

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 Feeling - Observation of Sensations

“And how, monks, does a monk dwell contemplating feelings as feelings ?

Here, monks, a monk while experiencing a pleasant feeling, he understands properly: 'I am feeling a pleasant feeling';

while experiencing a painful feeling, he understands properly: 'I am feeling a painful feeling';

while experiencing a neither-painful-nor-pleasant feeling, he understands properly: 'I am feeling a neither-painful-nor-pleasant feeling.'

while he is experiencing a worldly pleasant feeling, he understands properly: 'I am feeling a worldly pleasant feeling ';

while experiencing an unworldly pleasant feeling, he understands properly: 'I am feeling an unworldly pleasant feeling';

while experiencing a worldly painful feeling, he understands properly: 'I am feeling a worldly painful feeling';

while experiencing an unworldly painful feeling, he understands properly: 'I am feeling an unworldly painful feeling';

while experiencing a worldly neither-painful-nor-pleasant feeling, he understands properly: 'I am feeling a worldly neither-painful-nor-pleasant feeling';

while experiencing an unworldly neither-painful-nor-pleasant feeling, he understands properly: 'I am feeling an unworldly neither-painful-nor-pleasant feeling.'

"In this way he dwells observing feelings as feelings internally,
Or he dwells contemplating feelings as feelings externally,
Or he dwells contemplating feelings as feelings both internally and externally.

Or else he dwells contemplating in feelings as feelings their nature of arising,
Or he abides contemplating in feelings as feelings there nature of vanishing,
Or he abides contemplating in feelings as feelings there nature of both arising and vanishing.

His awareness is established - " This is feeling ". Thus he develops his awareness to such an extent that there is mere understanding along with mere awareness.

In this way he dwells detached, thus " This is not mine; This am not I; This is not my self " , without clinging towards anything in the world.

This is how monks, a monk dwells observing feelings as feelings. "

Saadu ! Saadu !! Saadu !!!

(Excellent !

Excellent!! Excellent !!!)

(The Supreme Bliss of Nibbhana, 4th print 2011– Ven. Kiribathgoda Gnanananda Thero, Dayawansa Jayakody and Company, Sri Lanka)

For reading : Wisdom publications.

1 In the Buddha's Words - Ven. Bhikkhu Bodhi, (available from wisdompubs.org in digital version, at the Saskatoon Public Library, at McNally Robinson and Turning the Tide, print version on line at indigo.ca, amazon.ca)

- 2 The Connected Discourses of the Buddha – Ven. Bhikkhu Nanamoli and Ven. Bhikkhu Bodhi,
- 3 The middle Length Discourses of the Buddha – Ven. Bhikkhu Nanamoli and Ven. Bhikkhu Bodhi,
- 4 The Numerical Discourses of the Buddha – Ven. Bhikkhu Bodhi,
- 5 The Long Discourses of the Buddha – Maurice Walshe

<http://www.wisdompubs.org>

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Namo Buddhaya!

Homage to the Supreme Buddha !

May The Noble Triple Gem Bless You !

