AN 1.60 — AN 1.60

English translation by Bhikkhu Candana.

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Text

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

“Therefore, by living a lazy life, your harmful and evil qualities will only increase and multiply, while your beneficial ones will dwindle and die.”