# AN 1.401 — AN 1.401

English translation by Bhikkhu Candana.

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## Text

401. “Bhikkhus, if the Bhikkhu were to practice and attain the Heart’s Release through Upekkhā, even for just a snap of a finger, then he is to be declared a Bhikkhu who is able to attain to jhāna, living and training according to The Dispensation of The Teacher. Thus, he would be rightfully and blamelessly partaking of the food offered to him by the public, and therefore not be blameworthy in consuming all that is offered to him.

“And if this can be said about such a Bhikkhu, then how much more could be said about the Bhikkhu, who is fully dedicated and immersed in the steady practice and cultivation of the Heart’s Release through Upekkhā (Equanimity)?”