SN 35.3 — The Interior as Not-Self

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Source: https://suttacentral.net/sn35.3/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Linked Discourses 35.3

1. Impermanence

The Interior as Not-Self

“Mendicants, the eye 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.’

The ear, nose, tongue, body, and mind are 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.’”