AN 1.17 — AN 1.17

English translation by Bhikkhu Candana.

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Text

17. “Bhikkhus, I do not know of even a single thing that so disrupts and fully stops the arising of anger or hostility that has not yet arisen, and causes the abandonment and relinquishing of anger or hostility which has already arisen in the heart, than infusing the heart with Mettā (Universal Benevolent Loving Kindness).

“Therefore, it is no surprise, Bhikkhus, that whoever applies wise radical attention by infusing the heart with Universal Benevolent Loving Kindness, will only experience the stopping of the not yet arisen anger or hostility from ever arising, as well as the abandonment and relinquishment of anger or hostility that have already arisen.”