AN 1.14 — AN 1.14

English translation by Bhikkhu Sujato.
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Text

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“Mendicants, I do not see a single thing that gives rise to restlessness and remorse, or, when they have arisen, makes them increase and grow like an unsettled mind. When your mind is unsettled, restlessness and remorse arise, and once arisen they increase and grow.”