

satipaṭṭhānā

# The Four Foundations of Mindfulness

Mindfulness of the:

## Body

Breath, Posture,  
Sensations &  
Movement

Mindfulness of:

## Feelings

Joy, Sadness, Anger  
& Fear

Mindfulness of:

## Mental States

Investigation  
without attachment

Mindfulness of:

## Mental Qualities

Impermanence,  
nature of reality

# Four Foundations Of Mindfulness

**Minjie Lin**



## **Four Foundations Of Mindfulness:**

## **Four Foundations Of Mindfulness Book Review: Unveiling the Power of Words**

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Four Foundations Of Mindfulness**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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