AN 1.64 — AN 1.64

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Text

64. “Bhikkhus, I do not know of a single thing that is more treacherous than being discontented, which causes the arising of evil and damaging states that were absent, while at the same time, pushing out all the good and beneficial qualities from the heart, which had been present.

“Therefore, Bhikkhus, living while lacking contentment in your heart will only increase your damaging and evil qualities, while obliterating all the beneficial ones.”