AN 1.297-305 — AN 1.297-305

English translation by Bhikkhu Candana.

Source: https://www.mindreleased.com/s/Book-1_Anguttara-Nikya-A-New-Translation.pdf#page=114

Source revision: 807db762b939fded1ed24be52c1aaf4d3f4a702c45cb9c4327a9329b7eab56fc

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Text

297. “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 Dhamma 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.”

298. “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 Sangha 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.”

299. “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 your virtues 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.”

300. “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 your open-handed generosity 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.”

301. “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 Devas 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.”

302. “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 the mindful awareness of your in- and out-breathing.

“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.”

303. “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 the mindful awareness of death 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.”

304. “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 mindful awareness that is securely fastened onto your body.

“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.”

305. “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 the mindful awareness of peace 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.”