AN 1.19 — AN 1.19

English translation by Bhikkhu Candana.

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Source revision: 807db762b939fded1ed24be52c1aaf4d3f4a702c45cb9c4327a9329b7eab56fc

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Text

19. “Bhikkhus, I do not know of even a single thing that so dissipates and fully obliterates the arising of restlessness and worrisome states that have not yet arisen and causes the vanishing and obliteration of restlessness and worrisome states which have already arisen in the heart, than to trustingly reestablish peace and tranquility in the heart.

“Therefore, it is no surprise, Bhikkhus, that whoever trustingly and confidently reestablishes peace and tranquility in one’s heart, will only experience the dissipation and obliteration of the not yet arisen restlessness and worrisome states, and thus prevent them from arising, as well as the dissipation and obliteration of restlessness and worrisome states that have already arisen.”