoked to him. If he feels a neutral feeling, he does not feel that it is yoked to him.” (S 36.6).¹⁶⁹ Feeling, as such, is not a sufficient condition for craving (*taṇhā*). Even in ordinary people, not all feelings produce craving.¹⁷⁰

7.4 INDRIYA, BHĀVANĀ SUTTA (M 152)

7.4.1 How “differently” the saints know and see things is comprehensively and clearly explained in **the Indriya, bhāvanā Sutta** (M 152), as summarized in this table:¹⁷¹

The practitioner	Feeling	Cultivation of the faculties
(1) <u>The supreme cultivation of the faculties in the noble one's discipline</u> (<i>ariyassa vinaye anuttarā indriya, bhāvanā</i>): a good worldling	When a monk (experiences a sense-object) with (the sense-organ), (in him) the agreeable arises, the disagreeable arises, both the agreeable-and-disagreeable [the neutral] arises.	He notes the sensation, and regards it as “conditioned, gross, and dependently arisen.” And he notes its <u>momentariness</u> or impermanence. (M 152.4-9)
(2) <u>The learner on the path</u> (<i>sekha pātipada</i>): the streamwinner, once-returner, or non-returner		“He is pained, ashamed, <u>revulsed</u> ” by the sensation (pleasant, unpleasant, or neutral). (M 152.10)
(3) <u>The noble one developed in the cultivation of the faculties</u> (<i>ariya bhāvita indriya, bhāvanā</i>): the adept or arhat		He is a master of the <u>5 perceptions</u> , applying them “as he wishes.” ¹⁷² (M 152,11-16)

Table 7.4a Summary of the Indriya, bhāvanā Sutta teaching.

¹⁶⁸ See **Sall'atthana S** (S 36.6,8.4/4:208) + n, SD 5.5.

¹⁶⁹ S 36.6,10f/4:209 f @ SD 5.5.

¹⁷⁰ On formations and latent tendencies, see SD 17.6(6.2).

¹⁷¹ M 152/3:298-301(SD 17.13).

¹⁷² Here the 5 perceptions are powers accomplished in the arhat. Elsewhere, the Buddha teaches them to his unawakened disciples as a way to overcome the three unwholesome roots (greed, hate and delusion), ie, in **Metta-sahagata S** (S 46.54.12-13/S 5:119), SD 10.11 (2) & at **Tikaṇḍaki S** (A 5.144.2/3:169), SD 2.12, where they are explained in some detail. In both cases, however, the sequence of the perceptions are 2, 1, 4, 3, 5. For further details, see **Paṭisambhidā, magga** (Pm 22.26/2:212 f) and **Vism** 12.36/381 f.

7.4.2 According to the Indriya,bhāvanā Sutta, **the good worldling** (*kalyāṇa puthujjana*), when experiencing a feeling, whether pleasant, painful, or neutral, sees it as being “conditioned, gross, and dependently arisen,” and is as such only momentary and impermanent. The saint-on-the-path “is pained, ashamed, revulsed” by the sensation whether they are pleasant, unpleasant, or neutral. **The arhat** is a master of the 5 perceptions, applying them “as he wishes.”¹⁷³

7.4.3 Let us examine the arhat’s 5 perceptions, summarized in **Table 7.3b**. This “training” of arhat is an interesting one. The Sutta says he may cultivate any of the five perceptions. He knows just what to do with regard to whatever state confronts him, whether it is attractive (“unrepulsive,” *appaṭikkūla*) or unattractive (“repulsive,” *paṭikkūla*). Two significant points should be noted here.

Firstly, the arhat’s actions are spontaneous, that is, not rooted in greed, hate or delusion, and he does not measure others (that is, he has no conceit, *māna*).¹⁷⁴ Secondly, feelings (pleasant, unpleasant, neutral; pain, tiredness, etc) do arise in the arhat, but he always knows them as they really are, and as such lets them come, lets them go, just as a mirror reflects an image but is in no way affected by it. Elsewhere, the Buddha teaches them to his unawakened disciples as a way to overcome the 3 unwholesome roots (greed, hate and delusion).¹⁷⁵

<i>If the arhat wishes thus: ‘May I dwell</i>	He perceives it	Method
(1) Perceiving <u>the repulsive</u> in the unrepulsive’ [ie, seeing <i>what is unattractive</i> in an attractive object , eg, a sensually attractive person]]	as repulsive	He sees it as <u>foul</u> or as <u>impermanent</u> .
(2) Perceiving <u>the unrepulsive</u> in the repulsive’ [ie, seeing <i>what is attractive</i> in an unattractive object , eg, a hostile person]	as unrepulsive	He shows it <u>loving-kindness</u> or sees it as <u>primary elements</u> .
(3) Perceiving <u>the repulsive</u> in the unrepulsive and in the repulsive,’ [ie, <i>letting go of both</i> the attractive and the unattractive signs]	as repulsive	He sees them as <u>foul</u> or as <u>impermanent</u> .
(4) Perceiving <u>the unrepulsive</u> in the repulsive and in the unrepulsive’ [ie, <i>regarding both</i> the unattractive and the attractive in the same way]	as unrepulsive	He shows them <u>loving-kindness</u> or see them as <u>primary elements</u> .
(5) <u>Rejecting both the unrepulsive and the repulsive</u> , he dwells in equanimity, mindful and clearly comprehending,’ [ie, <i>disregarding either sign</i> as attractive or as unattractive]	equanimously, mindful and clearly comprehending	He is neither glad nor sad, but is <u>equanimous</u> , mindful and clearly comprehending.

Table 7.4b. The 5 perceptions (Metta,sahagata Sutta, S 46.54.12c/5:119), SD 10.11.

¹⁷³ M 152/3:298-301 (SD 17.13).

¹⁷⁴ One sees the arhat’s natural goodness in that he does not even have the notions of “great vehicle” (*mahā-yāna*) or “low vehicle” (*hīna,yāna*), terms that clearly reflect complexes of superiority, inferiority and equality.

¹⁷⁵ In **Metta,sahagata S** (S 46.54.12-13/S 5:119), SD 10.11 (2) & **Tikaṇḍaki S** (A 5.144.2/3:169), SD 2.12, where they are explained in some detail. In both cases, however, the sequence of the perceptions is 2, 1, 4, 3, 5. For further details, see **Paṭisambhidā,magga** (Pm 22.26/2:212 f) and **Vism** 12.36/381 f.

7.5 MAHĀ,PARINIBBĀNA SUTTA

In the **Mahā,parinibbāna Sutta** (D 16), the Buddha, just before relinquishing the remainder of his natural life-span, makes this remark that clearly reflects that he has feelings for the beauty of nature:

¹⁷⁶Then, when it was morning, the Blessed One dressed and, taking bowl and robe, entered Vesālī for alms. Having walked in Vesālī for alms, he had his meal, after which he addressed the venerable Ānanda:

“Bring along a mat, Ānanda. We will go to the Cāpāla Shrine for the midday rest.”¹⁷⁷

“Yes, bhante,” the venerable Ānanda replied in assent to the Blessed One. Holding the mat, the venerable Ānanda followed the Blessed One as he walked.

Then the Blessed One, having arrived at the Cāpāla Shrine, sat down on the prepared seat. Then the venerable Ānanda, having saluted the Buddha, sat down at one side. When the venerable Ānanda was thus seated at one side, the Blessed One said this to him:

“Ānanda, delightful¹⁷⁸ is Vesālī, delightful is the Udena Shrine, delightful is the Gotamaka Shrine, delightful is the Satt’ambaka Shrine [of the Seven Women], delightful is the Bahu,puttaka Shrine [of Many Sons], delightful is the Cāpāla Shrine. (D 16,3.1-2/2:102), SD 9

7.6 PARIVĪMAṂSANA SUTTA

The **Parivīmaṁsana Sutta** (S 12.51) describes the liberation of the arhat who understands the true nature of feeling in these words:¹⁷⁹

14 When he neither creates nor forms¹⁸⁰ volitional formation, he does not cling to anything in the world. Not clinging to anything in the world, he is not agitated.¹⁸¹ Not agitated, he attains nirvana by himself.¹⁸² He understands,

“Destroyed is birth. The holy life has been lived. What needs to be done has been done. There is (for me) no more of arising in any state of being.”¹⁸³

15 If he feels a pleasant feeling, he understands, “It is impermanent”; he understands, “It is not hankered after”; he understands, “It is not delighted in.”¹⁸⁴

¹⁷⁶ This episode, which immediately precedes the Buddha’s relinquishment of the remainder of his lifespan at the Cāpāla shrine (D 16.3.1-10/2:102 f), is also found in **Cetiya S** (S 51.10/5:258-263)—SA 3:251-255 parallel DA 2:554-558—and **Āyu,sama S** (U 6.1/62-64), commented on at UA 322-330; also at Nett 60. See **Mahā,parinibbāna S** (D 16.3.1-2), SD 9 for nn.

¹⁷⁷ “For the midday rest,” *diva,vihārāya*. The term *diva,vihāra*, lit “day residence” has sometimes been tr as “siesta” (D:W 246),but the word suggests that it is a time for a nap. The Buddha often speaks against monastics sleeping in the day time (D 3:185*; cf V 1:295). There are many references to monks and nuns resting in meditation during such a midday rest (S 1:128 f, 130, 131 f).

¹⁷⁸ “Delightful,” *ramaṇīyā*, alt tr “beautiful, charming.” This shows that the Buddha appreciates natural beauty, here def as any quality that conduces to mental peace, stability and clarity uninfluenced by greed, hate or delusion.

¹⁷⁹ S 12.51.14-18/2:82 f @ SD 11.5.

¹⁸⁰ “When he neither creates nor forms,” *anabhisankharanto anabhisañcetaṅgato*. The word *abhisañcetaṅgati* means “he thinks out, plans.”

¹⁸¹ “He is not agitated,” *na paritassati*. See SD 11.5(§14) for nn.

¹⁸² “By himself,” *paccattaṃ*, ie, through his own effort, not through the power of another. (SA 2:78)

¹⁸³ This quote is the arhat’s reviewing knowledge (*paccavekkhaṇa,ñāṇa*), for which, see S:B I n376.

¹⁸⁴ Comy: After the arhat’s reviewing knowledge has been shown, this passage then shows his constant dwelling (*satata,vihāra*). (SA 2:78). From hereon to the end, the text recurs with a different simile (that of an oil-lamp) in

If he feels a painful feeling, he understands, “It is impermanent”; he understands, “It is not hankered after”; he understands, “It is not delighted in.”

If he feels a neutral feeling, he understands, “It is impermanent”; he understands, “It is not hankered after”; he understands, “It is not delighted in.”

16 If he feels a pleasant feeling, he feels it in a detached manner.¹⁸⁵ If he feels a painful feeling, he feels it a detached manner. If he feels a neutral feeling, he feels it a detached manner.

17 When he feels a feeling ending with the body, he understands, “I feel a feeling ending with the body.”¹⁸⁶

When he feels a feeling ending with life, he understands, “I feel a feeling ending with life.”¹⁸⁷ He understands, “With the breaking up of the body following the ending of life, all that is felt, not delighted in, will be cooled right here¹⁸⁸—only physical bodies¹⁸⁹ will remain.”

18 Bhikshus, just as a person would remove a hot clay pot from the potter’s kiln¹⁹⁰ and place it on level ground so that its heat would dissipate right there, leaving only earthen ware,¹⁹¹ even so, bhikshus,

when a monk feels a feeling ending with the body, he understands, “I feel a feeling ending with the body.”

When he feels a feeling ending with life, he understands, “I feel a feeling ending with life.”

He understands, “With the breaking up of the body following the ending of life, all that is felt, not delighted in, will be cooled right here—only physical bodies will remain.”

(S 12.51,14-18/2:82 f), SD 11.5

7.7 (SAṂYOJANA) KOṬṬHITA SUTTA

7.7.1 In the Koṭṭhita Sutta (S 35.232), Sāriputta explains to Mahā Koṭṭhita that the Buddha has all the sense-faculties—eye, ear, nose, tongue, body and mind—and he experiences all the sense-objects, ... yet there is no desire and lust in the Blessed One. The Blessed One is well liberated in mind.

Assaji S (S 22.88,22-25/3:126) = **Gelañña S 1** (S 36.7,9-12/4:213) = **Gelañña S 2** (S 36.8,7-12/4:213) = **Dīpa S** (S 54.8,30-31/5:319 f).

¹⁸⁵ “Detached,” *visaññuto*, alt tr “unyoked.”

¹⁸⁶ “A feeling ending with the body,” *kāya,pariyantikam vedanam*. Comy: This means delimited by the body. As long as the body with its five sense-doors continues, the feelings arising there continue. (SA 2:78).

¹⁸⁷ “A feeling ending with life,” *jivita,pariyantikam vedanam*. Comy: This means delimited by life. As long as life continues, the feelings arising at the mind-door continue. (SA 2:79).

¹⁸⁸ “Will be cooled right here,” *idh’eva...siti,bhavissati*. Comy: They will be cooled right here, without having gone elsewhere by way of rebirth, subject to no further occurrence, without the struggle and distress of their occurrence. (SA 2:80).

¹⁸⁹ “Physical bodies,” *sarirāni*, sg *sarira*. Comy glosses it as *dhātu,sarirāni*, “bodily elements,” ie, bones (*aṭṭhika,-kaṅkala*, SAPT).

¹⁹⁰ **The pot simile**. Comy: The potter’s fiery kiln represents the three realms of existence; the potter is the meditator; and his rod the knowledge of the path to arhathood. The level ground represents nirvana. The time when the potter removes the hot clay pot from the kiln and places it on the ground is like when the meditator, having attained the supreme fruit of arhathood, removes his individual form from the four realms of misery and places it on nirvana’s plain through the attainment of fruition. Just like a clay pot (is not baked at once or is broken at once), even so the arhat does not attain (final) nirvana on the same day as he attains arhathood. He lives on for 40 or 50 years striving to sustain the Buddha’s Dispensation. When he reaches his last thought-moment, with the break-up of the aggregates, he attains the nirvana-element without residue. Then, as with the potsherds, only inanimate bodily remains are left behind. (S 2:80 f). For the lamp parable, see **Parivimamsana S** (S 12.51/2:80-84), SD 11.5 (2).

¹⁹¹ “Earthenware,” *kapallāni*, also “pot, bowl, pan.” S:B (see also 766 n140) has “potsherds” which does not seem to fit here although Comy uses it in the sense of “potsherds” here (SA 2:80).

7.8.4 The (Sāriputta) Nibbāna Sutta (A 9.34) opens with Sāriputta exulting: “This nirvana, avuso, is happiness! This nirvana, avuso, is happiness!” (*sukham idam āvuso nibbānam, sukham idam āvuso nibbānam*). Udāyi then asks him how there can be happiness when there is no feeling. Sāriputta replies:

Indeed, avuso, it is just that: where nothing is felt, that is truly happiness!
etad eva khv-ettha āvuso sukham, yad ettha n’atthi vedayitam (A 9.34/4:414 f)

Sāriputta goes on to mention the various levels of happiness beginning with sense-pleasures, through the dhyanas, up to the cessation of feeling and perception, and one seeing the last is an arhat. In short, the happiness of the arhat is beyond any feeling that the worldling knows.¹⁹⁴

— — —

Bibliography

[For other titles, see SD 17.17, biblio.]

Anālayo

2003 *Satipaṭṭhāna: The direct path to realization*. Kandy: Buddhist Publication Society, 2003.

2011 “The development of insight—A study of the U Ba Khin Vipassanā Meditation Tradition as taught by S N Goenka in comparison with insight teachings in the early discourses.” *Fuyan Buddhist Studies* 6, 2011:151-174.

Blackmore, Susan

2003 *Consciousness: An Introduction*, London, Hodder & Stoughton, 2003 pb ISBN: 0340809094. New York, Oxford University Press, 2004. hb ISBN 0195153421 pb ISBN 019515343X

Bodhi, Bhikkhu

1978 *The Discourse on the All-embracing Net of Views: The Brahmajāla Sutta and its Commentarial Exegesis*. [D 1 tr from the Pali.] Kandy: Buddhist Publication Society, 1978.

Brahmavamso, Ajahn

2003b “Paṭicca-samuppāda: Dependent origination.” *Dhamma Journal* 4,2 July 2003:49-83.

Bucknell, Roderick S

1999 “Conditioned Arising Evolves: Variation and change in textual accounts of the Paṭicca-samuppāda doctrine.” *Journal of the International Association of Buddhist Studies* 22,2 1999:311-342.

de Silva, Lily

1984 “Self-identification and associated problems.” In *Buddhist Studies in Honour of Hammalava Saddhātissa*, ed Gatare Dhammapala, Richard Gombrich & KR Norman. Nugegoda: Hammalava Saddhātissa Felicitation Volume Committee, University of Sri Jayawardenapura, 1984:69-76. On the 5 aggregates.

1990 “Experience,” in *Encyclopaedia of Buddhism*, Sri Lanka, 1990, 5:189-191.

De Silva, Padmasiri

1995 “Theoretical perspectives on emotions in early Buddhism,” in *Emotions in Asian Thought: A dialogue in comparative philosophy*, ed Joel Marks & Roger T Ames, NY: State University of New York Press, 1995:109-120.

Dreyfus, Georges

1995 “Meditation as ethical activity.” *Journal of Buddhist Ethics* 2 1995:28-54.

Drummond, Michael S

2006 “Conceptualizing the efficacy of Vipassanā meditation as taught by SN Goenka.” *Buddhist Studies Review* 23,1 2006:113-130.

¹⁹⁴ Further on “feeling,” see **(Vedanā) Anicca S** (S 36.9), 57.25.

- Ekman, Paul; R D Davidson, M Ricard & B Alan Wallace
 2005 "Buddhist and psychological perspectives on emotions and well-being." *Current Directions in Psychological Science* 14,2 2005:59-63.
- Hamilton, Sue [Susan]
 1996a *Identity and Experience: The constitution of the human being according to early Buddhism*. London: Luzac Oriental, 1996. See esp pp1-41 (ch 1) & pp121-137 (ch 6).
 2003 *Early Buddhism: A new approach. The I of the Beholder*. Richmond, Surrey: Curzon, 2003.
- Karunadasa, Y
 2001 "The Abhidhamma version of the theory of perception." *The Middle Way* 75,4 Feb 2001: 211-220.
- Katz, Nathan
 1979 "Does the 'cessation of the world' entail the cessation of emotions? The psychology of the arahant." *Pali Buddhist Review* 4,3 1979:53-65.
- Ñāṇananda, Bhikkhu
 1971 *Concept and Reality in Early Buddhist Thought: An essay on 'Papañca' and 'Papañca-saññā,saṅkhā'*. Kandy: Buddhist Publication Society, 1971.
- Nyanaponika Thera
 1983 (Tr) *Contemplation of Feeling: The Discourse Group on the Feelings (Vedanā-Saṃyutta)*. With Introd. Wheel 303-304. Kandy: Buddhist Publication Society, 1983.
- Premasiri, P D
 1990 "Emotion," in *Encyclopaedia of Buddhism*, Sri Lanka, 1990, 5:57-64.
- Reat, N R
 1987 "Some fundamental concepts of Buddhist psychology." *Religion* 17, 1987:15-28.
- Salkin, Sean
 2005 "A survey of the use of the term *vedanā* ("sensations") in the Pali Nikāyas." Thesis for Masters in Philosophy, Univ of Sydney, Australia, 2005.
<http://ses.library.usyd.edu.au/bitstream/2123/2075/2/02whole.pdf>
- Sarachchandra, Ediriwira [ER]
 1958 → 1994
 1994 *Buddhist Psychology of Perception*. [1958] 2nd ed. Dehiwala: Buddhist Cultural Centre, 1994.
- Sujato, Ajahn
 2004b *A History of Mindfulness* [Rev ed of "GIST: The hidden structure of the Buddha's Teachings" & "A history of mindfulness."] Unexpurgated draft. 2004. 242 pp.
- Vipassana Research Institute (VRI)
 1990 *The Importance of Vedanā and Sampajaññā*. [1st ed]; 2nd ed 2002 (qv).
 2002 *The Importance of Vedanā and Sampajaññā*. [1990]. Papers of seminar, Dhamma Giri, Igatpuri, Feb 1990. 2nd ed. Igatpuri: Vipassana Research Institute, 2002.

051118 061113 070924 081031 091001 101108 111211 130914 140428 150526 160516 170808 190721
 201220