SN 35.159 — Focus, the Exterior, and the End of Relishing

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.159

16. The End of Relishing

Focus, the Exterior, and the End of Relishing

“Mendicants, rationally apply the mind to sights. Truly see the impermanence of sights. When a mendicant does this, they grow disillusioned with sights. 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 sounds … smells … tastes … touches … ideas. Truly see the impermanence of ideas. When a mendicant does this, they grow disillusioned with ideas. When relishing ends, greed ends. When greed ends, relishing ends. When relishing and greed end, the mind is said to be well freed.”