

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 - Objects.
The Five Aggregates of Clinging.

“Again, monks, a monk dwells, contemplating mind-objects as mind-objects in terms of the five aggregates affected by clinging. And how, monks, does a monk dwell, contemplating mind-objects as mind-objects in terms of the five aggregates affected by clinging?

(1) Monks, there is the case where a monk discerns “ such is **material form**, dependent on the four great elements, such is the **arising of material form**, cycle of becoming, such is the **passing away of material form**, due to disappearance of causes and conditions.

(2) He discerns “ Such is **feeling** conditioned by contact, such is the **arising of feeling** cycle of becoming, such is the **passing away of feeling** due to disappearance of causes and conditions.

(3) He discerns “ Such is **perception** conditioned by contact, such is the **arising of perception** cycle of becoming, such is the **passing away of perception** due to disappearance of causes and conditions.

(4) He discerns “ Such are the **formations** (volitional activities conditioned by contact; through which the “ karma “- actions are complied for “ vipaka “ - results of the actions), such is the **arising of the formations**, cycle of becoming, such is the **passing away of the formations** due to disappearance of causes and conditions.

(5) He discerns “ Such is **consciousness** conditioned by nama-rupa, such is the **arising of consciousness**, cycle of becoming, such is the **passing away of consciousness** due to disappearance of causes and conditions.

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

Or else he dwells contemplating in mind - objects its nature of arising, Or he dwells contemplating in mind - objects its nature of vanishing, Or he dwells contemplating in mind - objects its nature of both arising and vanishing.

His awareness is established - " These are mind - objects. " 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 - objects in mind - objects in terms of the five aggregates affected by clinging.

SAADU ! SAADU !! SAADU !!! (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

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Namo Buddhaya!

Homage to the Supreme Buddha !

May The Noble Triple Gem Bless You !

