

The Journey Through the Four Foundations for Awareness

(A Loose Synopsis of the Satipatthana Sutta offered by Gil Fronsdal)

There is a direct way for the realization of Nibbāna:

Abiding observing the body:

Mindful of breathing,
Observing change in the body,
Abiding, not clinging to anything.

Mindful of posture,
Observing change in the body,
Abiding, not clinging to anything.

Mindful of bodily activity
Observing change in the body,
Abiding, not clinging to anything.

Mindful of parts of the body
Observing change in the body,
Abiding, not clinging to anything.

Mindful of the four physical elements
Observing change in the body,
Abiding, not clinging to anything.

Mindful of decaying corpses
Observing change in the body,
Abiding, not clinging to anything.

Abiding observing feelings:

Mindful of feelings
Observing change in the feelings,
Abiding, not clinging to anything.

Abiding observing the mind:

Mindful of mind
Observing change in the mind,
Abiding, not clinging to anything.

Abiding observing mental processes:

Mindful of hindrances,
Observing change in mental processes,
Abiding, not clinging to anything.

Mindful of the aggregates of clinging
Observing change in mental processes,
Abiding, not clinging to anything.

Mindful of being knotted up with sense experience
Observing change in mental processes,
Abiding, not clinging to anything.

Mindful of the constituents of awakening,
Observing change in mental processes,
Abiding, not clinging to anything.

Mindful of Four Insights
Observing change in mental processes,
Abiding, not clinging to anything.

Observing in this way leads to liberation.