

Kāmaguṇa Sutta

SN V 45.176 *The Qualities of Lust*
Translated by Bhante Ānanda
Aug. 2020 English

Bhikkhus,

There are these five qualities of outward attraction¹.

What five?

1. *Forms perceived by the eye*
Which are desired and loved,
Seductive and attractive,
Mingled with desire and exciting;²
2. *Sounds perceived by the ear*
Which are desired and loved,
Seductive and attractive,
Mingled with desire and exciting
3. *Odors perceived by the nose*
Which are desired and loved,
Seductive and attractive,
Mingled with desire and exciting
4. *Flavors perceived by the tongue*
Which are desired and loved,
Seductive and attractive,
Mingled with desire and exciting
5. *Tangibles perceived by the body*
Which are desired and loved,
Seductive and attractive,
Mingled with desire and exciting

These are the five qualities.

¹ *Kāmaguṇa. Fabrics, strands.*

² *iṭṭhā kantā manāpā piyarūpā kāmūpasamhitā rajanīyā*

*Bhikkhus,
It is for direct understanding,
For complete understanding,
For complete overcoming
And for letting go³ of the five qualities of lust
that this Ariyan Eight-spoked path is developed.*



More at: www.heartdhamma.org/

The Dhamma is for everyone, at all time. For free distribution only.

All books & translations by Bhante Ānanda are shared under:

[Creative Commons License non-commercial share-a-like](https://creativecommons.org/licenses/by-nc-sa/4.0/)

³ *abhiññāya pariññāya parikkhayāya pahānāya*