AN 1.584 — AN 1.584

English translation by Bhikkhu Candana.

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Text

584. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, by returning back to it again and again, any evil or damaging states of mind which have not yet arisen, will never get their chance to surface, meanwhile all those evil and damaging states of mind which had already surfaced and arisen, will be immediately abandoned and cut off.

“Now, 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, any evil or damaging states of mind which have not yet arisen, will never get their chance to surface, meanwhile all those evil and damaging states of mind which had already surfaced and arisen, will be immediately abandoned and cut off.”