AN 1.596-599 — AN 1.596-599

English translation by Bhikkhu Candana.

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Text

596. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it straightaway takes you to the very realization of the Fruit of Stream-Winning.

“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 spiral and converge as it straightaway takes you to the very realization of the Fruit of Stream-Winning.”

597. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it straightaway takes you to the very realization of the Fruit of Once-Returning.

“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 spiral and converge as it straightaway takes you to the very realization of the Fruit of Once-Returning.”

598. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it straightaway takes you to the very realization of the Fruit of Non-Returning.

“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 spiral and converge as it straightaway takes you to the very realization of the Fruit of Non-Returning.”

599. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it straightaway takes you to the very realization of the Fruit of Arahanthood.

“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 spiral and converge as it straightaway takes you to the very realization of the Fruit of Arahanthood.”