SN 35.112 — Complete Understanding of the Exterior

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.112

11. Sanctuary from the Yoke

Complete Understanding of the Exterior

“Mendicants, without directly knowing and completely understanding sights … sounds … smells … tastes … touches … ideas, without dispassion for them and giving them up, you can’t end suffering.

By directly knowing and completely understanding sights … sounds … smells … tastes … touches … ideas, having dispassion for them and giving them up, you can end suffering.”