AN 1.617 — AN 1.617

English translation by Bhikkhu Candana.

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Text

617. “Bhikkhus, whoever engages the mind by directing his attention onto the body, returning back to it again and again and staying with it, is the person who does indeed experience The Deathless!

“Therefore, Bhikkhus, firmly anchor your mindfulness upon the body, for it will most certainly take you straight to The Deathless!”