

Satipaṭṭhāna Sutta

The four contemplations of the Satipaṭṭhāna Sutta are considered to be the foundations of mindfulness. It is sometimes referred to as the “original mindfulness manual” and precedes our study of Vipassana, or insight.

The Buddha opens this discourse by declaring that the four foundations of mindfulness are the “one-way path” for the overcoming of suffering and the attainment of Nibbana (Nirvana).

The contemplations are written in a specific order, from most obvious to most subtle.



Contemplation of the body



- Mindfulness of breathing
- Posture of the body
- Mindfulness of clear comprehension
- A reflection on the repulsiveness of the body
- A reflection on material elements
- The nine cemetery contemplations



Contemplation of feeling

Contemplation of consciousness



- Mind with and without lust
- Mind with and without aversion
- Mind with and without delusion
- Cramped mind, scattered mind
- Developed, undeveloped mind
- Surpassable, unsurpassable mind
- Concentrated, unconcentrated mind
- Free mind, bound mind

Contemplation of mental objects



- Five hindrances
- Five aggregates of clinging
- Six internal and external sense bases
- Seven factors of enlightenment
- Four noble truths

