FOUR FOUNDATIONS OF MINDFULNESS
The Sathipatthana Sutta (MN 10)

Mindfulness:
1. bare attention
2. (clear comprehension of context/purpose)

I. Mindfulness of the Body
   1. mindfulness of breathing.
      qualities (in breath or out-breath? fast or slow? harsh? soft? labored?)
      arising and passing away
   2. mindfulness of the four elements
      Earth – solidity, weight, hardness, softness, pressure
      Air – vibration, stillness
      Water – cohesion, what keeps things flowing together
      Fire – heat or coolness (calorific content)
   3. other body contemplations: postures, body parts, corpses

II. Mindfulness of Feelings (Vedana)
   1. pleasant
   2. unpleasant
   3. neutral

III. Mindfulness of Mind States
   1. moods, emotions
   2. overall states of mind (e.g., concentrated vs. unconcentrated)

IV. Mindfulness of Mental Objects (dhammas)
   = mindfulness of the Buddha’s insights as they manifest in our lives
   four noble truths
   five hindrances
   three characteristics (impermanence, non-self, unsatisfactoriness)
   etc.

Example

1\textsuperscript{st} Foundation: “I have a sharp sensation in my knee.” (body)

2\textsuperscript{nd} Foundation: “It’s unpleasant.” (feeling)

3\textsuperscript{rd} Foundation: “It’s a bummer that I have this pain in my knee.” (mind state)

4\textsuperscript{th} Foundation: “This is suffering!” (Observing First Noble Truth in mental object)