SN 35.104 — Sanctuary from the Yoke

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.104

11. Sanctuary from the Yoke

Sanctuary from the Yoke

At Sāvatthī.

“Mendicants, I will teach you an exposition of the teaching, an explanation of one who has found sanctuary from the yoke. Listen …

And what is an exposition of the teaching, an explanation of one who has found sanctuary from the yoke?

There are sights known by the eye, which are likable, desirable, agreeable, pleasant, sensual, and arousing. The Realized One has given these up, cut them off at the root, made them like a palm stump, and obliterated them, so they are unable to arise in the future. He teaches yoking oneself to meditation for giving them up. That’s why the Realized One is called one who has found sanctuary from the yoke. …

There are ideas known by the mind, which are likable, desirable, agreeable, pleasant, sensual, and arousing. The Realized One has given these up, cut them off at the root, made them like a palm stump, and obliterated them, so they are unable to arise in the future. He teaches yoking oneself to meditation for giving them up. That’s why the Realized One is called one who has found sanctuary from the yoke.

This is an exposition of the teaching, an explanation of one who has found sanctuary from the yoke.”