SN 35.135 — Khana Sutta: The Opportunity

English translation by Thanissaro Bhikkhu.

Source: https://www.accesstoinsight.org/tipitaka/sn/sn35/sn35.135.than.html

Source revision: sha256:7c411108530c04aafcca0ac43267ed12227cbb2653320e8ae0bb686e566bb783

License: CC-BY-NC-4.0 — https://creativecommons.org/licenses/by-nc/4.0/

License URL: https://creativecommons.org/licenses/by-nc/4.0/

Copyright: ©2004 Thanissaro Bhikkhu.

License notice: The text of this page ("Khana Sutta: The Opportunity", by Thanissaro Bhikkhu) is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. To view a copy of the license, visit https://creativecommons.org/licenses/by-nc/4.0/. Documents linked from this page may be subject to other restrictions.

Attribution: ©2004 Thanissaro Bhikkhu. The text of this page ("Khana Sutta: The Opportunity", by Thanissaro Bhikkhu) is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. To view a copy of the license, visit https://creativecommons.org/licenses/by-nc/4.0/. Documents linked from this page may be subject to other restrictions. Transcribed from a file provided by the translator. Last revised for Access to Insight on 30 November 2013. How to cite this document (a suggested style): "Khana Sutta: The Opportunity" (SN 35.135), translated from the Pali by Thanissaro Bhikkhu. Access to Insight (BCBS Edition), 30 November 2013, https://www.accesstoinsight.org/tipitaka/sn/sn35/sn35.135.than.html .

Changes: Presentation only: original HTML markup reflowed into plain text; wording, numbering and source repetitions retained. No repetitions expanded.

Completeness: ABBREVIATED. Every source-unit character is preserved, including introductions, notes and verse structure. Thanissaro's collection-level note explicitly states that repetitions were cut: https://www.dhammatalks.org/suttas/about.html. This is evidence about the translation method, not an assertion that every individual unit contains an omission; no repetitions reconstructed.

Text

"It's a gain for you, monks, a great gain, that you've gained the opportunity to live the holy life. I have seen a hell named 'Six Spheres of Contact.' Whatever form one sees there with the eye is undesirable, never desirable; displeasing, never pleasing; disagreeable, never agreeable. Whatever sound one hears there with the ear... Whatever aroma one smells there with the nose... Whatever flavor one tastes there with the tongue... Whatever tactile sensation one touches there with the body... Whatever idea one cognizes there with the intellect is undesirable, never desirable; displeasing, never pleasing; disagreeable, never agreeable.

"It's a gain for you, monks, a great gain, that you've gained the opportunity to live the holy life. I have seen a heaven named 'Six Spheres of Contact.' Whatever form one sees there with the eye is desirable, never undesirable; pleasing, never displeasing; agreeable, never disagreeable. Whatever sound one hears there with the ear... Whatever aroma one smells there with the nose... Whatever flavor one tastes there with the tongue... Whatever tactile sensation one touches there with the body... Whatever idea one cognizes there with the intellect is desirable, never undesirable; pleasing, never displeasing; agreeable, never disagreeable.

"It's a gain for you, monks, a great gain, that you've gained the opportunity to live the holy life." [1]

Note

1.

The message here is that in realms where sense objects are totally disagreeable or totally agreeable it is very difficult to practice the holy life, for in the former, one is too distracted by pain; in the latter, too distracted by pleasure.