AN 1.102-109 — AN 1.102-109

English translation by Bhikkhu Candana.

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Text

102. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more detrimental in the amount of harm it inflicts, than living with the yearning for many things.

“For truly, yearning for many things brings you much harm.”

103. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more beneficial in the amount of good it brings to oneself, than living with fewness of desires.

“For truly, living with fewness of desires brings you much good.”

104. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more damaging in the amount of harm it inflicts, than living with discontent.

“For truly, lacking gratitude or contentment in your heart brings you much harm.”

105. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more advantageous in the amount of good it brings to oneself, than living with contentment.

“For truly, living with gratitude and contentment in your heart brings you much good.”

106. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more dangerous in the amount of harm it inflicts, than living with unwise and wrong attention.

“For truly, living with unwise and wrong attention brings you much harm.”

107. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more advantageous in the amount of good it brings to oneself, than living with wise radical attention.

“For truly, living with wise radical attention brings you much good.”

108. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more treacherous in the amount of harm it inflicts, than living without full awareness.

“For truly, living without full awareness brings you much harm.”

109. “Bhikkhus, while considering the internal factors that impel or drive a person, I do not know of a single thing that is more valuable in the amount of good it brings to oneself, than living with full awareness.

“For truly, living with full awareness brings you much good.”