SN 22.16 — That Which is Suffering

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 22.16

2. Impermanence

That Which is Suffering

At Sāvatthī.

“Mendicants, form is suffering. What’s suffering is not-self. And what’s not-self should be truly seen with right understanding like this: ‘This is not mine, I am not this, this is not my self.’

Feeling is suffering …

Perception is suffering …

Choices are suffering …

Consciousness is suffering. What’s suffering is not-self. And what’s not-self should be truly seen with right understanding like this: ‘This is not mine, I am not this, this is not my self.’

Seeing this … They understand: ‘… there is nothing further for this place.’”