SN 35.149 — Not-Self as Conducive to Extinguishment

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.149

15. The Old and the New

Not-Self 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 not-self. And they see that the painful, pleasant, or neutral feeling that arises dependent on eye contact is also not-self.

They see that the ear … nose … tongue … body … mind, ideas, mind-consciousness, and mind contact are not-self. And they see that the painful, pleasant, or neutral feeling that arises dependent on mind contact is also not-self.

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