

From the Canki Sutta (MN 95)

Bhikku Bodhi, translator

“When [a student] has investigated [a teacher] and has seen that they are purified from states based on [greed, hatred, and] delusion, then he places faith in them; filled with faith they visit them and pay respect to them; having paid respect to them, they give ear; when they give ear, they hear the Dhamma; having heard the Dhamma, they memorize it and examine the meaning of the teachings memorized; when they examine their meaning, they gain a reflective acceptance of those teachings; when they have gained a reflective acceptance of those teachings, zeal springs up; when zeal has sprung up, they apply their will; having applied their will, they scrutinize; having scrutinized, they strive; resolutely striving, they realize with the body the supreme truth and see it by penetrating it with wisdom. In this way, Bhāradvāja, there is the discovery of truth; in this way one discovers truth; in this way we describe the discovery of truth. But as yet there is no final arrival at truth.”

... “The final arrival at truth, Bhāradvāja, lies in the repetition, development, and cultivation of those same things. In this way, Bhāradvāja, there is the final arrival at truth; in this way one finally arrives at truth; in this way we describe the final arrival at truth.”

- 1. Develop urgency in seeking the truth
- 2. Seek out where the truth is taught
- 3. Examine a teacher, grow close, develop confidence and respect
- 4. Give ear to the teaching [inclination]
- 5. Hear the teaching [attentiveness]
- 6. Remember the teaching [retention]
- 7. Contemplate the meaning of the teaching
- 8. Clear knowing—cutting through superimposition [revealing]
- 9. Enthusiasm arises
- 10. Diligence arises
- 11. Analyze meditatively
- 12. Engage the process
- 13. Experience the truth
- 14. Prajna arises
- 15. Repeat and refine again and again