AN 1.63 — AN 1.63

English translation by Bhikkhu Candana.

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Text

63. “Bhikkhus, I do not know of a single thing that is more effective than having fewness of wishes, which causes the arising of good and beneficial states that were absent, while at the same time, dispelling all the evil qualities of the heart that had arisen.

“Therefore, Bhikkhus, living with fewness of wishes in your heart will only increase your beneficial qualities, while obliterating the damaging ones.”