

THE FOUNDATIONS OF MINDFULNESS *Satipatthana-Sutta*

Major Factors and Ways of Contemplating

Herein a monk lives contemplating ...with these factors

1. Ardent - *atapi*
2. Clearly comprehending / fully aware - *samprajanna*
3. Mindful - *sati*
4. Detached/having overcome covetousness - *abhijjha*
5. Content/having overcome grief for this world – *domanassu*

Pali Sutta Version of Clear Comprehension:

1. Purpose: as comprehending the purpose of one's actions;
2. Suitability: as prudence in the choice of means;
3. Pasture: as engagement with the meditation subject; and
4. Non-Delusion: as discernment of things in their true nature.

Mindfulness/Clear Comprehension traditional images:

1. Mind as horse mindfulness as reins and clear comprehension as rider
2. Carrying bowl of boiling oil above your head thru a crowd of rowdy men ogling dancing beautiful woman, followed by a warrior with drawn sword tasked to cut your head off if you spill any oil
3. Carrying teaspoon of red wine across room covered with white carpet dressed in your finest white outfit

The Refrain: Thus he lives contemplating (in these ways)...

1. Context:
 - a. Internally
 - b. Externally
 - c. Internally and externally
2. Factors:
 - a. Origination-factors
 - b. Dissolution-factors
 - c. Origination-and-dissolution
3. Extent:
 - a. Mindfulness is established with the thought, 'the object exists'
 - b. To the extent necessary just for knowledge and mindfulness
4. Achievement:
 - a. One remains detached/independent,
 - b. Not clinging to anything in this world