

# THE PALIVERSE PROJECT

*The Universe of Buddha's Wisdom*

## The Triple Canon (Tipiṭaka)

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3. The Canon of Higher Teaching (3. Abhidhamma  
Piṭaka)

02. The Book of Analysis (02. Vibhaṅgapāḷi)

14. Analysis of Training Rules (14. Sikkhāpadavibhaṅgo)

[Vb 14, PTS 285-292]



PaliVerse

## 02. The Book of Analysis

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### 14. Analysis of Training Rules

#### 1. The Abhidhamma Classification

**703.** Five training rules - the training rule of abstention from killing living beings, the training rule of abstention from taking what is not given, the training rule of abstention from sexual misconduct, the training rule of abstention from lying, the training rule of abstention from spirits, liquor and intoxicants that cause negligence.

**704.** Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, of one abstaining from killing living beings, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from killing living beings - this is called "the training rule of abstention from killing living beings". The remaining states are associated with abstention.

Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, of one abstaining from killing living beings, whatever at that time is volition, willing, the state of intending - this is called "the training rule of abstention from killing living beings". The remaining states are associated with volition.

Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, of one abstaining from killing living beings, whatever at that time is contact, etc. exertion, non-distraction - this is called "the training rule of abstention from killing living beings".

Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, with prompting, etc. accompanied by pleasure, dissociated from knowledge, etc. accompanied by pleasure, dissociated from knowledge, with prompting, etc. accompanied by equanimity, associated with knowledge, etc. accompanied by equanimity, associated with knowledge, with prompting, etc. accompanied by equanimity, dissociated from knowledge, etc. accompanied by equanimity, dissociated from knowledge, with prompting, of one abstaining from killing living beings, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from killing living beings - this is called "the training rule of abstention from killing living beings". The remaining states are associated with abstention.

**705.** Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by equanimity, dissociated from knowledge, with prompting, of one abstaining from killing living beings, whatever at that time is volition, willing, the state of intending - this is called "the training rule of abstention from killing living beings". The remaining states are associated with volition.

Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by equanimity, dissociated from knowledge, with prompting, of one abstaining from killing living beings, contact, etc. exertion, non-distraction - this is called "the training rule of abstention from killing living beings".

**706.** Therein, what is the training rule of abstention from taking what is not given, etc. the training rule of abstention from sexual misconduct, etc. the training rule of abstention from lying, etc. the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from spirits, liquor and intoxicants that cause negligence - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence". The remaining states are associated with abstention.

Therein, what is the training rule of abstention from spirits, liquor and intoxicants that cause negligence, at whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is volition, willing, the state of intending - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence". The remaining states are associated with volition.

Therein, what is the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is contact, etc. exertion, non-distraction - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence".

Therein, what is the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, with prompting, etc. accompanied by pleasure, dissociated from knowledge, etc. accompanied by pleasure, dissociated from knowledge, with prompting, etc. accompanied by equanimity, associated with knowledge, etc. accompanied by equanimity, associated with knowledge, with prompting, etc. accompanied by equanimity, dissociated from knowledge, etc. accompanied by equanimity, dissociated from knowledge, with prompting, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is abstinence, avoidance, complete abstinence,

abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from spirits, liquor and intoxicants that cause negligence - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence". The remaining states are associated with abstention.

**707.** Therein, what is the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by equanimity, dissociated from knowledge, with prompting, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is volition, willing, the state of intending - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence". The remaining states are associated with volition.

Therein, what is the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by equanimity, dissociated from knowledge, with prompting, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is contact, etc. exertion, non-distraction - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence".

**708.** Five training rules - the training rule of abstention from killing living beings, the training rule of abstention from taking what is not given, the training rule of abstention from sexual misconduct, the training rule of abstention from lying, the training rule of abstention from spirits, liquor and intoxicants that cause negligence.

**709.** Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, inferior, middling, superior, desire-predominant, energy-predominant, mind-predominant, investigation-predominant, desire-predominant, inferior, middling, superior, energy-predominant, inferior, middling, superior, mind-predominant, inferior, middling, superior, investigation-predominant, inferior, middling, superior, of one abstaining from killing living beings, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from killing living beings - this is called "the training rule of abstention from killing living beings". The remaining states are associated with abstention.

Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, inferior, middling, superior, desire-predominant, energy-predominant, mind-predominant, investigation-predominant, desire-predominant, inferior, middling, superior, energy-predominant, inferior, middling, superior, mind-predominant, inferior, middling, superior, investigation-predominant, inferior, middling, superior, of one abstaining from killing living beings, whatever at that time is volition, willing, the state of intending - this is called "the training rule of abstention from killing living beings". The remaining states are associated with volition.

Therein, what is the training rule of abstention from killing living beings? At whatever

time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, inferior, middling, superior, desire-predominant, energy-predominant, mind-predominant, investigation-predominant, desire-predominant, inferior, middling, superior, energy-predominant, inferior, middling, superior, mind-predominant, inferior, middling, superior, investigation-predominant, inferior, middling, superior, of one abstaining from killing living beings, whatever at that time is contact, etc. exertion, non-distraction - this is called "the training rule of abstention from killing living beings".

Therein, what is the training rule of abstention from killing living beings? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, with prompting, etc. accompanied by pleasure, dissociated from knowledge, etc. accompanied by pleasure, dissociated from knowledge, with prompting, etc. accompanied by equanimity, associated with knowledge, etc. accompanied by equanimity, associated with knowledge, with prompting, etc. accompanied by equanimity, dissociated from knowledge, etc. accompanied by equanimity, dissociated from knowledge, with prompting, inferior, middling, superior, desire-predominant, energy-predominant, mind-predominant, desire-predominant, inferior, middling, superior, energy-predominant, inferior, middling, superior, mind-predominant, inferior, middling, superior, of one abstaining from killing living beings, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from killing living beings - this is called "the training rule of abstention from killing living beings". The remaining states are associated with abstention, etc. the remaining states are associated with volition, etc. contact, etc. exertion, non-distraction - this is called "the training rule of abstention from killing living beings".

**710.** Therein, what is the training rule of abstention from taking what is not given, etc. the training rule of abstention from sexual misconduct, etc. the training rule of abstention from lying, etc. the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, inferior, middling, superior, desire-predominant, energy-predominant, mind-predominant, investigation-predominant, desire-predominant, inferior, middling, superior, energy-predominant, inferior, middling, superior, mind-predominant, inferior, middling, superior, investigation-predominant, inferior, middling, superior, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from spirits, liquor and intoxicants that cause negligence - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence". The remaining states are associated with abstention, etc. the remaining states are associated with volition, etc. contact, etc. exertion, non-distraction - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence".

**711.** Therein, what is the training rule of abstention from spirits, liquor and intoxicants that cause negligence? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge,

with prompting, etc. accompanied by pleasure, dissociated from knowledge, etc. accompanied by pleasure, dissociated from knowledge, with prompting, etc. accompanied by equanimity, associated with knowledge, etc. accompanied by equanimity, associated with knowledge, with prompting, etc. accompanied by equanimity, dissociated from knowledge, etc. accompanied by equanimity, dissociated from knowledge, with prompting, inferior, middling, superior, desire-predominant, energy-predominant, mind-predominant, desire-predominant, inferior, middling, superior, energy-predominant, inferior, middling, superior, mind-predominant, inferior, middling, superior, of one abstaining from spirits, liquor and intoxicants that cause negligence, whatever at that time is abstinence, avoidance, complete abstinence, abstention, non-doing, non-performance, non-transgression, not exceeding the boundary, destruction of the bridge from spirits, liquor and intoxicants that cause negligence - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence". The remaining states are associated with abstention, etc. the remaining states are associated with volition, etc. contact, etc. exertion, non-distraction - this is called "the training rule of abstention from spirits, liquor and intoxicants that cause negligence".

**712.** What mental states are training? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, having a visual object, or etc. having a mental object as object, or referring to whatever else, at that time there is contact, etc. there is non-distraction. These mental states are training.

What mental states are training? At whatever time wholesome consciousness of the sensual sphere has arisen, accompanied by pleasure, associated with knowledge, with prompting, etc. accompanied by pleasure, dissociated from knowledge, etc. accompanied by pleasure, dissociated from knowledge, with prompting, etc. accompanied by equanimity, associated with knowledge, etc. accompanied by equanimity, associated with knowledge, with prompting, etc. accompanied by equanimity, dissociated from knowledge, etc. accompanied by equanimity, dissociated from knowledge, with prompting, having a visual object, or etc. having a mental object as object, or referring to whatever else, at that time there is contact, etc. there is non-distraction. These mental states are training.

**713.** What mental states are training? At whatever time one develops the path for rebirth in the fine-material realm, etc. one develops the path for rebirth in the immaterial world, etc. one develops supramundane meditative absorption, leading to liberation, leading to non-accumulation, for the abandoning of wrong views, for the attainment of the first plane, quite secluded from sensual pleasures, etc. one enters and dwells in the first meditative absorption, which is of difficult practice and sluggish direct knowledge, at that time there is contact, etc. there is non-distraction. These mental states are training.

*The Higher Teaching Analysis.*

## 2. The Question Section

**714.** Five training rules - the training rule of abstention from killing living beings, the training rule of abstention from taking what is not given, the training rule of abstention from sexual misconduct, the training rule of abstention from lying, the training rule of abstention from spirits, liquor and intoxicants that cause negligence.

**715.** Of the five training rules, how many are wholesome, how many are unwholesome, how many are indeterminate? Etc. How many are conflicting, how many are without conflict?

### 1. The threes

**716.** Wholesome only. May be associated with pleasant feeling, may be associated with neither-unpleasant-nor-pleasant feeling, states that have resultant quality, not clung-to but subject to clinging, undefiled but subject to defilement, with applied and sustained thought, may be accompanied by rapture, may be accompanied by pleasure, may be accompanied by equanimity.

To be abandoned neither by seeing nor by meditative development, connected with a root to be abandoned neither by seeing nor by meditative development, leading to accumulation, neither trainee nor one beyond training, limited, have a limited object, middling, undetermined, not to be said to have the path as object, nor connected with the path as root, nor to have path predominance. May be arisen, may be unarisen, they are not to be said to be subject to arise, may be past, may be future, may be present, have a present object, may be internal, may be external, may be internal-external, have an external object, non-manifest and non-impinging.

### 2. The twos

**717.** Non-roots with root, associated with root. Not to be said to be "both roots and with root", with root and not roots, not to be said to be "both roots and associated with root", associated with root and not roots, non-roots with root, with condition, conditioned, non-manifest, non-impinging, immaterial, mundane, cognisable in some way, not cognisable in some way.

Non-mental corruptions, with mental corruptions, dissociated from mental corruptions, not to be said to be "both mental corruptions and with mental corruptions", with mental corruptions and not mental corruptions, not to be said to be "both mental corruptions and associated with mental corruptions", nor "associated with mental corruptions and not mental corruptions". Dissociated from mental corruptions yet with mental corruptions, non-mental fetters, etc. Non-mental knots, etc. Non-mental floods, etc. non-mental bonds, etc. Non-mental hindrances, etc. Non-adherence, etc. With sense-object, not consciousness, mental factors, associated with consciousness, conjoined with consciousness, consciousness-originated, concomitant with consciousness, consecutive to consciousness, originate conjoined with consciousness, originate conjoined with consciousness and arise together with it, originate conjoined with consciousness and follow it, external, non-derived, not clung-to, non-clinging, etc. Non-mental defilements.

Not to be abandoned through vision, not to be abandoned by meditative development, not connected with a root to be abandoned through vision, not connected with a root to be abandoned by meditative development, with applied

thought, with sustained thought, may be with rapture, may be without rapture, may be accompanied by rapture, may be not accompanied by rapture, may be accompanied by pleasure, may be not accompanied by pleasure, may be accompanied by equanimity, may be not accompanied by equanimity, sensual-sphere of existence, not fine-material-sphere, not immaterial-sphere of existence, included, not leading to liberation, undetermined, surpassed, without conflict.

*The question section.*

*The analysis of the training rules is concluded.*



## ABOUT THIS TRANSLATION

This translation is part of the PaliVerse Project - the first complete, unified English translation of the Pāli Canon together with its Commentaries (Aṭṭhakathā) and Subcommentaries (Tīkā), accompanied by interactive study tools. PaliVerse is an ongoing project. The AI translations are continuously improved through experts' revisions and feedback. This text is the latest translation as of the date of download.

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