AN 1.16 — AN 1.16

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Text

16. “Bhikkhus, I do not know of even a single thing that so disrupts and fully stops the arising of sensual desires that have not yet arisen, and causes the abandonment of sensual desires which have already arisen in the heart, than the application of wise radical attention upon that which is ugly and thus bears the quality of repulsiveness.

“Therefore, it is no surprise, Bhikkhus, that whoever applies wise radical attention upon the repulsive, will only experience the stopping of the not yet arisen sensual desires from manifesting, as well as the abandonment of sensual desires that have already arisen.”