

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

The Six Sense Bases.

6 internal (organs", "gates", "doors") and 6 external (objects) sense bases.

- 1. eye and visible objects
- 2. ear and sound
- 3. nose and odor
- 4. tongue and taste
- 5. body and touch
- 6. mind and mental objects

The Four Noble Truths

- 1. Dukka pervasive dissatisfactoriness. Suffering. Stress-based living.
- 2. Origin of suffering . Misapprehension, craving and aversion.
- 3. Liberation extinguishing/extinction of suffering.
- 4. 8 fold path Wisdom, Ethics and Meditation
 - a. Right view Wisdom (prajna)
 - b. Right intention
 - c. Right speech

Ethics/Lifestyle (sila)

- d. Right action
- e. Right livelihood
- f. Right effort

Concentration/Meditation (Samadhi)

- g. Right mindfulness
- h. Right concentration