

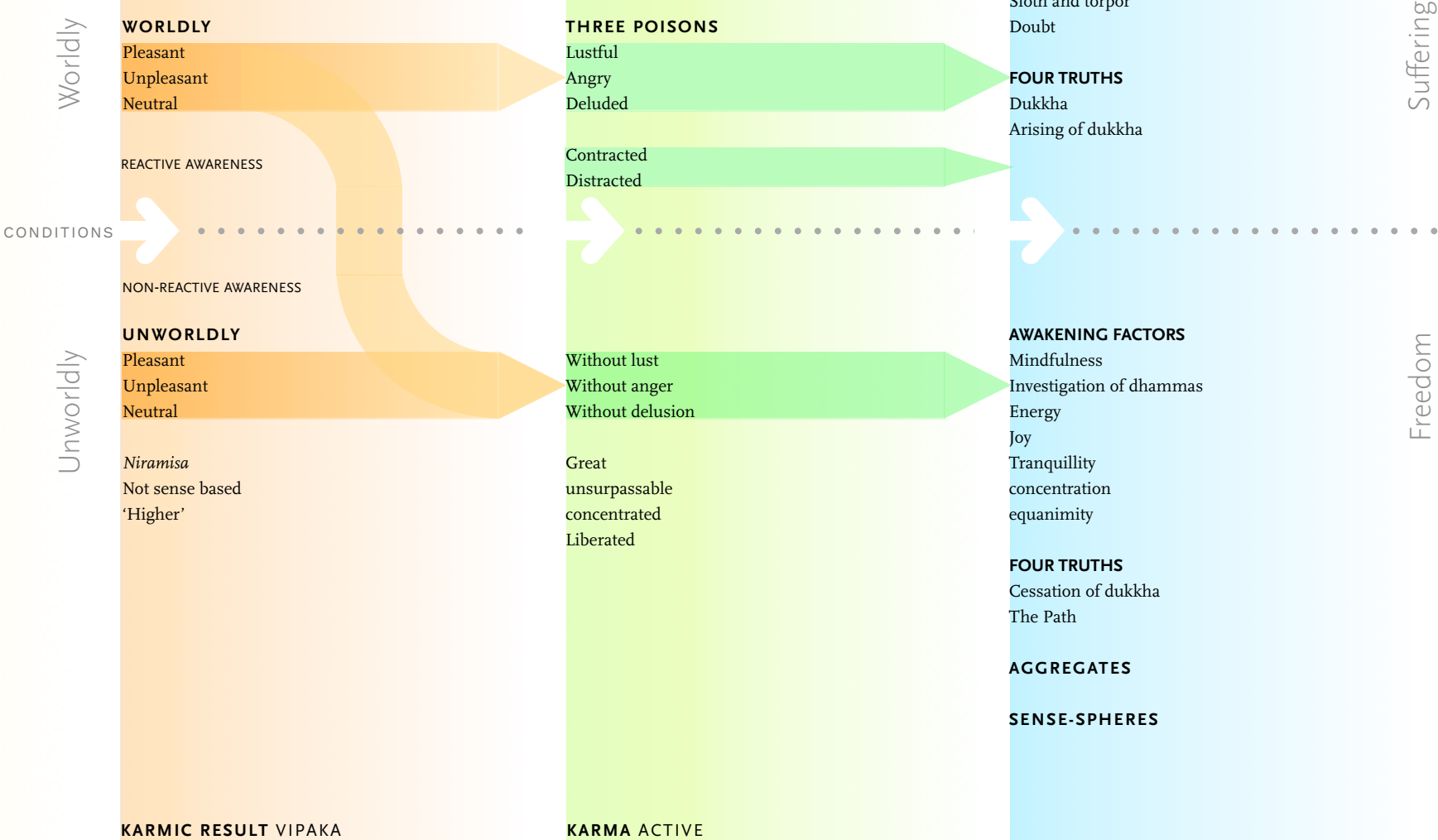
Body

Feelings

Mind

Dhammas

- BREATH**
Long breath
Short breath
Sensitive to body
Calming body
- 4 POSTURES**
Walking
Standing
Sitting
Lying down
- ACTIVITIES**
going forward + returning
looking ahead + away
flexing + extending limbs
wearing one's robes
carrying one's bowl
eating, drinking,
defecating + urinating
walking, standing, sitting,
falling asleep, waking up
talking, and keeping silent
- BODY PARTS**
- 4 ELEMENTS**
Earth
water
fire
air
- CORPSE**



SATIPATTHANA

A direct path to overcome suffering

sati

mindfulness,
awareness

[u]patthana

to be present with,
placing near



=

the presence of mindfulness,
attending with mindfulness

In the sutta the term **satipatthana**

has such meanings as:

- 4 ways of attending mindfully
- 4 presences of mindfulness
- 4 ways of establishing mindfulness
- 4 ways to develop the mind of a Buddha

Satipatthana:

Keep calmly knowing change

Keep calmly knowing change

How Analayo sums up Satipatthana

keep

continuity and effort
required to maintain
satipatthana contemplation,
to remain present.

calmly

becoming free from
being driven by
desires and aversions
to experience.

knowing

quality of intelligent awareness,
using this to move towards
knowledge and wisdom.

change

Insight into the true nature of things.
Bhante: 'Buddhism in one word:
Impermanence/*anicca*'.
A mark of conditioned existence:
it runs through everything
as well as other 2 *lakshanas*,
insubstantiality & unsatisfactoriness.

Learn to live with a sense of **flow**
and use awareness to guide that flow
towards freedom.

The dramatic structure

Three main elements

1. The definition

At the Start of the Sutta.

Attitudes to bring to
Satipatthana practice.

1.1

Appropriate Effort

Diligence, *atapi*

1.2

Intelligence and clarity

applied to what is coming
through senses. Clearly knowing,
sampajanna

1.3

Knowing right now

Mindfulness,
sati

1.4

Letting go of likes and dislikes

Free from desires and discontent
in regard to the world,
vineyya abhijjhadomanassa

2. The satipatthanas

*Four **objects** of awareness*

What we're attending to

2.1

KAYA

The body

2.2

VEDANA

Pleasant/painful/neutral feeling-tone that
arises from contact with any physical or
mental stimulus)

2.3

CITTA

shape and trends of mind/heart, mood

2.4

DHAMMAS

mental and emotional events seen from the
perspective of the Dhamma.
Seeing into the nature of things.

3. The refrain

Between each section, like a drum beat.

Ways to develop perspective and insight.

3.1

Internally and Externally

self / other

3.2

Arising and passing away

3 *lakshanas*,
marks of conditioned existence
impermanence, insubstantiality,
unsatisfactoriness.

3.3

Mindfulness

enough for bare knowledge and continuous
mindfulness. Not caught up in experience.

3.4

Independent, not clinging to anything in the world

Mindfulness is cultivated and sustained
without any clinging - simply for sake of
gaining Enlightenment).