AN 1.73 — AN 1.73

English translation by Bhikkhu Candana.

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Text

73. “Bhikkhus, I do not know of a single thing that is more constructive than the desire and pursuit of good habits, while at the same time being disinterested in and indifferent to adopting evil habits. Because of such tendencies, good and beneficial states that were once absent will arise,

while at the same time, any evil and damaging qualities that may have been present in the heart, all those will disappear and be no more.

“Therefore, Bhikkhus, by living a life where there is the pursuit of good habits, and indifference towards developing any bad and evil habits, you will only see your good and beneficial qualities increase, as your harmful, evil, and damaging ones become obliterated and disappear.”