

# Five things for daily reflection

An 5.57

## From AN 5.57

### Abhiṇhapaccavekkhitabbāḥāna

pañcimāni ṭhānāni abhiṇhaṃ

paccavekkhitabbāni itthiyā vā purisena vā

gahaṭṭhena vā pabbajitena vā.

katamāni pañca?

There are these five things that should be reflected upon frequently by either a woman, a man, a householder, or one gone forth.

What five?

# Reflection 1

jarādhammomhi jaraṃ anatīto'ti abhinhaṃ  
paccavekkhitabbaṃ

“I am of the nature to grow old, I have not gone  
past old age”, should be reflected upon  
frequently

## Reflection 2

byādhidhammomhi byāधिṃ anatīto'ti  
abhinhaṃ paccavekkhitabbaṃ

All as above, replacing byāधि and byāधिṃ for  
jarā and jaraṃ

byāधि – *Masc. stem form* – sickness, disease

“I am of the nature to become ill, I have not  
gone past sickness”, should be reflected upon  
frequently

# Reflection 3

maraṇadhammomhi maraṇaṃ anatīto'ti  
abhinhaṃ paccavekkhitabbaṃ

All as above, replacing maraṇa and maraṇaṃ for  
jarā and jaraṃ

maraṇa – *Neut. stem form* – death

“I am of the nature to die, I have not gone past  
death”, should be reflected upon frequently

# Reflection 4

sabbehi me piyehi manāpehi nānābhāvo  
vinābhāvo'ti abhinhaṃ paccavekkhitabbaṃ

“All that is dear and delightful to me will change and become separate”, should be reflected upon frequently

# Reflection 5

kammassakomhi kammadāyādo kammayoni  
kammabandhu kammaṭṭisaraṇo

yam kammaṃ karissāmi kalyānaṃ vā pāpakaṃ  
vā tassa dāyādo bhavissāmīti

“I am the owner of my actions, the inheritor of my actions, born from my actions, connected with my actions, protected by my actions.

Whatever action I do, whether good or evil, of that I will be the inheritor”, should be reflected upon frequently

## From AN 5.57

### Abhiṇḥapaccavekkhitabbāṭhāna

pañcimāni ṭhānāni abhiṇḥaṃ

paccavekkhitabbāni itthiyā vā purisena vā

gahaṭṭhena vā pabbajitena vā.

katamāni pañca?

There are two sentences here

Where are the verbs?

Missing in both cases since the verb “to be” is implied (missing *copula* – equational sentences)



# From AN 5.57

## Abhiṇḥapaccavekkhitabbāṭhāna

pañcimāni ṭhānāni abhiṇḥamaṃ paccavekkhitabbāni

pañcimāni = sandhi of pañca + imāni

pañca – *Neut. Nom.* – five (see GK.IV.7)

imāni – *Pr. Neut. Nom. Pl.* – these

ṭhānāni – *Neut. Nom. Pl.* – things

abhiṇḥamaṃ – *Ind. (Adverb)* – frequently,  
repeatedly

paccavekkhitabbāni – *FPP. Neut. Nom. Pl.* –  
(from paccavekkhati) consider, reflect upon (see  
GK.VII.2)

## From AN 5.57

# Abhiṇhapaccavekkhitabbaṭhāna

itthiyā vā purisena vā

gahaṭṭhena vā pabbajitena vā

itthiyā – *Fem. Ins. Sg.* – woman

purisena – *Masc. Ins. Sg.* – man

gahaṭṭhena – *Masc. Ins. Sg.* – householder

pabbajitena – *PP. Ins. Sg.* – one gone forth

vā ... vā. – *Ind.* – either ... or

# From AN 5.57

## Abhiṇhapaccavekkhitabbāṭhāna

katamāni pañca?

katamāni – *IntPr. Neut. Nom. Pl.* – which, what

pañca – *Neut. Nom.* – five

# Reflection 1

jarādhammomhi jaraṃ anatīto'ti abhinhaṃ  
paccavekkhitabbaṃ

jarādhammomhi = sandhi of jarādhammo +  
amhi

jarā-dhammo

jarā – *Fem. stem form* – old age

dhammo – *Masc. Nom. Sg.* – nature

amhi – *1<sup>st</sup> Pers. Sg.* – I am

jaraṃ – *Fem. Nom.* – old age

anatīto – *Adj. Masc. Nom.* – not (an) + past

(i)ti – *Ind.* – [end quote]

abhinhaṃ paccavekkhitabbaṃ - as before

# Reflection 4

sabbehi me piyehi manāpehi nānābhāvo  
vinābhāvo'ti abhinhaṃ paccavekkhitabbaṃ

sabbehi – *Adj. Abl. Pl.* – all

me – *Pers. Pr. Enclitic (Gen/Dat/Ins/Abl)* – me

piyehi – *Adj. Abl. Pl.* – dear

manāpehi – *Adj. Abl. Pl.* – delightful

nānā-bhāvo – *Masc. Nom. Sg.* – different-becoming

vinā-bhāvo – *Masc. Nom. Sg.* – without-becoming

'ti abhinhaṃ paccavekkhitabbaṃ - as before

# Reflection 5

kammassakomhi kammadāyādo kammayoni  
kammabandhu kammaṭṭisaraṇo,  
yam kammaṃ karissāmi kalyānaṃ vā pāpakaṃ  
vā tassa dāyādo bhavissāmīti abhinhaṃ  
paccavekkhitabbaṃ

# Reflection 5

kammassakomhi kammadāyādo kammayoni  
kammabandhu kammaṭṭisaraṇo

kammassakomhi

= kamma-(s)sako sandhi with amhi

kamma – *Neut. Stem form* – action, deed

sako – *Masc. Nom. Sg.* – own

amhi – *1<sup>st</sup> Pers. Sg.* – I am

# Reflection 5

kammassakomhi kammadāyādo kammayoni  
kammabandhu kammaṭisaraṇo

kamma- ...

dāyādo – *Masc. Nom. Sg.* - inheritor

yoni – *Fem. Nom. Sg.* – womb; origin

bandhu – *Masc. Nom. Sg.* - relative

ṭisaraṇo – *Masc. Nom. Sg.* – shelter, refuge



# Reflection 5

kammassakomhi kammadāyādo kammayoni  
kammabandhu kammaṭṭisaraṇo

I am the owner of my actions, the inheritor of  
my actions, born from my actions, connected  
with my actions, protected by my actions

# Reflection 5

yam kammaṃ karissāmi kalyānaṃ vā pāpakaṃ  
vā tassa dāyādo bhavissāmīti

# Reflection 5

## Relative clause

yaṃ kammaṃ karissāmi kalyānaṃ vā pāpakaṃ  
vā

yaṃ - which

kammaṃ - action

karissāmi – I will do

kalyānaṃ - good

pāpakaṃ - evil

vā ... vā – either ... or

# Reflection 5

Co-relative clause

tassa dāyādo bhavissāmīti

tassa – of that

dāyādo – inheritor

bhavissāmīti = sandhi of bhavissāmi and iti

bhavissāmi – I will be

iti – [end quote]

Whatever action I do, whether good or evil, of that I will be the inheritor