# AN 2.140 — AN 2.140

English translation by Bhikkhu Candana.

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Source revision: 95439bcf66d6295a952d574a8501d2d31edc03ca3ed8eb1e5889f079f7b658c9

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## Text

140. “Bhikkhus, there are these two things. What two?

“Removing anger from the heart, and giving up hostility.

“These are the two things, Bhikkhus.