SN 22.149 — Observing Not-Self

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn22.149/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Linked Discourses 22.149

14. Burning Chaff

Observing Not-Self

At Sāvatthī.

“Mendicants, when a gentleman has gone forth out of faith, this is what’s in line with the teaching. They should meditate observing not-self in form, feeling, perception, choices, and consciousness. … They’re freed from suffering, I say.”