AN 1.54 — AN 1.54

English translation by Bhikkhu Candana.

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Text

54. “Bhikkhus, if the Bhikkhu were to work on developing Universal Benevolent Loving Kindness (Mettā) even for just a snap of a finger, 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 blamelessly partaking of the food offered to him by the public, and therefore not be blameworthy at all, in using or consuming all that is offered to him.

“And if this can be said about a Bhikkhu who cultivates Mettā for such a small fraction of time, then how much more could be said about the Bhikkhu, who is fully dedicated and immersed in the cultivation of Universal Benevolent Loving Kindness, throughout his entire life?”