AN 6.116 — Restlessness

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 6.116

11. Triads

Restlessness

“Mendicants, there are these three things. What three? Restlessness, lack of restraint, and negligence. These are the three things. To give up these three things you should develop three things. What three? You should develop serenity to give up restlessness, restraint to give up lack of restraint, and diligence to give up negligence. These are the three things you should develop to give up those three things.”