

“One suffers out of one’s own thoughts.” – Ven. Luangpor Teean Cittasubho

The *Worldly* is hit with 2 arrows, so is the *Enlightened* one, but missed the 2nd arrow.

Unaware of Body & Mind, or absent-minded, one suffers from being busy indulging and conditioned by the *biased* thought.

“Aware of the Body awakens one’s Body. Aware of the Mind awakens one’s Mind.” – Luangpor Teean Cittasubho

The 4 Foundations of Mindfulness (the Satipatthana Sutta: D.22): - a ‘Reverse Engineering’ technique, taught by the Buddha, to see one’s own Body & Mind, to catch the thought as it arises; as Craving (the cause of suffering – the 2nd Noble Truth) arises and sneaks in with the thought, stemming from “biased perception” (instead of “pure perception”).

Thought Process: 6 Sense-sphere -> Contact -> Feeling -> (pure/basic) Perception -> ‘Biased’ Perception -> Craving -> Disturbing Thought -> Obsessive Thought

Benefits: The 4 Foundations of Mindfulness (Mindful-Awareness) is the supreme path that will purify all beings. It let one transcend grief, sorrow and lamentation, extinguishing suffering and unhappiness. It let one realize the essential Dharma (the unbiased Middle Path), and attain Nirvana (ultimate peace & happiness).

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

Goal: to 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**

I - Self-Observation/monitoring (being Mindfully-Aware) of the Body

A. Observe Bodily/Physical Movement:

1 - **Mindfulness with Breathing:** 16 steps of mindful-awareness of Body, Feeling, Mind, Mental Phenomena (through observing movement of the *Breath body*, without moving the whole body).

2 - **Postures of the Body:** aware of the 4 basic major postures: *walking, standing, sitting* and *lying* (*Proprioceptive sense*)

3 - **Self-Awareness/Clear Comprehension of subtle movement (*sampajañña*):** being aware when stepping forward/backward, looking ahead/sideway, stretching/bending; getting dressed; eating/drinking/chewing/tasting; urinating/defecating; walking/standing/sitting/going to bed (lying down); waking up; talking; remaining silent.

Aware/Clear Comprehension of: a. *Purpose* - Why doing ?, b. *Suitability* - environment? , c. *Domain* (of Meditation: name & form), d. *Reality* - Seeing the three characteristics in all activities. (i.e., impermanence, imperfection, and not-self)

B. Observe the True Imperfect & Changing Physical Nature:

4 - **Reflection on the Dirtiness (Reality) of this Body (Analytical at each part):** To see the *body as a collection of parts* – the traditionally described ‘32 parts’: scalp hair, bodily hair, nails, teeth, skin, flesh, sinews, bones, marrow, spleen, heart, liver, fascia, kidneys, lungs, large bowels, intestines, gorge, dung, brain fat, bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, snot, synovial fluid, urine (and meninges is added from the commentary)

5 - **Reflection on the 4 Major Elements (Categorization/Synthetical):** solidity (*Earth* - extension), gas (*Wind* - motility); liquidity (*Water* - cohesion), and metabolic heat (*Fire* - energy), e.g., bone is 'Earth'/solidity, blood is 'Water'/liquidity.

6 – **The 9 Charnel/Cemetery stages Contemplations:** keenly aware of the *impermanence of the body* and to break the illusion of immortality, through a visualization exercise, going through repulsiveness to tranquility (changes after death)

1. The festering body (a few days old) / 2. the corpse being devoured by birds, beasts and worms / 3. a skeleton held together by tendons, with some flesh and blood remaining / 4. a skeleton held together by tendons, fleshless, smeared with blood / 5. a skeleton held together by tendons, fleshless and bloodless / 6. loose bones scattered about / 7. bones bleached white by the sun / 8. bones a year old lying piled in a heap / 9. rotted bones crumbling to dust.

II – **Self-Observation/monitoring (being Mindfully-Aware) of the Feelings (Vedana) (basic feeling, not emotion):**

Feelings can be as *Physical and Mental: comfort, discomfort; happiness, unhappiness, or neutral feeling*

Feeling -> craving: this linking process plays a major role in the cycle of "Dependent Origination," as mankind thrives for pleasant feelings, causing more craving, where the process can be transcended, and liberation achieved.

An important note: unseen *pleasant* feelings lead to 'sensual desire' and 'liking' forms of craving; unseen *unpleasant* feelings lead to 'disliking'/'ill-will' (negative craving); and unseen *neutral* feelings lead to 'ignorance.'

III - **Self-Observation/monitoring (being Mindfully-Aware) of the Mind (State of Consciousness)**

What is the *state of the mind*? Is it with lust or without? With hatred or without? With delusion or without? Is it manic or depressed? Is it developed or undeveloped? Is it surpassable or unsurpassable? Is it concentrated or scattered? Is it freed or bound? This refers to the "*background*" of mind, with basic level of *conscious awareness* and *steadiness* of the mind.

IV - **Self-Observation/monitoring (being Mindfully-Aware) of Mental Phenomena (Dharma)**

1 – **The 5 Hindrances:** mental states that lead one astray, preventing one to gain steady/concentrated mind: 1. *Sensual desire*, 2. *Ill-will/anger*, 3. *sloth-and-torpor*, 4. *anxiety and flurry*, 5. *skeptical doubt*.

2 – **The 5 Aggregates of Clinging:** The five: 1. *Form*, 2. *Feeling*, 3. *Perception*, 4. *Thought-formations*, 5. *Consciousness*.

An analysis of oneself or a person into the five constituents to *dispel the idea of a self-entity* (just a 'self-image' hologram).

3 – **The 6 External and 6 Internal Sense-Spheres:** Each specific consciousness arises through one or the other of these 6 doors: 1. eye and form; 2. ear and sound; 3. nose and odor; 4. tongue and flavor; 5. body and touch. 6. mind and thought

4 – **The 7 factors of Enlightenment:** 1. *Mindfulness*, 2. *Dharma Investigation*, 3. *Energy/Effort*, 4. *Bliss/Zest/Joy*, 5. *Tranquility/Calmness*, 6. *Concentration*, 7. *Equanimity*.

5 – **The 4 Noble Truths:**

- The Noble Truth of **Suffering**; birth, sickness, aging, death, grief, sorrow, lamentation, despair, getting what one does not want, departing from loved one, not getting what one wants. In brief, *the Five Aggregates of Clinging are suffering*. Suffering is to be **comprehended**.
- The Noble Truth of the **Cause of Suffering**: craving (sensual desire, liking, disliking). It is to be **eradicated**.
- The Noble Truth of the **Cessation of Suffering**: extinction of craving, i.e., nirvana/nibbana. It is to be **realized**.
- The Noble Truth of the **Path Leading to the Cessation of Suffering: the Middle or Noble Eightfold Path**: *right view, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration*. It is to be **developed**.