AN 1.625 — AN 1.625

English translation by Bhikkhu Candana.

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Text

625. “Bhikkhus, whoever does not get to experience the insights to be gained from directing his attention onto the body, by returning back to it, again and again, and staying with it, is the person who does not get to experience The Deathless!

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