

THE MIND IS THE KEY

I do not perceive even one other thing, O monks, that is so unwieldy as an undeveloped mind. An undeveloped mind is truly unwieldy.

"I do not perceive even one other thing, O monks, that is so wieldy as a developed mind. A developed mind is truly wieldy.

"I do not perceive even one other thing, O monks, that leads to such great harm as an undeveloped mind. An undeveloped mind leads to great harm.

"I do not perceive even one other thing, O monks, that leads to such great benefit as a developed mind. A developed mind leads to great benefit...

"I do not perceive even one other thing, O monks, that when undeveloped and uncultivated entails such great suffering as the mind. The mind when undeveloped and uncultivated entails great suffering.

"I do not perceive even one other thing, O monks, that when developed and cultivated entails such great happiness as the mind. The mind when developed and cultivated entails great happiness."

(AN 1: iii, 1, 2, 3, 4, 9, 10; 15-6)

SERENITY AND INSIGHT

"Two things, O monks, partake of true knowledge. What two? Serenity and insight.

"When serenity is developed, what benefit does one experience? The mind is developed. When the mind is developed, what benefit does one experience? All lust is abandoned.

"When insight is developed, what benefit does one experience? Wisdom is developed. When wisdom is developed, what benefit does one experience? All ignorance is abandoned.

"A mind defiled by lust is not liberated; and wisdom defiled by ignorance is not developed. Thus monks, through the fading away of lust there is liberation of mind; and through the fading away of ignorance there is liberation by wisdom."

(AN 2: iii, 10; I 61)

In the Buddha's Words: An Anthology of Discourses from the Pali Canon. Edited by Bhikkhu Bodhi. Boston: Wisdom Publications, 2005, 267–268.