AN 3.157 — AN 3.157

English translation by Bhikkhu Sujato.
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Text

Mendicants, there are three practices. What three? The addicted practice, the scorching practice, the middle practice.

And what's the addicted practice? … This is called the addicted practice.

And what is the scorching practice? … This is called the scorching practice.

And what's the middle practice? It's when a mendicant generates enthusiasm, tries, makes an effort, exerts the mind, and strives so that bad, unskillful qualities don't arise. They generate enthusiasm, try, make an effort, exert the mind, and strive so that bad, unskillful qualities that have arisen are given up. They generate enthusiasm, try, make an effort, exert the mind, and strive so that skillful qualities arise. They generate enthusiasm, try, make an effort, exert the mind, and strive so that skillful qualities that have arisen remain, are not lost, but increase, mature, and are fully developed. …