AN 1.593-595 — AN 1.593-595

English translation by Bhikkhu Candana.

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Text

593. “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 full comprehension of the mental spheres.

“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 full comprehension of the mental spheres.”

594. “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 full penetration of the diverse mental spheres.

“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 full penetration of the diverse mental spheres.”

595. “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 full penetrative understanding of the diverse mental spheres.

“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 full penetrative understanding of the diverse mental spheres.”