

## **List of Main Sutta References used during the retreat**

Satipatthana Sutta (Establishment of Mindfulness): MN 10

Definition of Mindfulness: MN 10.3

Refrain: for example MN 10.5, MN 10.33, MN10.35, MN 10.37

Mindfulness of Mind: MN 10.34

Mindfulness of Six Sense Bases: MN 10.40

Ditthi Sutta (Views Sutta) AN 10.93

Bahiya Sutta Udana 1.10

Honeyball Sutta MN 18.16

The Ship: SN22:101 (An analogy for the gradual path)

Kalakarama Sutta: AN 4.24 (The Buddha's description of the mind of freedom)

The Root of all Things: MN1.19-22 (how an ordinary person perceives sense experience)

The Dyad SN 35.93 (Experience is "tottering")

Atthakavagga (The Chapter of the Eights): Sutta Nipata verses 848, 850-857

(Description of an awakened person)

### **Abbreviations for sutta references:**

SN: Samyutta Nikaya

MN: Majjhima Nikaya

AN: Anguttara Nikaya

All references are given using Bhikkhu Bodhi's sutta numbering

## **Readings about Nibanna**

### **Samyutta Nikaya 38.1**

The extinction of greed, the extinction of hate, the extinction of delusion: this, indeed, is called Nibbaana.

### **Anguttara Nikaya 3.55**

Enraptured with lust, enraged with anger, blinded by delusion, overwhelmed, with mind ensnared, one aims at one's own ruin, at the ruin of others, at the ruin of both, and experiences mental pain and grief. But if lust, anger, and delusion are given up, one aims neither at one's own ruin, nor at the ruin of others, nor at the ruin of both, and experiences no mental pain and grief. Thus is Nibbaana immediate, visible in this life, inviting, attractive, and comprehensible to the wise.

### **Anguttara Nikaya 6.55**

And for a disciple thus freed, in whose heart dwells peace, there is nothing to be added to what has been done, and nothing remains to be done. Just as a rock of one solid mass remains unshaken by the wind, even so neither forms, nor sounds, nor odors, nor tastes, nor contacts of any kind, neither the desired nor the undesired, can cause such a one to waver. Steadfast is the mind, gained is deliverance.

### **Anguttara Nikaya 3.32**

"This is peace, this is exquisite -- the resolution of all fabrications, the relinquishment of all acquisitions, the ending of craving, dispassion; cessation; Nibbana."