

Satipaṭṭhānasuttaṃ

Discourse on the Progressions of Mindfulness

Majjhima Nikāya – 10

CONTENTS

Preamble	1.
Thesis Statement	1.
1. Progression of Mindfulness on Contemplation of the Body (1-14)	2.
1.1 Section on In and Out Breathing	2.
1.2 Section on Means of Deportment	3.
1.3 Section on Establishing Clear knowledge	4.
1.4 Section on Reflection on Impurities	5.
1.5 Section on Reflection on Elements	7.
1.6 Section on the Nine Cemetery Contemplations (1-9)	8.
2. Progression of Mindfulness on Contemplation of Sensations of Feeling	15.
Contemplation on Sensations of Feeling (1-9)	15.
3. Progression of Mindfulness on Contemplation of Mental Faculties	17.
Contemplation on Mental Faculties (1-16)	17.
4. Progression of Mindfulness on Contemplation of Mind-States (1-5)	19.
4.1 Section on Hindrances (1-5)	19.
4.2 Section on Bases (1-5)	21.
4.3 Section on Extensions (1-6)	22.
4.4 Section on Factors of Awakening (1-7)	24.
4.5 Section on Truths	27.
The Advantages of Cultivating the Progressions of Mindfulness	29.

