AN 1.18 — AN 1.18

English translation by Bhikkhu Candana.

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Text

18. “Bhikkhus, I do not know of even a single thing that so disrupts and obliterates the arising of drowsiness and procrastination that has not yet arisen, and also causes the demolishing and obliteration of drowsiness and procrastination which have already arisen in the heart, than possessing the element of taking initiative, the element of perseverance, and the element of tenacity.

“Therefore, it is no surprise, Bhikkhus, that whoever takes the initiative by continuously exerting himself and with persistence, will only experience the demolishing and obliteration of the not yet arisen drowsiness and procrastination, and thus prevent them from arising, as well as the demolishing and obliteration of drowsiness and procrastination that have already arisen.”