AN 1.405 — AN 1.405

English translation by Bhikkhu Candana.

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Text

405. “Bhikkhus, if the Bhikkhu were to practice maintaining his mindfulness while being fully attentive, even for just a snap of a finger, carefully staying with the most pronounced mental object or phenomena that he detects to be occurring, mindful of it in all its transitions, striving ardently but without having any thoughts of longing or resentment towards the world, 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 practice and cultivation of the Satipaṭṭhāna throughout his life?”