AN 2.19 — AN 2.19

English translation by Bhikkhu Candana.

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Text

19. “Bhikkhus, dispel and get rid of all that is damaging!

“For, it is absolutely possible to get rid of all that is damaging. After all, if it was not possible to get rid of all that is damaging, then I would not advise you by saying:

‘Bhikkhus, dispel and get rid of all that is damaging!’

“But, because it is possible to get rid of them, I am telling you:

‘Bhikkhus, dispel and get rid of all that is damaging!’

“This, because if dispelling and getting rid of all that is damaging were to be harmful in any way or somehow bring you suffering, then, certainly I would not be instructing and advising you to give them up and get rid of them!

“However, it is because dispelling and getting rid of all that is damaging is, in fact, so beneficial to you, bringing you genuine happiness and so many other advantages, that I will keep telling you:

‘Bhikkhus, dispel and get rid of all that is damaging!’

“On the other hand, Bhikkhus, cultivate and promote within you all that is beneficial!

“For, it is absolutely possible to cultivate and promote within you all that is beneficial. After all, if it was not possible to cultivate and promote within you all that is beneficial, then I would not advise you by saying:

‘Bhikkhus, cultivate and promote within you all that is beneficial!’

“But, because it is possible to cultivate and promote within you all that is beneficial, I am telling you:

‘Bhikkhus, cultivate and promote within you all that is beneficial!’

“This, because if cultivating and promoting all that is beneficial within you were to be harmful in any way or somehow bring you suffering, then, certainly I would not be instructing and advising you to cultivate and promote within you all that is beneficial.

“However, it is because cultivating and promoting within you all that is beneficial is, in fact, so beneficial to you, bringing you genuine happiness and so many other advantages, that I will keep telling you:

‘Bhikkhus, cultivate and promote within you all that is beneficial!’”