

“The Four Foundations of Mindfulness: Buddha’s Teachings of Freedom”

February 21 - March 28, 2023

Course Outline

Course materials:

The basic texts for the course are *Satipatthana: The Direct Path to Realization* by Venerable Analayo (Windhorse Publications, 2003) and ‘*Mindfulness: A Practical Guide to Awakening*’ by Joseph Goldstein (Sounds True, 2013). You can choose which of the two books to focus on—or read both.

They are both excellent books that cover the same ground with the distinction that Analayo’s book is more rooted in the language, concepts, and meanings of the early Buddhist teachings while Goldstein’s is more of a zooming out for a wider view of these teachings. Goldstein’s book is inspired and influenced by Analayo’s examination of the *Satipatthana Sutta*.

Another excellent resource is a series of forty-six dharma talks on the *Satipatthana Sutta* given by Joseph Goldstein at the Forest Refuge in Barre, Mass, between 2004 and 2009. These talks can be downloaded from Dharma Seed (<http://www.dharmaseed.org/teacher/96/>)

Course outline and readings:

Week One

(February 21): **Overview of the *Satipatthana Sutta***

Readings:

- Analayo, *Satipatthana*, p.1-91
- Goldstein, *Mindfulness*, Introduction and p.1-42
- Please read the *Satipatthana Sutta* (Analayo, p.3-13 or Goldstein, p.405-415)

Other resources:

- Christina Feldman, '[Reflection on the Satipatthana](#)' 2 April 2019
- Akincano Marc Weber, '[Satipatthana as a Map of Experience](#),' 12 July 2022
- Joseph Goldstein's [talks](#) on *Satipatthana Sutta* #1-6 (on Dharmaseed.org)

Week Two

(February 28): **Overview and Mindfulness of the Body**

Readings:

- Analayo, *Satipatthana*, p.92-116
- Goldstein, *Mindfulness*, p.43-77

Other resources:

- Sally Armstrong, '[The First Foundation of Mindfulness](#)', 17 September 2017
- Chris Cullen, '[Morning Instructions on Body and Vedana](#)', 12 January 2019

- Goldstein [talks](#) #7 and #8

Week Three (March 7): **Mindfulness of Body**

Readings:

- Analayo, *Satipatthana*, p.117-172
- Goldstein, *Mindfulness*, p.43-77

Other resources:

- Akincano Marc Weber, '[Reflection: Six forms of Contemplation of Body \(kāyanānupassanā\)](#)', 7 August 2014
- Bhante Bodhidhamma, '[Discourse on the Establishment of Awareness](#)', 12 May 2020
- Goldstein [talks](#) #9 and #10

Week Four (March 14): **Mindfulness of Feelings ('Feeling Tone')**

Readings:

- Analayo, *Satipatthana*, p.156-172
- Goldstein, *Mindfulness*, p.79-97

Other resources:

- Akincano Marc Weber, '[Reflection: Feeling Tone \(Vedana\)](#)' 14 August 2014

- Sally Armstrong, '[Practicing with Vedana or Feeling Tone,](#)' 9 February 2021 (Talk and meditation)
- Goldstein [talks](#) #11-12

Week Five (March 21): **Mindfulness of Mind States**

Readings:

- Analayo, *Satipatthana*, p.173-181
- Goldstein, *Mindfulness*, p.99-109

Other resources:

- Christina Feldman, '[The Third Foundation of Mindfulness—Mental States,](#)' 5 November 2014
- Oren Jay Sofer, '[Meeting the Heart and Mind,](#)' March 6, 2015
- Goldstein [talks](#) #13

Week Six (March 28): **Mindfulness of Mind Objects (*dhammas*)**

Readings:

- Analayo, *Satipatthana*, p.182-277
- Goldstein, *Mindfulness*, p.119-403

Other resources:

- Sally Armstrong, '[Fourth Foundation of Mindfulness,](#)' October 15, 2017

- Donald Rothberg, ['Four Foundations of Mindfulness IX: Fourth Foundation III'](#)
- Goldstein [talks](#) #15-46

Each class will include a 20-25-minute period of meditation (with the Four Foundations of Mindfulness), and a period of discussion/Q&A.

The course may be taken using only the talks, class discussion, slides, and practice between classes. However, for a deeper understanding of the Buddha's teachings on the Foundations of Mindfulness, the readings and talks listed here may be very helpful in deepening understanding and experience of this central teaching.

At-home Practice:

Just as the Buddha's teaching in the *Satipatthana Sutta* is focused on providing practical instructions, guidelines, and support to help his followers realize freedom from suffering, the main focus of this course is to help us wake up and end suffering in our lives.

The teachings help us *understand* the causes of suffering and how to end suffering, but to realize the fruits of these teachings we need to engage in the *practices* that can provide the conditions for waking up. At the heart of these practices is the practice and art of meditation.

If you are an experienced or regular meditator, this course offers skills and instructions to help you deepen your meditation practice. This might involve

bringing a clearer intention and skillful effort into your practice—or, for example, sitting for a longer time that you regularly do. You can also, more intentionally, practice mindfulness in daily life, as the Buddha instructs in the *sutta*.

If you are new meditation or don't have a regular meditation practice, this course may offer an ideal opportunity to develop a regular practice over the next six weeks. I encourage you to sit for 15 minutes a day, or longer, either in silent meditation or using a guided meditation by a teacher who resonates with you. Here are some resources from teachers whom I respect and trust:

- Jack Kornfield: On [Insight Timer](#); on Jack's [website](#)
- Tara Brach: On [Insight Timer](#); on Tara's website [meditations](#) and ['How to Meditate'](#) (PDF)
- Jack Kornfield and Tara Brach: [40-Day Mindfulness Course](#)
- Sharon Salzberg: On [Insight Timer](#); on [Dharmaseed.org](#)
- Ruth King: On [Insight Timer](#);
- Hugh Byrne: On [Insight Timer](#); on Hugh's [website](#)
- Kaira Jewel Lingo: On [Insight Timer](#); on Kaira Jewel's [website](#)