AN 1.65 — AN 1.65

English translation by Bhikkhu Candana.

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Text

65. “Bhikkhus, I do not know of a single thing that is more richly successful than having contentment in one’s heart, which causes the arising of good and beneficial states that were once absent within, while at the same time, dispelling all the evil and damaging qualities from the heart, which had been present.

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