

## Ten Fetters

### Sanyojana Sutta: Fetters

"There are these ten fetters. Which ten? Five lower fetters and five higher fetters. And which are the five lower fetters? Self-identity views, uncertainty, grasping at precepts and practices, sensual desire, and ill will. These are the five lower fetters. And which are the five higher fetters? Passion for form, passion for what is formless, conceit, restlessness, and ignorance. These are the five higher fetters. And these are the ten fetters." (*Anguttara Nikaya* 10.13)

#### Fetters (*sanyojana*):

The ten fetters that bind the mind to the round of death and rebirth are (1) identity views, (2) uncertainty, (3) grasping at habits and practices, (4) sensual passion, (5) irritation, (6) passion for form, (7) passion for formlessness, (8) conceit, (9) restlessness, and (10) ignorance.

#### Sources:

"Sanyojana Sutta: Fetters" (AN 10.13), translated from the Pali by Thanissaro Bhikkhu. *Access to Insight (Legacy Edition)*, 4 July 2010, <http://www.accesstoinsight.org/tipitaka/an/an10/an10.013.than.html> . ©2000 Thanissaro Bhikkhu.

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