

Namo Tassa Bhagavato Arahato Samma Sambuddhassa !

Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !

THE MIDDLE LENGTH DISCOURSES OF THE BUDDHA

Satipatthāna Sutta: The Foundations of Mindfulness

Contemplation of the Body - The Four Postures

"Again, bhikkhus, when walking, a bhikkhu understands: 'I am walking';
when standing, he understands: 'I am standing';
when sitting, he understands: 'I am sitting';
when lying down, he understands: 'I am lying down'; or
he understands accordingly however his body is disposed."

(Insight)

"In this way he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. Or else he abides contemplating in the body its nature of arising, or he abides contemplating in the body its nature of vanishing, or he abides contemplating in the body its nature of both arising and vanishing. Or else mindfulness that 'there is a body' is simply established in him to the extent necessary for bare knowledge and mindfulness. And he abides independent, not clinging to anything in the world. That is how a bhikkhu abides contemplating the body as a body.

Contemplation of the Body - Full Awareness

"Again, bhikkhus, a bhikkhu is one who acts in full awareness when going forward and returning;
who acts in full awareness when looking ahead and looking away;
who acts in full awareness when flexing and extending his limbs;
who acts in full awareness when wearing his robes and carrying his outer robe and bowl; who acts in full awareness when eating, drinking, consuming food, and tasting;
who acts in full awareness when defecating and urinating;
who acts in full awareness when walking, standing, sitting, falling asleep, waking up, talking, and keeping silent.

(Insight)

"In this way he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. Or else he abides contemplating in the body its nature of arising, or he abides contemplating in the body its nature of vanishing, or he abides contemplating in the body its nature of both arising and vanishing. Or else mindfulness that 'there is a body' is simply established in him to the extent necessary for bare knowledge and mindfulness. And he abides independent, not clinging to anything in the world. That is how a bhikkhu abides contemplating the body as a body.

Saadu ! Saadu !! Saadu !!!

Namo Buddhaya!

Homage to the Supreme Buddha !

For reading :

The Supreme Bliss of Nibbhana – Ven. Kiribathgoda Gnanananda Thero, Dayawansa Jayakody and Company

Wisdom publications.

In the Buddha's Words - Bhikkhu Bodhi,

The Connected Discourses of the Buddha – Bhikkhu Nanamoli and Bhikkhu Bodhi,

The middle Length Discourses of the Buddha – Bhikkhu Nanamoli and Bhikkhu Bodhi,

The Numerical Discourses of the Buddha – Bhikkhu Bodhi,

The Long Discourses of the Buddha – Maurice Walshe