

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, 5th meditation - Section On the Material Elements

"Again, bhikkhus, a bhikkhu reviews this same body, however it is placed, however disposed, as consisting of elements thus: 'In this very body there are the earth element, the water element, the fire element, and the air element.'

(1. Earth element - head-hairs, body-hairs, nails, teeth, skin, flesh, sinews, bones, bone-marrow, kidneys, heart, liver, diaphragm (pleura), spleen, lungs, small intestine, large intestine, gorge, feces, brain, etc.,

2. Water element - bile, phlegm, pus, blood, sweat, fat, tears, grease (skin oil), spittle (saliva), snot (mucus), oil of the joints, and urine, etc.,

3. Fire element - warm of the body, that causes fever, consuming, digesting, ageing, etc.,

4. Air element - up going air, down going air, air in the stomach and intestines, in and out breathing, etc., - Dhatu vibhanga sutta - Discourse on analysis of great elements -MLD)

Just as if, monks, a skilled cow-butcher or his apprentice having killed a cow and having divided it into pieces, would sit down at the junction of four roads;

so too, bhikkhus, a bhikkhu reviews this same body, however it is placed, however disposed, as consisting of elements thus: 'In this very body there are the earth element, the water element, the fire element, and the air element.'

"In this way he abides contemplating (observing) 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 (phenomenon) of arising,
Or he abides contemplating in the body its nature of vanishing (passing away),
Or he abides contemplating in the body its nature of both arising and vanishing.

The mind of the monk at this stage is absorbed in the wisdom of **impermanence, suffering, and no-self** of the body.

His awareness is established - " This is body ". 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 anything in the world. This is how monks, a monk dwells observing body in body.

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

Saadu ! Saadu !! Saadu !!!

(Excellent ! Excellent !! Excellent !!!)

Namo Buddhaya!

Homage to the Supreme Buddha !

For reading : Wisdom publications.

- 1 In the Buddha's Words - Ven. Bhikkhu Bodhi,
- 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

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May The Noble Triple Gem Bless You !