AN 1.53 — AN 1.53

English translation by Bhikkhu Candana.

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Source revision: 807db762b939fded1ed24be52c1aaf4d3f4a702c45cb9c4327a9329b7eab56fc

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Text

53. “Bhikkhus, if the Bhikkhu were to practice and radiate Universal Benevolent Loving Kindness (Mettā) even for a snap of a finger, he is then to be declared ‘a Bhikkhu who is able to attain to jhāna, living and training according to The Dispensation of The Teacher.’ Thus, he would be blamelessly and rightfully partaking of the food offered to him by the public, and therefore, not be blameworthy at all, in partaking of and using all that is offered to him.

“And if this can be said about a Bhikkhu who pursues Mettā for only a small fraction of time, then how much more could be said about the Bhikkhu who is fully dedicated and immersed into the practice of Universal Benevolent Loving Kindness, throughout his entire life?”