AN 1.297-305 — 297–305

English translation by Bhikkhu Sujato.
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Text

297–305

“One thing, mendicants, when developed and cultivated, leads solely to disillusionment, dispassion, cessation, peace, insight, awakening, and extinguishment. What one thing? Recollection of the teaching. …” “Recollection of the Saṅgha. …” “Recollection of ethical conduct. …” “Recollection of generosity. …” “Recollection of the deities. …” “Mindfulness of breathing. …” “Mindfulness of death. …” “Mindfulness of the body. …” “Recollection of peace. This one thing, when developed and cultivated, leads solely to disillusionment, dispassion, cessation, peace, insight, awakening, and extinguishment.”