



NALANDA INSTITUTE

Certificate Program in Contemplative Psychotherapy

Mindfulness and the dhammas

The Four Foundations/Horizons of Mindfulness

1. Breath/Body: Breath, body postures, activities, body part and elements, death and impermanence
2. Sensations: Feeling Tones of Pleasant, Neutral and Unpleasant
3. Mind: Consciousness
4. The dhammas All-Inclusive mindfulness.

The dhammas

The Five Hindrances = obstacles to meditation.

1. Desire. Sensual desire
2. Aversion, anger, ill-will
3. Sloth and torpor.
4. Restlessness, agitation and worry
5. Doubt, extreme skepticism.

The Five Aggregates – skandhas.

1. Form (includes Sense bases)
2. Sensation
3. Perception
4. Mental formations
5. Consciousness, or discernment

The Seven Factors of Awakening

1. Mindfulness (sati)
2. Investigation (dhamma vicaya)
3. Energy (viriya)
4. Joy or rapture (pīti)
5. Relaxation or tranquility (passaddhi) of both body and mind
6. Concentration (samādhi) a calm, one-pointed state of concentration of mind^[1]
7. Equanimity (upekkha), to be able to face life in all its vicissitudes with calm of mind and tranquility, without disturbance, with dispassion and detachment.

