SN 35.167 — Giving Up Theory of Self

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn35.167/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Linked Discourses 35.167

16. The End of Relishing

Giving Up Theory of Self

Then a mendicant went up to the Buddha … and said to him:

“Sir, how does one know and see so that theory of self is given up?”

“Mendicant, knowing and seeing the eye, sights, eye consciousness, and eye contact as not-self, theory of self is given up. …

And also knowing and seeing the pleasant, painful, or neutral feeling that arises dependent on mind contact as not-self, theory of self is given up.”