AN 1.600-615 — AN 1.600-615

English translation by Bhikkhu Candana.

Source: https://www.mindreleased.com/s/Book-1_Anguttara-Nikya-A-New-Translation.pdf#page=202

Source revision: 807db762b939fded1ed24be52c1aaf4d3f4a702c45cb9c4327a9329b7eab56fc

License: Candana — free distribution, unaltered contents — https://www.mindreleased.com/s/Book-1_Anguttara-Nikya-A-New-Translation.pdf

Copyright © Bhikkhu Candana, 2020, 2026. Free distribution only; do not alter the contents. The original book, including its complete permission notice, accompanies this text.

Text

600. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it turns into genuine wisdom in the heart.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it turns into genuine wisdom in the heart.”

601. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it nurtures and leads to the flourishing of genuine wisdom in the heart.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it nurtures and leads to the flourishing of genuine wisdom in the heart.”

602. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it shines and pervades genuine wisdom throughout.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it shines and pervades genuine wisdom throughout.”

603. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it turns into ever present genuine wisdom that is always with you.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it turns into ever present genuine wisdom that is always with you.”

604. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it deepens the versatility of genuine wisdom in the heart.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it deepens the versatility of genuine wisdom in the heart.”

605. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it opens up the genuine wisdom in the heart, making it vast and boundless.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it opens up the genuine wisdom in the heart, making it vast and boundless.”

606. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge while deepening the genuine wisdom in the heart.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge while deepening the genuine wisdom in the heart.”

607. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it transforms into

genuine wisdom that is unsurpassable.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it transforms into genuine wisdom that is unsurpassable.”

608. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it constantly unfolds the living genuine wisdom in the heart.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it constantly unfolds the living genuine wisdom in the heart.”

609. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom abundant, throughout.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom abundant, throughout.”

610. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart instantaneously fast.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart instantaneously fast.”

611. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart lively and nimble.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart lively and nimble.”

612. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart become even more dynamic and colorful in its nuances.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart become even more dynamic and colorful in its nuances.”

613. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart become spontaneous.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it makes the genuine wisdom in the heart become spontaneous.”

614. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge as it keeps the genuine wisdom in the heart fresh and always sharp.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge as it keeps the genuine wisdom in the heart fresh and always sharp.”

615. “Bhikkhus, there is that one single thing, which when you cultivate to perfection, returning back to it again and again, it will spiral and converge, while constantly developing the genuine wisdom in the heart into its penetrative perfection.

“And what is that one single thing?

“It is mindfulness firmly anchored upon the body. Therefore, Bhikkhus, when you cultivate mindfulness of the body, by constantly directing and anchoring it upon the body, returning back to it again and again, it will spiral and converge, while constantly developing the genuine wisdom in the heart into its penetrative perfection.”