SN 35.150 — A Practice Conducive to Extinguishment

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.150

15. The Old and the New

A Practice 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?

What do you think, mendicants? Is the eye permanent or impermanent?”

“Impermanent, sir.”

“But if it’s impermanent, is it suffering or happiness?”

“Suffering, sir.”

“But if it’s impermanent, suffering, and perishable, is it fit to be regarded thus: ‘This is mine, I am this, this is my self’?”

“No, sir.”

“Are sights … eye consciousness … eye contact …

The pleasant, painful, or neutral feeling that arises dependent on mind contact: is that permanent or impermanent?”

“Impermanent, sir.”

“But if it’s impermanent, is it suffering or happiness?”

“Suffering, sir.”

“But if it’s impermanent, suffering, and perishable, is it fit to be regarded thus: ‘This is mine, I am this, this is my self’?”

“No, sir.”

“Seeing this, a learned noble disciple grows disillusioned with the eye, sights, eye consciousness, and eye contact. And they grow disillusioned with the painful, pleasant, or neutral feeling that arises dependent on eye contact.

They grow disillusioned with the ear … nose … tongue … body … mind … painful, pleasant, or neutral feeling that arises dependent on mind contact. Being disillusioned, desire fades

away. When desire fades away they’re freed. …

They understand: ‘… there is nothing further for this place.’

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