AN 1.591-592 — AN 1.591-592

English translation by Bhikkhu Candana.

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Text

591. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will directly lead you to possess decisive and unmistakable wisdom.

“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 possess decisive and unmistakable wisdom.”

592. “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 Nibbāna, without you holding on to anything.

“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 Nibbāna, without you holding on to anything.”