SN 35.163 — With Koṭṭhita on Suffering

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.163

16. The End of Relishing

With Koṭṭhita on Suffering

Then Venerable Mahākoṭṭhita … said to the Buddha:

“Sir, may the Buddha please teach me Dhamma in brief. When I’ve heard it, I’ll live alone, withdrawn, diligent, keen, and resolute.”

“Koṭṭhita, you should give up desire for what is suffering. And what is suffering?

The eye, sights, eye consciousness, and eye contact are suffering: you should give up desire for them. The pleasant, painful, or neutral feeling that arises dependent on eye contact is also suffering; you should give up desire for it.

The ear … nose … tongue … body …. The mind, ideas, mind consciousness, and mind contact are suffering: you should give up desire for them. The pleasant, painful, or neutral feeling that arises dependent on mind contact is also suffering: you should give up desire for it.

Koṭṭhita, you should give up desire for what is suffering.”