AN 1.585 — AN 1.585

English translation by Bhikkhu Candana.

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Text

585. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, by returning back to it again and again, any good and beneficial states of mind that have not yet arisen, will be given the opportunity to immediately surface and manifest, meanwhile all those other good and beneficial states of mind which had already surfaced and arisen, will be strengthened and allowed to flourish and reach fulfillment.

“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 good and beneficial states of mind that have not yet arisen, will be given the opportunity to immediately surface and manifest, meanwhile all those other good and beneficial states of mind which had already surfaced and arisen, will be strengthened and allowed to flourish and reach fulfillment.”