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The Avijja Sutta

This **Avijja sutta (AN 10.61)** explained clearly the **importance** of having **true noble friends** as **Kalyanamittas** to realise the **enlightenment**. According to the Buddha, having **noble friends** as our Kalyanamitta is one of the **pre-requisite** to become **an ariya** or **an enlightened** being. It also talks about factors that will **influence Ignorance**. To be **free** from **ignorance** is one of the **main tasks** in cultivation. Having **Dharma/spiritual/noble friends (Kalyanamittas)** is a **pre-requisite** for this task hence the **importance** of **Kalyanamittaship**.

There are **two sequences** discussed in this sutta. Each of the factors in **both sequences** has its own **nutriment**. The first sequence is:

- 1. The nutriment for ignorance (Avijja) is**
- 2. The five hindrances (Panca Nivarana) and the nutriment for this is**
- 3. The three ways of bad conduct (mind, body and speech) and the nutriment for this is**
- 4. Unrestraint of the sense faculties and nutriment for this is**
- 5. Lack of mindfulness and clear comprehension (Asati and Asampajanna) and the nutriment for this is**
- 6. Unwise consideration (Ayoniso manasikara) and nutriment for this is**
- 7. Lack of confidence/faith (Asaddha) in the Buddha, Dharma, and the Sangha and nutriment for this is**
- 8. Not listening to true Dharma and nutriment for this is**
- 9. Not associating with good Dharma or spiritual friends or Kalyanamittas.**

(Note: NOT associating with good Dharma or spiritual friends or Kalyanamittas is the starting nutriment to the wrong path that finally ends up with Ignorance (Avijja) leading to Heedlessness.)

The second sequence is:

- 1. True Knowledge (Vijja) leading to enlightenment and the nutriment for this is**

2. **The Seven Enlightenment factors** (Satta Bojjhanga) and the **nutriment** for this is
3. **The Four Foundations of Mindfulness** (Satipatthana) and the **nutriment** for this is
4. **The three ways of good conduct** (mind, body and speech) and the **nutriment** for this is
5. **Restraint of the sense faculties** and the **nutriment** for this is
6. **Mindfulness and clear comprehension** (Sati and Sampajanna) and **nutriment** for this is
7. **Wise consideration** (Yoniso Manasikara) and **nutriment** for this is
8. **Confidence/Faith (Saddha) in Buddha, Dharma, and the Sangha** and **nutriment** for this is
9. **Listening to true Dharma** and **nutriment** for this is
10. **Association with good Dharma and spiritual friends** (Kalyanamittas).

(Note: Again you can see **association** with **good Dharma** or **spiritual friends** or **Kalyanamittas** is a **pre-requisite** needed to arrive at that path that ends in **True Knowledge** (or Vija)/enlightenment. That is the reason why the **Buddha clearly** instructs us via saying to Venerable Ananda: *'having Dharma/spiritual/noble friends (kalyanamittas) is 100% of the holy life.'* Hence **developing** and **promoting** true **kalyanamittaship** among all **Buddhist** within the **Buddhist communities** is most important.