SN 22.142 — SN 22:142 Stressful | Dukkha Sutta

English translation by Ṭhānissaro Bhikkhu.

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Text

Stressful

Dukkha Sutta (SN 22:142)

Near Sāvatthī. “Monks, whatever is stressful, you should abandon desire-passion there. And what is stressful?

“Form, monks, is stressful. You should abandon desire-passion there.

“Feeling is stressful. You should abandon desire-passion there.

“Perception is stressful. You should abandon desire-passion there.

“Fabrications are stressful. You should abandon desire-passion there.

“Consciousness is stressful. You should abandon desire-passion there.

“Monks, whatever is stressful, you should abandon desire-passion there.”

Publisher references (not part of the sutta)

See also: SN 22:120–121