SN 35.19 — Taking Pleasure (Interior)

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.19

2. Pairs

Taking Pleasure (Interior)

“Mendicants, if you take pleasure in the eye, you take pleasure in suffering. If you take pleasure in suffering, you’re not free from suffering, I say.

If you take pleasure in the ear … nose … tongue … body … mind, you take pleasure in suffering. If you take pleasure in suffering, you’re not free from suffering, I say.

If you don’t take pleasure in the eye, you don’t take pleasure in suffering. If you don’t take pleasure in suffering, you’re free from suffering, I say.

If you don’t take pleasure in the ear … nose … tongue … body … mind, you don’t take pleasure in suffering. If you don’t take pleasure in suffering, you’re free from suffering, I say.”