SN 35.24 — Giving Up

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn35.24/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Linked Discourses 35.24

3. All

Giving Up

“Mendicants, I will teach you the principle for giving up the all. Listen …

And what is the principle for giving up the all? The eye should be given up. Sights should be given up. Eye consciousness should be given up. Eye contact should be given up. The painful, pleasant, or neutral feeling that arises dependent on eye contact should also be given up.

The ear … nose … tongue … body … mind should be given up. Ideas should be given up. Mind consciousness should be given up. Mind contact should be given up. The painful, pleasant, or neutral feeling that arises dependent on mind contact should be given up.

This is the principle for giving up the all.”