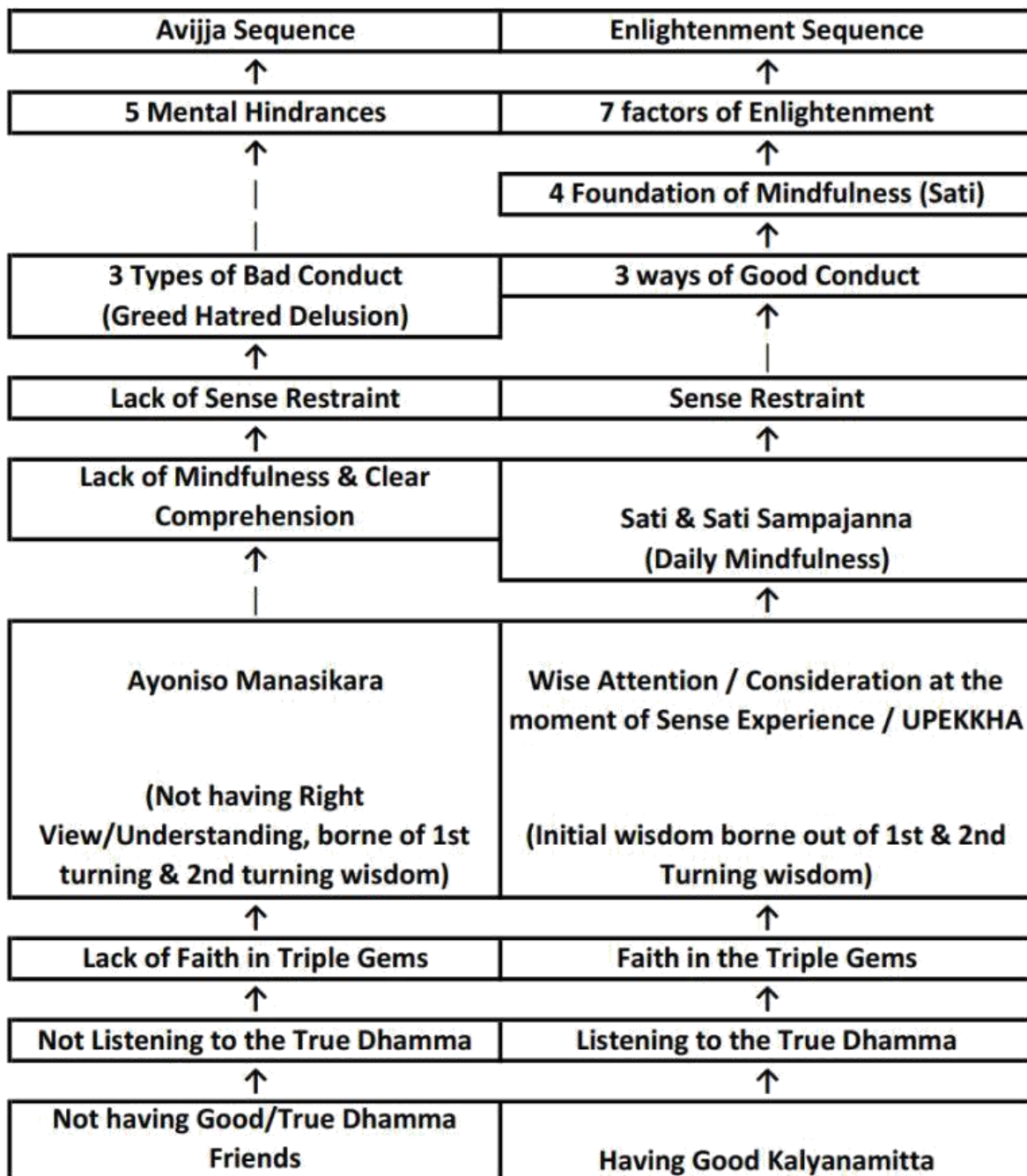


## Avijja sutta



This **Avijjā sutta (AN 10.61)** explained clearly the **importance** of having **true noble friends** as **Kalyāṇamittas** to realise the **enlightenment**. According to the Buddha, having **noble friends** as our **Kalyāṇamitta** 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 our cultivation. Having **Dharma/spiritual/noble friends (Kalyāṇamittas)** is a **pre-requisite** for this task hence the **importance** of **Kalyāṇamittaship**.

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** (Avijjā) is
2. **The five hindrances** (Pañca Nīvaraṇa) 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 Asampajañña) and the **nutriment** for this is
6. **Unwise consideration** (Ayoniso manasikāra) and **nutriment** for this is
7. **Lack of confidence/faith** (Asaddhā) 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 **Kalyāṇamittas**.

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

The second sequence is:

1. **True Knowledge** (Vijjā) 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** (Satipaṭṭhāna) 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 Sampajañña) and **nutriment** for this is
7. **Wise consideration** (Yoniso Manasikāra) and **nutriment** for this is
8. **Confidence/Faith (Saddhā) 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** (Kalyāṇamittas).

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

Source : [www.broteoh.com](http://www.broteoh.com)