AN 1.14 — AN 1.14

English translation by Bhikkhu Candana.

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Text

14. “Bhikkhus, I do not know of even a single thing that is more troublesome in its nature, triggering the arising of restlessness and worry that have not yet arisen, and flaring up the restlessness and worrisome thoughts that have already arisen in the heart, than applying unwise attention that agitates the heart.

“Therefore, it is no surprise, Bhikkhus, that whoever allows himself to become agitated in the heart, will only experience the triggering of restlessness and worrisome thoughts that were not there, which now arise, as well as the flaring up of restlessness and worrisome thoughts that have already arisen.”