



The Buddha's Threefold Teaching – Category 3/4

**Sabbapāpassa akaraṇaṃ, kusalassūpasampadā,
sacittapariyodapanaṃ — etaṃ buddhānaṃ sāsanaṃ.**

[sab-ba-pā-pas-sa a-ka-ra-ṇaṃ, ku-sa-las-sū-pa-sam-pa-dā, sa-cit-ta-pa-ri-yo-da-pa-naṃ, e-taṃ bud-dhā-naṃ sā-sa-naṃ]

*"Not committing any evil, Cultivating wholesome actions, Purifying one's
mind —
This is the teaching of all Buddhas."*

(KN Dhammapada, Verse 183)

Explanation of the Threefold Teaching

This profound teaching was delivered by the Buddha to 1,250 disciples at Venuvana Temple near Rajgir during the full moon of the third lunar month, just 9 months after His

enlightenment. It is known as the **Ovāda Pātimokkha** and is considered the **essence** of Buddhist ethics and practice.

1 Sabbapāpassa akaraṇaṃ

- Refrain from all evil.
- Avoid wrongdoing in **body, speech, and mind**.

2 Kusalassūpasampadā

- Perform good deeds.
- Cultivate virtue and practice honesty in **all aspects of life**.

3 Sacittapariyodapanaṃ

- Purify the mind.
- Let go of **greed, anger, delusion**, and other defilements.

Summary

These three points form the **foundation of Buddhist moral conduct**:

- **Do no evil.**
- **Do good.**
- **Purify your mind.**

Let these principles guide your path toward inner peace and enlightenment.

“Just as a pure lotus blooms unstained by the mud,

so too can the mind shine bright when free from defilement.”

— The Path of the Buddhas