

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 Seven Enlightenment Factors*

Again, monks, a monk abides contemplating mind-objects as mind-objects in terms of the seven enlightenment factors. And how does a monk abide contemplating mind-objects as mind-objects in terms of the seven enlightenment factors ?

(1) Here, there being the **mindfulness enlightenment factor** in him, a monk understands properly: 'There is the mindfulness enlightenment factor in me'; or there being no mindfulness enlightenment factor in him, he understands properly: 'There is no mindfulness enlightenment factor in me'; and he also understands how there comes to be the arising of the unarisen mindfulness enlightenment factor, and how the arisen mindfulness enlightenment factor comes to fulfillment by development.

(2) There being the **investigation-of-states enlightenment factor** in him ...

(3) There being the **energy enlightenment factor** in him ...

(4) There being the **rapture enlightenment factor** in him ...

(5) There being the **tranquility enlightenment factor** in him ...

(6) There being the **concentration enlightenment factor** in him ...

(7) There being the **equanimity enlightenment factor** in him,

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 seven enlightenment factors.

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 !