SN 35.219-221 — The Exterior and What’s Not-Self in the Three Times

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 35.219–221

17. Sixty Abbreviated Texts

The Exterior and What’s Not-Self in the Three Times

“Mendicants, in the past … future … present sights, sounds, smells, tastes, touches, and ideas 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.’ …”