SN 35.71 — Six Fields of Contact (1st)

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn35.71/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Linked Discourses 35.71

7. With Migajāla

Six Fields of Contact (1st)

“Mendicants, anyone who doesn’t truly understand the six fields of contact’s origin, disappearance, gratification, drawback, and escape has not completed the spiritual journey and is far from this teaching and training.”

When he said this, one of the mendicants said to the Buddha, “Here, sir, I’m discouraged. For I don’t truly understand the six fields of contact’s origin, disappearance, gratification, drawback, and escape.”

“What do you think, mendicant? Do you regard the eye like this: ‘This is mine, I am this, this is my self’?”

“No, sir.”

“Good, mendicant! And regarding the eye, you will truly see clearly with right wisdom that: ‘This is not mine, I am not this, this is not my self.’ Just this is the end of suffering.

Do you regard the ear … nose … tongue … body …

Do you regard the mind like this: ‘This is mine, I am this, this is my self’?”

“No, sir.”

“Good, mendicant! And regarding the mind, you will truly see clearly with right wisdom that: ‘This is not mine, I am not this, this is not my self.’ Just this is the end of suffering.”