

THE PALIVERSE PROJECT

The Universe of Buddha's Wisdom

The Triple Canon (Tipiṭaka)

The Canon of Discourses (Sutta Piṭaka)

4. The Collection of the Numerical Discourses (4. Aṅguttara Nikāya)

01. The Book of the Ones (01. Ekakanipātapāḷi)

19. The Chapter on Mindfulness Directed to the Body
(19. Kāyagatāsativaggo)

[AN 1.575-615, PTS 1.44.1-1.45.1]



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4. The Collection of the Numerical Discourses

01. The Book of the Ones

19. The Chapter on Mindfulness Directed to the Body

563. "For whoever, monks, has pervaded the great ocean with the mind, whatever rivulets that flow to the ocean are included within it; just so, monks, for whoever has mindfulness of the body developed and cultivated, whatever wholesome mental states are conducive to true knowledge are included within him."

564-570. "One thing, monks, when developed and cultivated, leads to great religious emotion... leads to great benefit... leads to great freedom from bondage... leads to mindfulness and full awareness... leads to the attainment of knowledge and vision... leads to pleasant abiding in the present life... leads to the realisation of the fruit of true knowledge and liberation. What is that one thing? Mindfulness of the body. This, monks, is the one thing which when developed and cultivated leads to great religious emotion... leads to great benefit... leads to great freedom from bondage... leads to mindfulness and full awareness... leads to the attainment of knowledge and vision... leads to pleasant abiding in the present life... leads to the realisation of the fruit of true knowledge and liberation."

571. "When one thing, monks, is developed and cultivated, the body becomes calm, the mind becomes calm, applied and sustained thought are appeased, and all qualities conducive to true knowledge go to fulfilment through development. In which one thing? Mindfulness of the body. When this one thing, monks, is developed and cultivated, the body becomes calm, the mind becomes calm, applied and sustained thought are appeased, and all qualities conducive to true knowledge go to fulfilment through development."

572. "When one thing, monks, is developed and cultivated, unarisen unwholesome mental states do not arise, and arisen unwholesome mental states are abandoned. In which one thing? Mindfulness of the body. When this one thing, monks, is developed and cultivated, unarisen unwholesome mental states do not arise, and arisen unwholesome mental states are abandoned."

573. "When one thing, monks, is developed and cultivated, unarisen wholesome mental states arise, and arisen wholesome mental states lead to increase and expansion. In which one thing? Mindfulness of the body. When this one thing, monks, is developed and cultivated, unarisen wholesome mental states arise, and arisen wholesome mental states lead to increase and expansion."

574. "When one thing, monks, is developed and cultivated, ignorance is abandoned, true knowledge arises, the conceit 'I am' is abandoned, underlying tendencies go to uprooting, mental fetters are abandoned. In which one thing? Mindfulness of the

body. When this one thing, monks, is developed and cultivated, ignorance is abandoned, true knowledge arises, the conceit 'I am' is abandoned, underlying tendencies go to uprooting, mental fetters are abandoned."

575-576. "One thing, monks, when developed and cultivated, leads to the penetration of wisdom... leads to final nibbāna without clinging. What is that one thing? Mindfulness of the body. This, monks, is the one thing which when developed and cultivated leads to the penetration of wisdom... leads to final nibbāna without clinging."

577-579. "When one thing, monks, is developed and cultivated, there is the penetration of many elements... there is the penetration of various elements... there is analytical knowledge of many elements. In which one thing? Mindfulness of the body. When this one thing, monks, is developed and cultivated, there is the penetration of many elements... there is the penetration of various elements... there is analytical knowledge of many elements."

580-583. "One thing, monks, when developed and cultivated, leads to the realisation of the fruition of stream-entry... leads to the realisation of the fruition of once-returning... leads to the realisation of the fruition of non-returning... leads to the realisation of the fruition of arahantship. What is that one thing? Mindfulness of the body. This, monks, is the one thing which when developed and cultivated leads to the realisation of the fruition of stream-entry... leads to the realisation of the fruition of once-returning... leads to the realisation of the fruition of non-returning... leads to the realisation of the fruition of arahantship."

584-599. "One thing, monks, when developed and cultivated, leads to the attainment of wisdom... leads to the increase of wisdom... leads to the expansion of wisdom... leads to great wisdom... leads to wide wisdom... leads to extensive wisdom... leads to profound wisdom... leads to unsurpassed wisdom... leads to abundant wisdom... leads to abundance of wisdom... leads to swift wisdom... leads to quick wisdom... leads to joyful wisdom... leads to speedy wisdom... leads to sharp wisdom... leads to penetrative wisdom. What is that one thing? Mindfulness of the body. This, monks, is the one thing which when developed and cultivated leads to the attainment of wisdom... leads to the increase of wisdom... leads to the expansion of wisdom... leads to great wisdom... leads to wide wisdom... leads to extensive wisdom... leads to profound wisdom... leads to unsurpassed wisdom... leads to abundant wisdom... leads to abundance of wisdom... leads to swift wisdom... leads to quick wisdom... leads to joyful wisdom... leads to speedy wisdom... leads to sharp wisdom... leads to penetrative wisdom."

The Mindfulness of the Body Chapter is the nineteenth.



ABOUT THIS TRANSLATION

This translation is part of the PaliVerse Project - the first complete, unified English translation of the Pāli Canon together with its Commentaries (Aṭṭhakathā) and Subcommentaries (Tīkā), accompanied by interactive study tools. PaliVerse is an ongoing project. The AI translations are continuously improved through experts' revisions and feedback. This text is the latest translation as of the date of download.

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