# SN 22.149 — Observing Not-Self

English translation by Bhikkhu Sujato.
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## Text

Linked Discourses 22.149

14. Burning Chaff

Observing Not-Self

At Sāvatthī.

“Mendicants, when a gentleman has gone forth out of faith, this is what’s in line with the teaching. They should meditate observing not-self in form, feeling, perception, choices, and consciousness. … They’re freed from suffering, I say.”