AN 1.586-590 — AN 1.586-590

English translation by Bhikkhu Candana.

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Text

586. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will directly lead to the obliteration of ignorance.

“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 directly lead you to the obliteration of ignorance.”

587. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will directly lead to the arising of True Understanding in the Heart.

“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 directly lead to the arising of True Understanding in the Heart.”

588. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will directly lead to the abandonment and termination of the conceit: ‘I am.’

“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 directly lead to the abandonment and termination of the conceit: ‘I am.’

589. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will directly lead to the removal of all hidden negative tendencies (anusayā).

“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 directly lead to the removal of all hidden negative tendencies.”

590. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will directly lead to the abandoning and destruction of the fetters (saṃyojanā).

“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 directly lead to the abandoning and destruction of the fetters.”