SN 35.148 — The Suffering as Conducive to Extinguishment

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.148

15. The Old and the New

The Suffering 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 suffering. And they see that the painful, pleasant, or neutral feeling that arises dependent on eye contact is also suffering.

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

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