AN 1.575 — AN 1.575

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Text

AN I

Suttas 575-615

Kāyagatāsati Vagga “Mindfulness Anchored Upon the Body”

575. “Bhikkhus, whoever carefully looks upon the vast and great ocean, will also see within it the innumerable small rivulets and great rivers that flow and merge into it.

“In the same manner, Bhikkhus, whoever directs one’s attention by cultivating mindfulness of the body, returning again and again back to mindfully staying with the body, will soon enough also see how all the beneficial and good qualities that directly lead one to supreme knowledge, are included within mindfulness that is directed and fastened to the body.”