AN 1.12 — AN 1.12

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Text

12. “Bhikkhus, I do not know of even a single thing that is more burning and incendiary in its nature, triggering the arising of anger that has not yet arisen, and flaring up the anger that has already arisen in the heart, than that which bears the quality of repulsiveness or being disgusting.

“Therefore, it is no surprise, Bhikkhus, that whoever keeps paying unwise attention to whatever bears the quality of being repulsive or disgusting, will only experience the triggering of anger that was not there, which now arises, and the flaring up of the anger that had already arisen.”