AN 1.624 — AN 1.624

English translation by Bhikkhu Candana.

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Text

624. “Bhikkhus, whoever has not put the time and energy in developing the mind by directing his attention onto the body, making it return back to the body, again and again, and staying with it, is the person who has not put the time and energy to experience The Deathless!

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