AN 1.627 — AN 1.627

English translation by Bhikkhu Candana.

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Text

627. “Bhikkhus, whoever does not practice diligently to unmistakably realize for himself what it means to anchor his mindfulness onto the body, is the person who deprives himself of ever experiencing the unmistakable realization of The Deathless!

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