

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

The Observation of Mind.

“And how, monks, does a monk dwell, observing mind in mind?

Here, monks a monk understands properly mind with craving as mind with craving, and he understands properly mind free from craving as mind free from craving.

He understands properly mind with hate as mind with hate, and he understands properly mind free from hate as mind free from hate.

He understands properly mind with delusion as mind with delusion, and he understands properly mind free from delusion as mind free from delusion.

He understands properly contracted mind as contracted mind, and he understands properly distracted mind as distracted mind.

He understands properly expanded mind as expanded mind, and he understands properly unexpanded mind as unexpanded mind.

He understands properly surpassed mind as surpassed mind, and he understands properly unsurpassed mind as unsurpassed mind.

He understands properly concentrated mind as concentrated mind, and he understands properly unconcentrated mind as unconcentrated mind.

He understands properly liberated mind as liberated mind, and he understands properly unliberated mind as unliberated mind.

“In this way he dwells observing mind in mind internally,
Or he dwells contemplating mind in mind externally,
Or he dwells contemplating mind in mind both internally and externally.

Or else he dwells contemplating in mind its nature of arising,
Or he dwells contemplating in mind its nature of vanishing,

Or he dwells contemplating in mind its nature of both arising and vanishing.

His awareness is established - " This is mind ". 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 mind in mind. "

SAADU ! SAADU !! SAADU !!!

(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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info@MeditationSaskatoon.org

306 374 2840

Namo Buddhaya!

Homage to the Supreme Buddha !

May The Noble Triple Gem Bless You !