SN 36.5 — Should Be Seen

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Text

Linked Discourses 36.5

1. With Verses

Should Be Seen

“Mendicants, there are these three feelings. What three?

Pleasant, painful, and neutral feeling.

Pleasant feeling should be seen as suffering. Painful feeling should be seen as a dart. Neutral feeling should be seen as impermanent.

When a mendicant has seen these three feelings in this way, they’re called a mendicant who sees rightly, has cut off craving, cast off the fetters, and by rightly comprehending conceit has made an end of suffering.

A mendicant who sees pleasure as pain,

and suffering as a dart,

and that peaceful, neutral feeling

as impermanent

sees rightly;

they completely understand feelings.

Completely understanding feelings,

they’re without defilements in this very life.

That knowledge master is firm in principle;

when their body breaks up, they can’t be reckoned.”