

The Hindrance of Sensual Desire Quotes

Not even with a shower of gold coins would we find satisfaction in sensual cravings.

Knowing that sensual cravings are suffering, that they bring little delight,
The sage does not rejoice even in divine pleasures.

One who delights in the ending of craving is a disciple of the Awakened One.
(Dhammapada 186-187)

To foster **inappropriate attention** to the sign of beauty is the food for the arising of sensual desire that has not yet arisen, or for the growth & increase of sensual desire once it has arisen.

To foster **appropriate attention** to the sign of unattractiveness deprives food for the arising of sensual pleasure that has not yet arisen, and for the growth & increase of sensual desire once it has arisen.

Samyutta Nikaya XLVI.51

By frequently giving attention to things that are a basis for sensual lust, unarisen sensual desire arises and arisen sensual desire increases and expands.

Samyutta Nikaya XLVI 23.

“How, monks, does a monk abide observing dharmas with reference to the five hindrances?

“Here, monks, when **sensual desire** is present within him, a monk knows,
‘Sensual desire is present within me.’

When no sensual desire is present within him, a monk knows, ‘No sensual desire is present within me.’

He knows how sensual desire that has not yet arisen, comes to arise.

He knows how sensual desire, once it has arisen, can be abandoned.

He knows how an abandoned sensual desire does not arise in the future.

Discourse on the Application of Mindfulness (MN 10)

Six things are conducive to the abandonment of sensual desire:

1. Learning how to meditate on non-attractive themes
2. Devoting oneself to the meditation on the non-attractive;
3. Safe-guarding oneself at the sense doors;
4. Moderation in eating;
5. Noble friendship;
6. Suitable conversation.

— Commentary to the Satipatthana Sutta