

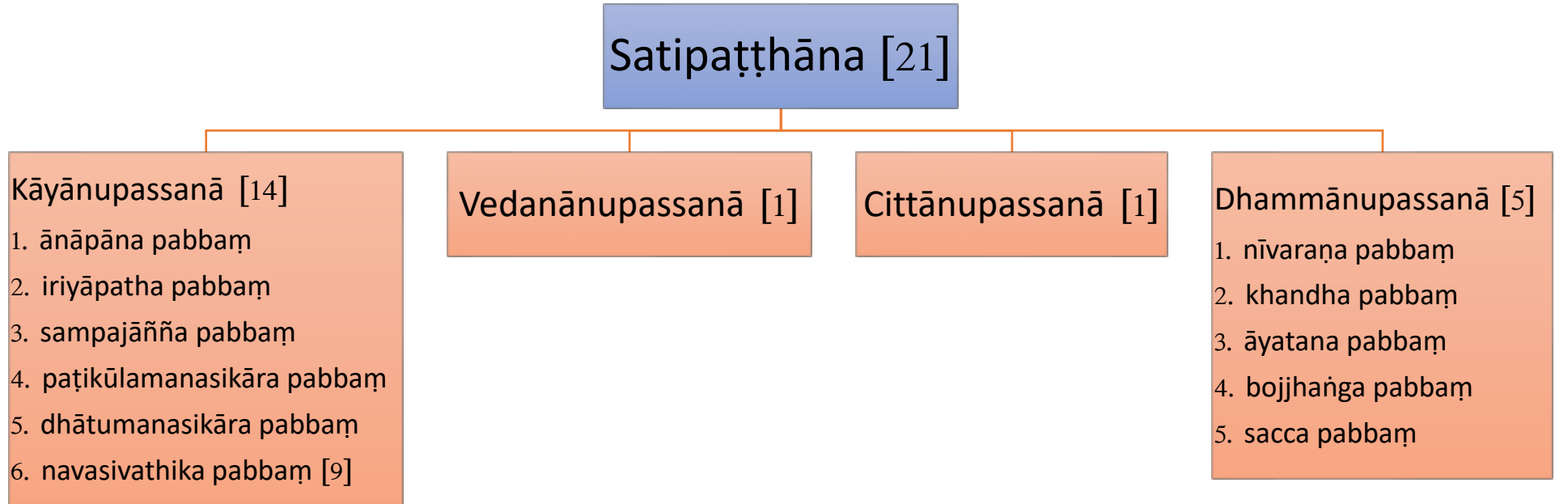
# Mahā Satipaṭṭhāna sutta

## The Foundations of Mindfulness

Majjhima Nikāya, mūlapaṇṇāsa

Origin:

On one occasion the Blessed One was living in the Kuru country where there was a town of the Kurus named Kammāsadhamma.



Insights & the Path –

*Satipaṭṭhāna bhāvanāgāminiñca paṭipadā*

Mindfulness that 'there is a body' is simply established in him to the extent necessary for bare knowledge and mindfulness.

He abides independent,  
not clinging to anything in the world

Development of the establishment of mindfulness .

- *Satipaṭṭhāna Bhāvanā*

contemplating the body as a body internally,  
contemplating the body as a body externally  
contemplating the body as a body both internally and externally  
contemplating in the body its nature of arising,  
contemplating in the body its nature of vanishing,  
contemplating in the body its nature of both arising and vanishing

The establishment of mindfulness

- *Satipaṭṭhāna*