AN 2.169 — AN 2.169

English translation by Bhikkhu Candana.

Source: https://www.mindreleased.com/s/Book-2_Anguttara-Nikya-A-New-Translation.pdf#page=113

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: 169. Site text ID: AN 2.169.

Text

169. “Bhikkhus, there are these two complimentary qualities. What two?

“Protecting oneself through restraint of the six sense doors, and being moderate in consuming food.

“These are the two complimentary qualities, Bhikkhus.”