

The Four Foundations Of Mindfulness In Plain English By Bhante Henepola Gunaratana

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and The Four Foundations of Mindfulness in Plain English Four Foundations of Mindfulness in Plain in Plain English. By: Bhante Henepola Gunaratana

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Bhante Gunaratana is also the author of Eight Mindful Steps to Happiness, Beyond Mindfulness in Plain English, The Four Foundations of Mindfulness in Plain English,

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Satipatthana is the Pali word for the Buddhist concept of the foundations of mindfulness. The corresponding word in Sanskrit (Skt.) is smṛtyupasthāna and in

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Bhante Gunaratana was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from The American University,

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1 Mindfulness of Breathing There are many variations of this exercise. A very basic one is to focus on the sensation of the breath at the nose-tip and to be

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Notes: 1. For example, DN 22: What is right mindfulness? There is the case where a monk remains focused on the body in & of itself ardent, alert, & mindful

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