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Sunday Meetings 2:30 p.m.
You are invited. Bring a friend.

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*All things arise and cease due to  
interdependent causes and conditions*

~ Δ ~

## **The Forty-four Effacements Beyond Meditation**

*Compiled and adapted by*

*Bing Escudero*

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## **The Forty-four Effacements Beyond Meditation**

*Compiled and adapted by Bing Escudero © 2001 v2.0*

1. If others will be cruel; we shall not be cruel: effacement should be practiced thus.

2. If others will kill living beings; we shall abstain from killing living beings here: effacement should be practiced thus.

3. If others will take what is not given; we shall abstain from taking what is not given here: effacement should be practiced thus.

4. If others will be uncelibate; we shall be celibate here: effacement should be practiced thus.

5. If others will speak falsehood; we shall abstain from false speech here: effacement should be practiced thus.

6. If others will speak maliciously; we shall abstain from malicious speech here: effacement should be practiced thus.

7. If others will speak harshly; we shall abstain from harsh speech here: effacement should be practiced thus.

8. If others will gossip; we shall abstain from gossip here: effacement should be practiced thus.

9. If others will be covetous; we shall be uncovetous here: effacement should be practiced thus.

10. If others will have ill will; we shall be without ill will here: effacement should be practiced thus.

11. If others will be of wrong view; we shall be of right view here: effacement should be practiced thus.

12. If others will be of wrong intention; we shall be of right intention here: effacement should be practiced thus.

13. If others will be of wrong speech; we shall be of right speech here: effacement should be practiced thus.

14. If others will be of wrong action; we shall be of right action here: effacement should be practiced thus.

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*Effacement means to remove, get rid of, do away with, extinguish, eliminate, expel, eradicate, exterminate, extirpate, expunge, obliterate; cut out, wipe out, blot out, stamp out, crush out, snuff out, strike out; to abolish, to cause to vanish, bring to an end or to terminate; lastly but not the least of all, to vanquish, remaining modest, with compassion for the failings of others.*



15. If others will be of wrong livelihood; we shall be of right livelihood here: effacement should be practiced thus.

16. If others will be of wrong effort; we shall be of right effort here: effacement should be practiced thus.

17. If others will be of wrong mindfulness; we shall be of right mindfulness here: effacement should be practiced thus.

18. If others will be of wrong concentration; we shall be of right concentration here: effacement should be practiced thus.

19. If others will be of wrong knowledge; we shall be of right knowledge here: effacement should be practiced thus.

20. If others will be of wrong deliverance; we shall be of right deliverance here: effacement should be practiced thus.

21. If others will be overcome by sloth and torpor; we shall be free from sloth and torpor here: effacement should be practiced thus.

22. If others will be restless; we shall not be restless here: effacement should be practiced thus.

23. If others will be doubters; we shall go beyond doubt here: effacement should be practiced thus.

24. If others will be angry; we shall not be angry here: effacement should be practiced thus.

25. If others will be revengeful; we shall not be revengeful here: effacement should be practiced thus.

26. If others will be contemptuous; we shall not be contemptuous here: effacement should be practiced thus.

27. If others will be domineering; we shall not be domineering here; effacement should be practiced thus.

28. If others will be envious; we shall not be envious here: effacement should be practiced thus.

29. If others will be avaricious; we shall not be avaricious here: effacement should be practiced thus.

30. If others will be fraudulent; we shall not be fraudulent here: effacement should be practiced thus.

31. If others will be deceitful; we shall not be deceitful here: effacement should be practiced thus.



32. If others will be obstinate; we shall not be obstinate here: effacement should be practiced thus.

33. If others will be arrogant; we shall not be arrogant here: effacement should be practiced thus.

34. If others will be difficult to admonish; we shall be easy to admonish here: effacement should be practiced thus.

35. If others will have bad friends; we shall have good friends here: effacement should be practiced thus.

36. If others will be negligent; we shall be diligent here: effacement should be practiced thus.

37. If others will be faithless; we shall be faithful here: effacement should be practiced thus.

38. If others will be shameless; we shall be shameful here: effacement should be practiced thus.

39. If others will have no fear of wrongdoing; we shall be afraid of wrongdoing here: effacement should be practiced thus.

40. If other will be of little learning; we shall be of great learning here: effacement should be practiced thus.

41. If others will be lazy; we shall be energetic here: effacement should be practiced thus.

42. If others will be unmindful; we shall be established in mindfulness here: effacement should be practiced thus.

43. If others will lack wisdom, we shall possess wisdom here: effacement should be practiced thus.

44. If others will adhere to their own views, hold on to them tenaciously, and relinquish them with difficulty; we shall not adhere to our own views or hold on to them tenaciously, but shall relinquish them easily: effacement should be practiced thus.

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*Sallekha Sutta: Sutta 8* (out of 152 Suttas). See pp. 125-130. *The Middle Length Discourses of the Buddha: A New Translation of the Majjhima Nikaya*. Original translation by Bhikkhu Nanamoli; translation edited and revised by Bhikkhu Bodhi. 1995 (Wisdom Publications, 361 Newbury Street, Boston, MA 02115, U.S.A.). Hardback: 1,412 pages.

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--Bing Escudero, compiler >ss01\_44Effacements