

# Satipatthana : The Four Foundations of Mindfulness

The Four Foundations or Applications of Mindfulness are what we bring attention to: all of human experience: sensations, feelings, thoughts, and phenomena.

## **First Foundation: *Kaya*: Body and Five Senses**

The physical body and its sensing of touch, sound, sight, smell, and taste.

## **Second Foundation: *Vedana*: the Three Feelings**

The feeling-tones that arise immediately after sense contact:

- Pleasant feeling (attraction)
- Unpleasant feeling (aversion)
- Neither pleasant nor unpleasant feeling (indifference)

## **Third Foundation: *Citta*: Mind and Mental Events**

Thoughts, concepts, and stories, complex emotions, moods, mental images, memories, impulses, fabrications; all mental and emotional forces, drives, and habitual reactions.

## **Fourth Foundation: *Dharmas*: All Phenomena**

The fourth foundation is an examination of how the first three foundations (sensations, feelings, thoughts) interact with each other and with the world of phenomena.

## **Study Resources**

Analayo, *Satipatthana: The Direct Path to Realization*.

Goldstein, *Mindfulness: A Practical Guide to Awakening*.

Wallace, *Minding Closely: The Four Applications of Mindfulness*.

George Draffan  
NaturalAwareness.net  
August 2023