SN 35.158 — Focus, the Interior, and the End of Relishing

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.158

16. The End of Relishing

Focus, the Interior, and the End of Relishing

“Mendicants, rationally apply the mind to the eye. Truly see the impermanence of the eye. When a mendicant does this, they grow disillusioned with the eye. When relishing ends, greed ends. When greed ends, relishing ends. When relishing and greed end, the mind is said to be well freed.

Rationally apply the mind to the ear … nose … tongue … body … mind. Truly see the impermanence of the mind. When a mendicant does this, they grow disillusioned with the mind. When relishing ends, greed ends. When greed ends, relishing ends. When relishing and greed end, the mind is said to be well freed.”