AN 1.69 — AN 1.69

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Text

69. “Bhikkhus, I do not know of a single thing more protective than possessing full awareness (sampajañña), as a result of which good and beneficial states that were once absent suddenly appear and brighten up one’s life, while at the same time, the once present evil and damaging qualities of the heart disappear into oblivion.

“Therefore, Bhikkhus, if you live while possessing full awareness, then you will surely see your good and beneficial qualities increase, whereas your harmful, evil, and damaging ones will simply vanish and disappear.”