AN 1.19 — AN 1.19

English translation by Bhikkhu Sujato.
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Text

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“Mendicants, I do not see a single thing that prevents restlessness and remorse from arising, or, when they have arisen, gives them up like a settled mind. When the mind is settled, restlessness and remorse do not arise, or, if they’ve already arisen, they’re given up.”