AN 1.626 — AN 1.626

English translation by Bhikkhu Candana.

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Text

626. “Bhikkhus, all those who do not penetrate through to directly know the importance of anchoring their mindfulness onto the body, are the ones who do not penetrate through to directly know and experience The Deathless!

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