AN 1.59 — AN 1.59

English translation by Bhikkhu Candana.

Source: https://www.mindreleased.com/s/Book-1_Anguttara-Nikya-A-New-Translation.pdf#page=53

Source revision: 807db762b939fded1ed24be52c1aaf4d3f4a702c45cb9c4327a9329b7eab56fc

License: Candana — free distribution, unaltered contents — https://www.mindreleased.com/s/Book-1_Anguttara-Nikya-A-New-Translation.pdf

Copyright © Bhikkhu Candana, 2020, 2026. Free distribution only; do not alter the contents. The original book, including its complete permission notice, accompanies this text.

Text

59. “Bhikkhus, I do not know of a single thing more helpful than heedful attentiveness, which causes the arising of good and beneficial states that were absent, while at the same time, obliterating all the evil qualities of the heart that had already arisen and were present, by pushing them away, into oblivion.

“Therefore, by living an attentive life with diligence, your beneficial qualities will increase, while your damaging ones will dwindle and disappear.”