# AN 1.583 — AN 1.583

English translation by Bhikkhu Candana.

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## Text

583. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, by returning back to it again and again, it will softly allow the body to become tranquil and relaxed, whereby the heart also will settle down, forgetting its agitations, while thinking and pondering quiet down and cease, as a result of which all those wholesome factors necessary for the Direct Knowledge of Awakening to take place, will perfectly line up and reach their fulfillment.

“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 softly allow the body to become tranquil and relaxed, whereby the heart also will settle down, forgetting its agitations, while thinking and pondering quiet down and cease, as a result of which all those wholesome factors necessary for the Direct Knowledge of Awakening to take place, will perfectly line up and reach their fulfillment.”