SN 22.24 — Directly Knowing

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 22.24

3. The Burden

Directly Knowing

At Sāvatthī.

“Mendicants, without directly knowing and completely understanding form, without dispassion for it and giving it up, you can’t end suffering.

Without directly knowing and completely understanding feeling … perception … choices … consciousness, without dispassion for it and giving it up, you can’t end suffering.

By directly knowing and completely understanding form, having dispassion for it and giving it up, you can end suffering.

By directly knowing and completely understanding feeling … perception … choices … consciousness, having dispassion for it and giving it up, you can end suffering.”