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Samādhi Mūlaka Kallita Sutta
The Discourse on the Samadhi-rooted Fitness | S 34.4
Theme: We need to keep ourselves fit for meditation
Translated by Piya Tan ©2013

Introduction

1 The Jhāna Saṁyutta, the last of the 13 chapters (vagga) of Khandha Vagga (the chapter on the aggregates), is a set of 55 connected discourses on meditation (jhāna). Its first chapter and only chapter, actually a “subchapter” (vagga), the Jhāna Vagga, so that it is its alternate title. This saṁyutta is also the last of the 13 chapters (vagga) of Khandha Vagga (the chapter on the aggregates).

The Jhāna Saṁyutta is a cycle of teachings on meditation, like a wheel (cakka), listing all the possible twinning of 11 skills related to meditation. Each pair is then listed by way of 4 possibilities, that is, one who has only one of the skills, one who has only the other skill, one who has neither, and one who is skilled in both. The last is always declared to be the best, the “cream” (maṇḍa) [§9].

The Saṁyutta commentary tells us that the entire Jhāna Saṁyutta deals with mundane dhyana, that is, only the process of deep meditation without mentioning the results of such a practice (with neither path nor fruition).

2 The Sutta Typology. This sutta and those in the rest of the Jhāna Saṁyutta seems to be artificially put together for the same of Abhidhamma-like completion. This could reflect a time when the suttas were given great prominence as a scriptural canon, perhaps during on the early Buddhist councils before Asoka’s time, that is, between the 5th and 3rd centuries BCE.

As sutta students, we should be curious about such developments for a broader perspective of sutta history and significance. Having said that, we can still reflect on such a sutta as an effort in directing our attention to specific qualities we need to cultivate in meditation. In this sutta, we should not only know about meditation, but we should also learn to be fit for samadhi, that is, keeping the mind happy and ready for samadhi.

As we persevere and progress in our meditation, such suttas become more meaningful to us. They become like a checklist reminding us to ensure that our practice is properly done. The unawakened mind easily becomes bored with repetitiveness, but an awakening mind, or one that love solitude, will notice even the passing daily, seemingly uneventful, as peaceful and meaningful as the measured moments of our own breathing.

3 The Samādhi Mūlaka Kallita Sutta. The Samādhi Mūlaka Kallita Sutta (S 34.4), as the title suggests, gives this list of 4 kinds of meditators, in of samadhi, in a broad sense of mental concentration, especially being fit for dhyana, thus:

1 skilled about samadhi in regard to samadhi, but not skilled in being fit for samadhi.
2 skilled in being fit for samadhi, but unskilled about samadhi in regard to samadhi.

1 On this meaning, see Samādhi Samāpatti S (S 34.1) @ SD 41.12 (1.1).
2 For details, see SD 41.12 (1.3.5).
3 SD 41.14 (2.4).
4 Idha bhikkhave ekacco jhāyī samādhisthim samādhi,kusalo hoti, na samādhisthim kallita, kusalo. Ee reads kalla for kallita throughout.
5 SD 41.14 (2.4).
6 Idha pana bhikkhave ekacco jhāyī samādhisthim kallita, kusalo hoti, na samādhisthim samādhi, kusalo.
(3) neither skilled about samadhi in regard to samadhi, nor skilled in being fit for samadhi.\[6\]
(4) both skilled about samadhi in regard to samadhi and also skilled in being fit for samadhi.\[7\]

The last is the best, the “cream” (maṇḍa) [\[9\]]. This pattern reflects that of the Samādhi Samāpatti Sutta (S 34.1), the first discourse in the Jhāna Samyutta itself. This Sutta has been fully translated and annotated elsewhere, and should be referred to for other detailed notes.\[10\]

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Samādhi Mūlaka Kallita Sutta
The Discourse on Samadhi-rooted Fitness
S 34.4

1-3 Originating in Sāvatthī.
Bhikshus, there are these 4 kinds of meditators.
What are the four?
4 (1) Here, bhikshus, some meditators are skilled about samadhi [mental concentration] in regard to samadhi, but not skilled in fitness regarding samadhi.\[11\]
5 (2) But, here, bhikshus, some meditators are skilled in fitness regarding samadhi, but not skilled about samadhi in regard to samadhi.\[12\]
6 (3) But, here, bhikshus, some meditators are neither skilled about samadhi in regard to samadhi, nor skilled in fitness regarding samadhi.\[13\]
7 (4) But, here, bhikshus, some meditators are both skilled about samadhi in regard to samadhi and also skilled in fitness regarding samadhi.\[14\]

8 Here, bhikshus, this meditator who is both skilled about samadhi in regard to samadhi and also skilled in fitness regarding samadhi—
of these 4 kinds of meditators, he is the foremost, the best, the leader, the highest, and most excellent.\[15\]
9 Bhikshus, just as from a cow comes milk; from milk, cream; from cream, butter; from butter ghee; and from ghee, the cream of ghee: here the cream of ghee is the foremost—
10 even so, bhikshus, this meditator who is both skilled about samadhi in regard to samadhi and also skilled in fitness regarding samadhi—

\[7\] Idha pana bhikkhave ekacco jhāyī n‘eva samādhisimīṃ samādhi,kusalo hoti, na ca samādhisimīṃ kallita,kusalo.
\[8\] Idha pana bhikkhave ekacco jhāyī samādhisimīṃ samādhi,kusalo ca hoti, samādhisimīṃ kallita,kusalo ca.
\[9\] For details, see SD 41.12 (1.3.5).
\[10\] S 34.1/3:263 f, SD 41.12.
\[11\] Idha bhikkhave ekacco jhāyī samādhisimīṃ samādhi,kusalo hoti, na samādhisimīṃ kallita,kusalo.
\[12\] SD 34.14 (2.4).
\[13\] Idha pana bhikkhave ekacco jhāyī samādhisimīṃ kallita,kusalo hoti, na samādhisimīṃ samādhi,kusalo.
\[14\] Idha pana bhikkhave ekacco jhāyī neva samādhisimīṃ samādhi,kusalo hoti, na ca samādhisimīṃ kallita,kusalo.
\[15\] Idha pana bhikkhave ekacco jhāyī samādhisimīṃ samādhi,kusalo ca hoti, samādhisimīṃ kallita,kusalo ca.
\[16\] Ayam imesam catunnaṃ jhāyānaṃ aggo ca setṭho ca makkho [Ke Se pāmakkho] ca uttamo ca pavaro ca.
\[17\] Seyyatha pi bhikkhave gavā khīraṁ khīramhā dadhi dadhimhā nava,nitamhā nava,nitamhā sappi sappimhā sappi,maṇḍo tatra aggam akkhyāyati. See Samādhi Samāpatti S, SD 41.12 (1.3.5).
of these four kinds of meditators, he is the foremost, the best, the leader, the highest, and most excellent

11 These, bhikshus, are these 4 kinds of meditators.

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