AN 1.296 — AN 1.296

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Text

AN I

Suttas 296-377

Ekādhammo Vagga “The One Singular Thing”

Paṭhama Vagga The First Sub Group

296. “Bhikkhus, there is one singular thing, which when cultivated and constantly trained in, will inevitably lead you to experience disenchantment and disgust, the fading away and therefore becoming dispassionate towards things and situations, to cessation, to dwelling in peace, to directly and personally Knowing beyond the shadow of a doubt, to Awakening, to Nibbāna.

“And what is that one singular thing?

“It is recollecting The Buddha within your heart.

“This is the one singular thing, Bhikkhus, which when cultivated and constantly trained in, will inevitably lead you to experience disenchantment and disgust, the fading away and therefore becoming dispassionate towards things and situations; to cessation, to dwelling in peace, to directly and personally Knowing beyond the shadow of a doubt, to Awakening, to Nibbāna.”