AN 1.576-582 — AN 1.576-582

English translation by Bhikkhu Candana.

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Text

576. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral into and directly lead you to the full maturation and pinnacle of your sense of urgency.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral into and directly lead you to the full maturation and pinnacle of your sense of urgency.”

577. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral into and directly lead you to the achievement of the Highest Good.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral into and directly lead you to the achievement of the Highest Good.”

578. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral into and directly lead you to the ultimate safety and security that is freedom from bondage.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral into and directly lead you to the ultimate safety and security that is freedom from bondage.”

579. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral into and directly lead you to having consistent mindfulness and crystal-clear awareness.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral into and directly lead you to having consistent mindfulness and crystal-clear awareness.”

580. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral into and directly lead you to finally gain the deep understanding and vision.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral into and directly lead you to finally gain the deep understanding and vision.”

581. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral into and directly lead you to live and continue experiencing a state of soothing happiness throughout, right here, in this very life.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral into and directly lead you to live and continue experiencing a state of soothing happiness throughout, right here, in this very life.”

582. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, by returning back it to again and again, it will spiral into and directly lead you to the attainment of the Fruit of Perfect Release and the Certainty in Directly Knowing that you are now finally Released!

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, by returning back to it again and again, it will spiral into and directly lead you to the attainment of the Fruit of Perfect Release and the Certainty in Directly Knowing that you are now finally Released!”