

## **Dynamic Rhythmic Meditation of Luangpor Teean**

by Kongsak Tanphaichitr, M.D.

What is the Meaning of 'Life', Master? (a medical student asked)

"I am not. I have not. I simply watch." / "Am not, have not - anything nor anything."  
- Ven. Luangpor Kamkian Suwanno

"Aware of the Body awakens one's Body.

Aware of the Mind awakens one's Mind."

"Observe **Body** sees **Mind**. Observe **Thought** sees the **Truth/Dharma**.

Observe **Action** sees **Nirvana**. Observe **Changing Nature** sees the **Ultimate**."

- Ven. Luangpor Teean Cittasubho

\*\*\*\*\*

**Technique to such realization:**

**"The Four Foundations of Mindfulness (Satipatthana Sutta)"**

The Satipatthana Sutta is the source of Insight Meditation as taught by the Buddha.

([http://www.stlthaitemple.org/pdf/FILE/FOUR\\_FOUNDATIONS\\_OF\\_MINDFULNESS\\_English.pdf](http://www.stlthaitemple.org/pdf/FILE/FOUR_FOUNDATIONS_OF_MINDFULNESS_English.pdf))

\*\*\*\*

**The Four Postures (Iriyapathabappa)**

"Again, bhikkhus,  
when walking a bhikkhu is aware that: 'I am walking,'  
when standing, he is aware that: 'I am standing,'  
when sitting, he is aware that: 'I am sitting,'  
when lying down, he is aware that: 'I am lying down.'  
Or he is aware accordingly however his body is disposed."

\*\*\*\*\*

**Full Self-Awareness (Sampajannabappa)**

"Again, bhikkhus, a bhikkhu is one  
who acts in full self-awareness when going forward and backward;  
who acts in full self-awareness when looking ahead and looking side way;  
who acts in full self-awareness when flexing and extending his limbs;  
who acts in full self-awareness when wearing his robes and carrying his outer robe and bowl  
(getting dressed);  
who acts in full self-awareness when eating, drinking, chewing, and tasting;  
who acts in full self-awareness when defecating and urinating; who acts in full self-awareness  
when walking, standing, sitting, falling asleep (same as the Four Postures, but more unique with  
being aware of other subtle movement to be singled out as "Full Self-Awareness"), waking up,  
talking, and keeping silent."

*Wat Phrasriratanaram, Thai Buddhist Temple of Greater St. Louis, 890 Lindsay Lane, Florissant, MO 63033*

*Tel. (314) 839-3115 www.stlthaitemple.org*

(Insight)

"In this way he maintains his observation of the *body* as a body *internally*, or he maintains his observation of the body as a body *externally*, or he maintains his observation of the body as a body both *internally and externally*.

He maintains his observation of the body in its *arising* as a norm, or maintains his observation of the body in its *decaying* as a norm, or he maintains his observation of the body both its *arising and decaying* as norms.

Besides, his mindfulness is firmly established that the *body* exists as simply but *bare awareness* and simply for establishing *mindfulness*.

He is *free from craving and concepts*, and *no longer clings to anything in the world*.

And that is how a bhikkhu is reflecting upon the body as a body."

**Keys: Perseverance - Self-Awareness - Mindfulness of the **Body, Feeling, Mind, Mental Phenomena**:** will free one from liking (covetous) & disliking (unhappiness).

**Goal:** With Mindful-Awareness, one would witness *the true nature of things* as they really are, i.e., **The 3 Universal Marks/Characteristics of Existence:**

**1. Impermanence; 2. Imperfection (non-living & living – suffering); 3. Not-self/Selflessness/Insubstantiality**

This will result in **Disenchantment -> Discernment/Detachment -> Liberation**



Wat Phrasriratanaram, Thai Buddhist Temple of Greater St. Louis, 890 Lindsay Lane, Florissant, MO 63033

Tel. (314) 839-3115 [www.stlthaitemple.org](http://www.stlthaitemple.org)