



Meditation

Am I doing it right

The Satipatthana Sutta



Satipatthana Why?

Monks, this is the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of *dukkha* and discontent, for acquiring the true method, for the realization of *Nibbāna*, namely, the four *satipaṭṭhānas* (*Four Foundations of mindfulness*)

...translation from Bhikkhu Analayo



Satipatthana

How?

- “What are the four?”
- Here, monks, in regard to the **BODY** a monk **abides contemplating the BODY, diligent, clearly knowing, and mindful, free from desires (craving) and discontent** in regard to the world.
- In regard to **FEELINGS** he **abides contemplating FEELINGS, diligent, clearly knowing, and mindful, free from desires (craving) and discontent** in regard to the world.
- Repeats for **MIND** and **DAMMAS**



Simple to understand Difficult to master

(24 hours a day 7 days a week)

- Clearly Knowing
 - Our intention and attention
 - Aware of what you are aware of
 - Everything that we do. Body, Feelings, Mind, Dharma
 - Felt – Sense – 6 Sense doors.
 - Waking up from our daydreams
- Diligent
 - Ardent, determined, disciplined
- Maintaining an attitude free of
 - Desire – craving, coveting, wanting
 - Discontent – disappointment, anger, sadness, dissatisfaction
 - IE.. Continuously feeling a sense of well-being



Mindfulness of the Breath

- Mindful he breathes in, mindful he breathes out.
- “Breathing in long, he knows ‘I breathe in long,’ breathing out long, he knows ‘I breathe out long.’
- Breathing in short, he knows ‘I breathe in short,’ breathing out short, he knows ‘I breathe out short.’
- He trains thus: ‘I shall breathe in experiencing the whole body,’ he trains thus: ‘I shall breathe out experiencing the whole body.’
- He trains thus: ‘I shall breathe in calming the bodily formation,’ he trains thus: ‘I shall breathe out calming the bodily formation.’



Satipatthana Sutta

- Dharma Seed – Audio Talks
 - Joseph Goldstein – 40 one-hour talks
 - First Talk - <https://dharmaseed.org/talks/280/>
 - Will send this link in the next email.
 - Very, very clearly defines the words and meanings in the sutta.
 - Logical, consistent step by step approach to developing the mental discipline required to alter your own disposition.
- Book - “Satipatthana – The direct path to realization”
 - Book By Bhikkhu Analayo
 - <https://www.buddhismuskunde.uni-hamburg.de/pdf/5-personen/analayo/direct-path.pdf>
- BeingMindful.com – “Resources” tab – “Handouts” tab