AN 2.144 — AN 2.144

English translation by Bhikkhu Candana.

Source: https://www.mindreleased.com/s/Book-2_Anguttara-Nikya-A-New-Translation.pdf#page=106

Source revision: 95439bcf66d6295a952d574a8501d2d31edc03ca3ed8eb1e5889f079f7b658c9

License: Candana — free distribution, unaltered contents — https://www.mindreleased.com/s/Book-2_Anguttara-Nikya-A-New-Translation.pdf

Copyright © Bhikkhu Candana, 2020, 2026. Free distribution only; do not alter the contents. The original book, including its complete permission notice, accompanies this text.

Candana source labels: 144. Site text ID: AN 2.144.

Text

144. “Bhikkhus, there are these two ways of giving up what was held on to. What are these two?

“The giving up of material possessions that was held on to, and the giving up of The Dhamma one was holding on to.

“Between these two ways of giving up what was held on to, giving up The Dhamma that one held on to is truly supreme!”