AN 1.622 — AN 1.622

English translation by Bhikkhu Candana.

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Text

622. “Bhikkhus, whoever is unwilling to engage his mind by directing his attention onto the body, is the person who is unwilling to experience The Deathless!

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