

## Discourse on Barrenness of Heart

Ceto-Khila Suttam {MN 16} Middle Length Discourse 16.

### *Five Wilderness of the Heart*

Be One Who Grows, Increases and comes to fulfilment this Dhamma and Discipline

“Bhikkhus, that any bhikkhu who has not abandoned five wildernesses in the heart and not severed five shackles in the heart should come to growth, increase, and fulfilment in this Dhamma and Discipline-that is impossible.

“Bhikkhus, that any bhikkhu who has abandoned five wildernesses in the heart and severed five shackles in the heart should come to growth, increase, and fulfilment in this Dhamma and Discipline-that is possible.

“What, bhikkhus, are the five wildernesses in the heart that he has abandoned?

A bhikkhu...

- \* 1) is not doubtful, uncertain, undecided, or unconfident about the Teacher
- \* 2) is not doubtful, uncertain, undecided, or unconfident about the Dhamma
- \* 3) is not doubtful, uncertain, undecided, or unconfident about the Sangha
- \* 4) is not doubtful, uncertain, undecided, or unconfident about the Training
- \* 5) is not angry and displeased with his companions in the holy life, nor resentful and callous towards them

... and thus his mind inclines to ardour, devotion, perseverance, and striving. As his mind inclines to ardour, devotion, perseverance, and striving, this 1) first 2) second 3) third 4) fourth 5) fifth wilderness in the heart has been abandoned by him.

“These are the five wildernesses in the heart that he has abandoned.

### *Five Shackles of the Heart*

Be One Who Grows, Increases and comes to fulfilment this Dhamma and Discipline

... “What, bhikkhus, are the five shackles in the heart that he has severed?

A bhikkhu...

- \* 1) is free from lust, desire, affection, thirst, fever, and craving for sensual pleasures,
- \* 2) is free from lust, desire, affection, thirst, fever, and craving for the body,
- \* 3) is free from lust, desire, affection, thirst, fever, and craving for form,
- \* 4) does not eat as much as he likes until his belly is full and does not indulge in the pleasures of sleeping, lolling, and drowsing,

- \* 5) does not live the holy life aspiring to some order of gods thus: ‘By this virtue or observance or asceticism or holy life, I shall become a great celestial beings or some lesser celestial beings,’

...and thus his mind inclines to ardour, devotion, perseverance, and striving. As his mind inclines to ardour, devotion, perseverance, and striving, this 1) first 2) second 3) third 4) fourth 5) fifth shackle in the heart has been severed by him.

“These are the five shackles in the heart that he has severed.

“Bhikkhus, that any bhikkhu who has abandoned these five wildernesses in the heart and severed these five shackles in the heart should come to growth, increase, and fulfilment in this Dhamma and Discipline-that is possible.

#### *Footing for Spiritual Power*

Be One Who Grows, Increases and comes to fulfilment this Dhamma and Discipline

“He develops the basis for spiritual power consisting in Samādhi ...

- \* 1) ... due to zeal and determined striving; [chanda]
- \* 2) ... due to energy and determined striving [vīrya]
- \* 3) ... due to [purity of] mind and determined striving; [citta]
- \* 4) ... due to investigation and determined striving. [vīmāṃsā]
- \* 5) and enthusiasm is the fifth. [ussoḷhi] [=exertion, great energy, vigorous endeavor]

“A bhikkhu who thus possesses the fifteen factors including enthusiasm [ussoḷhi] is capable of breaking out, capable of enlightenment, capable of attaining the supreme security from bondage (foremost sanctuary from oppression).

#### *Simile of the Hen (in relation to the fifteen factors for breaking out)*

“Suppose there were a hen with eight, ten, or twelve eggs, which she had covered, incubated, and nurtured properly. Even though she did not wish: ‘Oh, that my chicks might pierce their shells with the points of their claws and beaks and hatch out safely!’ yet the chicks are capable of piercing their shells with the points of their claws and beaks and hatching out safely. So too, a bhikkhu who thus possesses the fifteen factors including enthusiasm is capable of breaking out, capable of enlightenment, capable of attaining the supreme security from bondage.”