SN 35.164 — With Koṭṭhita on Not-Self

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.164

16. The End of Relishing

With Koṭṭhita on Not-Self

“Koṭṭhita, you should give up desire for what is not-self. And what is not-self?

The eye, sights, eye consciousness, and eye contact are not-self: you should give up desire for them. The pleasant, painful, or neutral feeling that arises dependent on eye contact is also not-self: You should give up desire for it.

The ear … nose … tongue … body … The mind, ideas, mind consciousness, and mind contact … The pleasant, painful, or neutral feeling that arises dependent on mind contact is also not-self: you should give up desire for it.

Koṭṭhita, you should give up desire for what is not-self.”