

# **Giving Admonishment**

*Excerpt from AN 5.167 Codanā Sutta*

**Codakena bhikkhunā param codetukāmena pañca dhamme ajjhataṃ  
upaṭṭhāpetvā paro codetabbo:**

*A monastic who wishes to admonish another should first establish five resolutions:*

**Kālena vakkhāmi, no akālena.**

*I will speak at a proper time, not an improper time.*

**Bhūtena vakkhāmi, no abhūtena.**

*I will speak truthfully, not untruthfully.*

**Saṇhena vakkhāmi, no pharusena.**

*I will speak gently, not harshly.*

**Atthasamhitena vakkhāmi, no anattasamhitena.**

*I will speak beneficially, not unbeneficially.*

**Mettacitto vakkhāmi, no dosantaro.**

*I will speak with a mind of loving-kindness, not with malice.*

**Codakena bhikkhunā param codetukāmena ime pañca dhamme ajjhataṃ  
upaṭṭhāpetvā paro codetabbo.**

*A monastic who wishes to admonish another should first establish these five resolutions.*

# Receiving Admonishment

## Excerpt from MN 15 Anumāna Sutta

**Na pāpiccho bhavissāmi, na pāpikānaṃ icchānaṃ vasaṃ gato.**

*I will not have harmful wishes, and I will not submit to the power of harmful wishes.*

**Anattukkamsako bhavissāmi aparavambhī.**

*I will not praise myself or disparage others.*

**Na kodhano bhavissāmi, na kodhābhibhūto.**

*I will not be angry and overcome by anger.*

**Na kodhano bhavissāmi, na kodhahetu upanāhī.**

*I will not be angry and resentful because of that anger.*

**Na kodhano bhavissāmi, na kodhahetu abhisāṅgī.**

*I will not be angry and obstinate because of that anger.*

**Na kodhano bhavissāmi, na kodhasāmantā vācaṃ nicchāressāmi.**

*I will not be angry and make statements based on anger.*

**Codito codakena codakaṃ nappaṭippharissāmi.**

*When criticized, I will not reject the criticism.*

**Codito codakena codakaṃ na apasādessāmi.**

*When criticized, I will not insult the criticizer.*

**Codito codakena codakaṃ na paccāropessāmi.**

*When criticized, I will not respond with criticism of the criticizer.*

**Codito codakena na aññenaññaṃ paṭicarissāmi, na bahiddhā kathaṃ apanāmessāmi.**

*When criticized, I will not divert the conversation or speak about unrelated things.*

**Codito codakena na kopaṅca dosaṅca appaccayaṅca pātukarissāmi.**

*When criticized, I will not display anger, hatred, or sulkiness.*

**Codito codakena apadāne sampāyissāmi.**

*When criticized, I will heed the advice.*

**Amakkhī bhavissāmi apaḷāsī.**

*I will not be denigrating or malicious.*

**Anissukī bhavissāmi amaccharī.**

*I will not be envious or stingy.*

**Asaṭho bhavissāmi amāyāvī.**

*I will not be fraudulent or deceitful.*

**Atthaddho bhavissāmi anatimānī.**

*I will not be stubborn or conceited.*

**Asandiṭṭhiparāmāsī bhavissāmi anādhānaggāhī suppaṭinissaggī.**

*I will not hold tightly to my opinions, and I will relinquish them easily.*