SN 35.147 — The Impermanent as Conducive to Extinguishment

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.147

15. The Old and the New

The Impermanent as Conducive to Extinguishment

“Mendicants, I will teach you a practice that’s conducive to extinguishment. Listen …

And what is that practice that’s conducive to extinguishment?

It’s when a mendicant sees that the eye, sights, eye consciousness, and eye contact are impermanent. And they see that the painful, pleasant, or neutral feeling that arises dependent on eye contact is also impermanent.

They see that the ear … nose … tongue … body … mind, ideas, mind-consciousness, and mind contact are impermanent. And they see that the painful, pleasant, or neutral feeling that arises dependent on mind contact is also impermanent.

This is that practice that’s conducive to extinguishment.”