SN 22.33 — It’s Not Yours

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn22.33/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Linked Discourses 22.33

4. It’s Not Yours

It’s Not Yours

At Sāvatthī.

“Mendicants, give up what’s not yours. Giving it up will be for your welfare and happiness. And what isn’t yours? Form isn’t yours: give it up. Giving it up will be for your welfare and happiness.

Feeling …

Perception …

Choices …

Consciousness isn’t yours: give it up. Giving it up will be for your welfare and happiness.

Suppose a person was to carry off the grass, sticks, branches, and leaves in this Jeta’s Grove, or burn them, or do what they want with them. Would you think: ‘This person is carrying us off, burning us, or doing what they want with us’?”

“No, sir. Why is that? Because to us that’s neither self nor belonging to self.”

“In the same way, mendicants, form isn’t yours: give it up. Giving it up will be for your welfare and happiness.

Feeling …

Perception …

Choices …

Consciousness isn’t yours: give it up. Giving it up will be for your welfare and happiness.”