

"The Gradual Training" (anupubbasikkhā) is the name given to a series of practices that are to be undertaken in order to progress on the spiritual path. It appears to be the curriculum for the monks and nuns in the Buddha's sangha. If one were to become a monastic, here are the practices that were to be done. But these practices are also highly applicable to lay practitioners. Multiple of these practices will probably be familiar to anyone who has practiced extensively in any Buddhist tradition.

Anupubbasikkhā is also sometimes translated as "The Graduated Training." It's called "gradual" or "graduated" because each step gradually takes you further along the spiritual path. It's like the way a flight of stairs gradually take you higher and higher; you don't have to jump all the way up at once to go from the first floor to the second.

In MN 107 the brahman Gaṇaka-Moggallāna approached the Buddha and pointed out that many disciplines, such as the study of the Vedas [the Brahminical teaching], the learning of archery, mathematics, etc., all have a gradual training in that you start simple and gradually add more advanced practices. He then asked the Buddha if the Buddha's teachings have a gradual path. And of course, the Buddha's reply is the Gradual Training as we will discuss it here.

Price \$ Dana



The Gradual Training

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