AN 1.61 — AN 1.61

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Text

AN I

Suttas 61-70

Vīriyārambhādi Vagga “The Section on Arousing Energy”

61. “Bhikkhus, I do not know of a single thing that is more effective than mustering up persevering energy within oneself, which causes the arising of good and beneficial (kusala) states that were once absent, while at the same time, obliterating all the evil qualities of the heart that were arisen and present, by pushing them away, into oblivion.

“Therefore, Bhikkhus, living with persevering energy in your heart will only increase your beneficial qualities, while obliterating the damaging ones.”