# SN 22.29 — Taking Pleasure

English translation by Bhikkhu Sujato.
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## Text

Linked Discourses 22.29

3. The Burden

Taking Pleasure

At Sāvatthī.

“Mendicants, if you take pleasure in form, you take pleasure in suffering. If you take pleasure in suffering, you’re not free from suffering, I say.

If you take pleasure in feeling … perception … choices … consciousness, you take pleasure in suffering. If you take pleasure in suffering, you’re not free from suffering, I say.

If you don’t take pleasure in form, you don’t take pleasure in suffering. If you don’t take pleasure in suffering, you’re free from suffering, I say.

If you don’t take pleasure in feeling … perception … choices … consciousness, you don’t take pleasure in suffering. If you don’t take pleasure in suffering, you’re free from suffering, I say.”