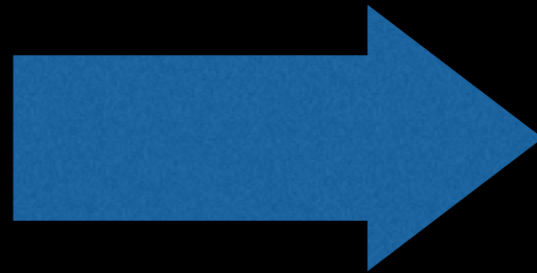


The basis for all Mindfulness Practice  
and

# S.I.T Mindfulness

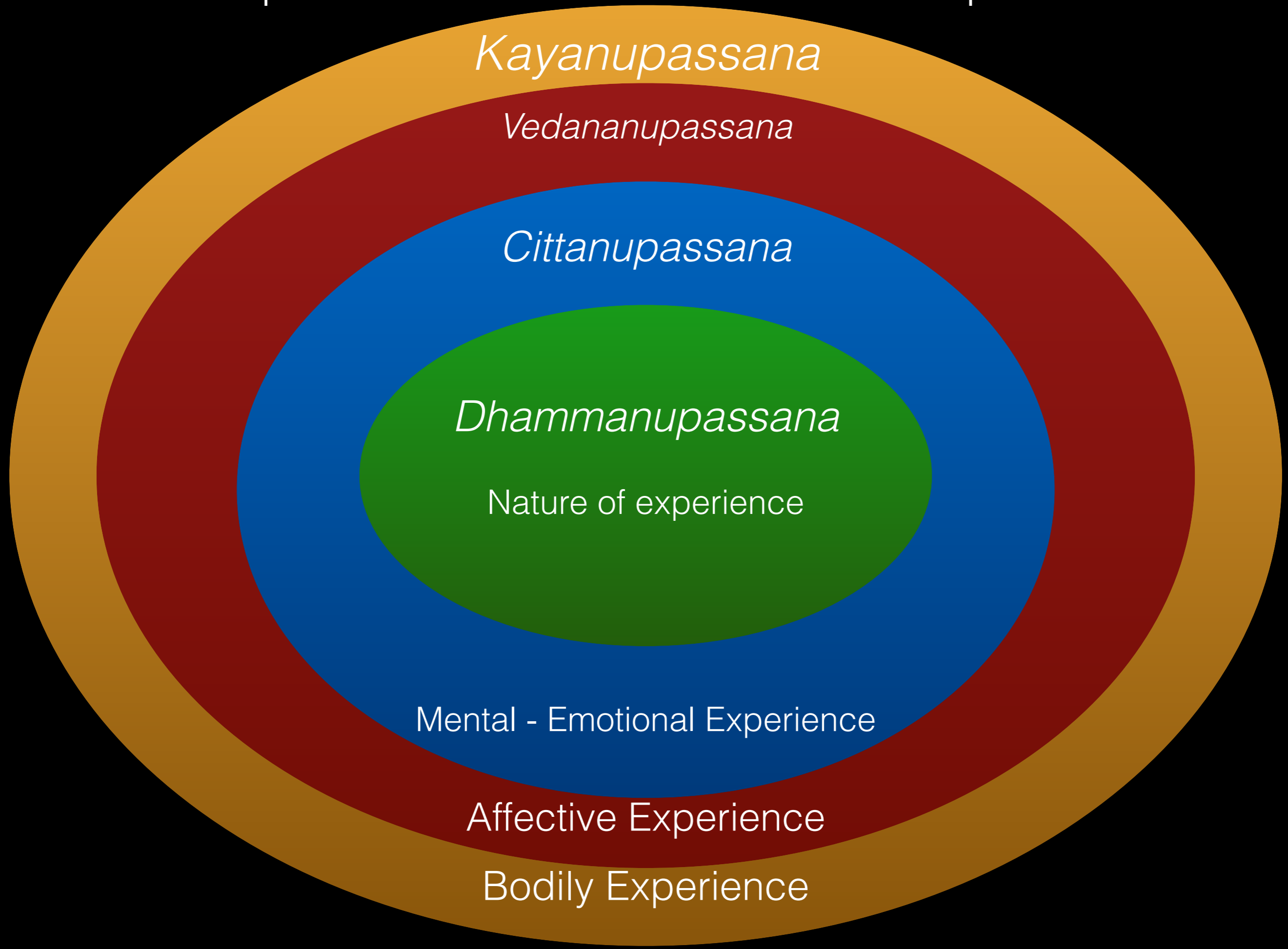
cattāro satipaṭṭhānā  
sati + paṭṭhānā



4 foundations of  
Mindfulness

**The 4 areas of experience to explore with Mindfulness**

# 4 Satipatthanas - 4 areas for Mindful Exploration



*Kayanupassana*

*Vedananupassana*

*Cittanupassana*

*Dhammanupassana*

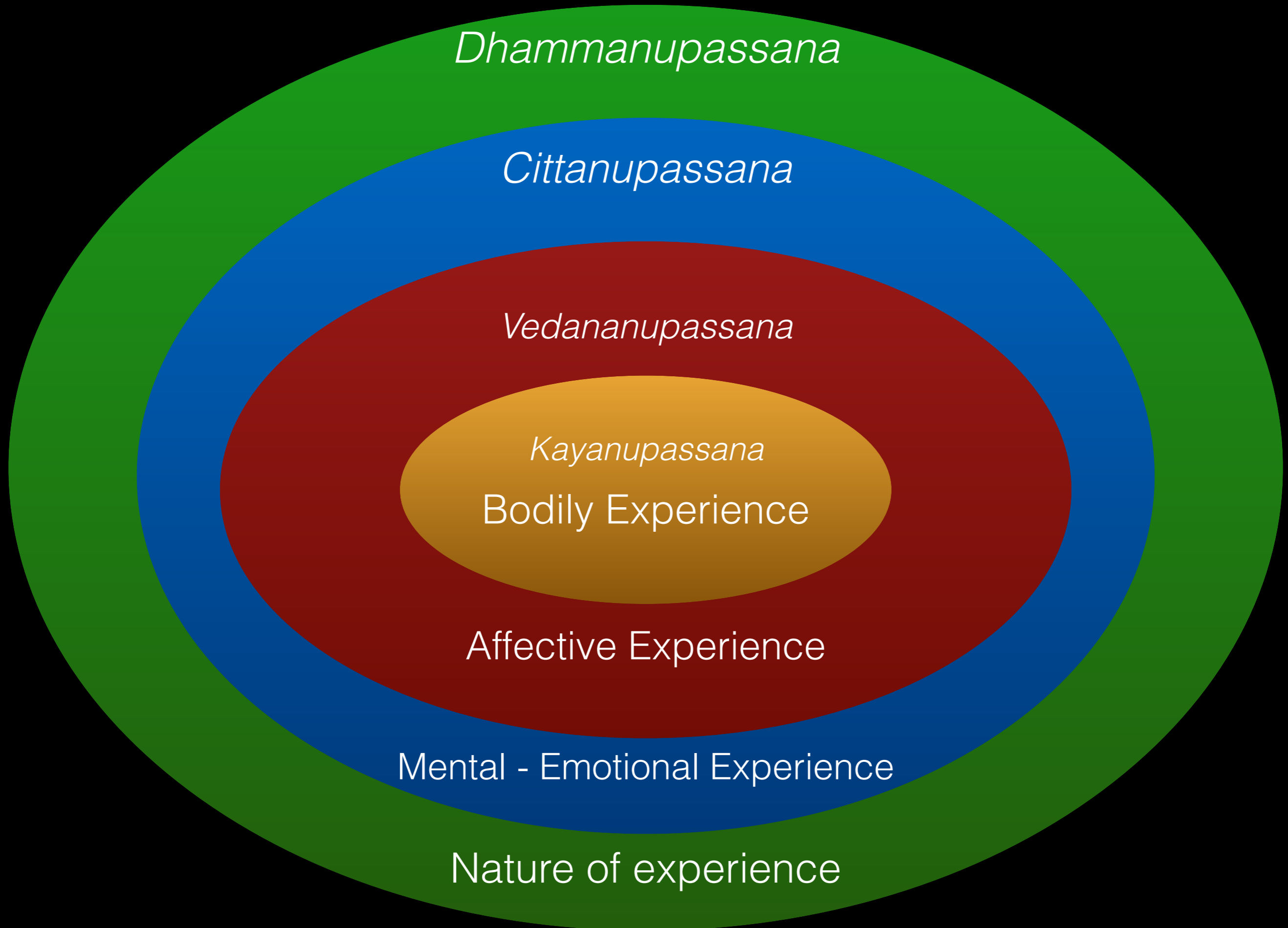
Nature of experience

Mental - Emotional Experience

Affective Experience

Bodily Experience

# 4 Satipatthanas - 4 areas for Mindful Exploration



# Closing refrain to each section of the Mahasatipatthana Sutta





# Closing refrain to each section of the Mahasatipatthana Sutta



"In this way one remains focused on the *experience*\* internally or externally, or both.



# Closing refrain to each section of the Mahasatipatthana Sutta



"In this way one remains focused on the *experience*\* internally or externally, or both.

Or one remains focused on the way the experience arose, or passed away, or on its arising and passing.



# Closing refrain to each section of the Mahasatipatthana Sutta



"In this way one remains focused on the *experience*\* internally or externally, or both.

Or one remains focused on the way the experience arose, or passed away, or on its arising and passing.

Or the bare attention that 'There is this experience' is clearly known and understood, and one remains independent, not clinging to anything.



# Closing refrain to each section of the Mahasatipatthana Sutta



"In this way one remains focused on the *experience*\* internally or externally, or both.

Or one remains focused on the way the experience arose, or passed away, or on its arising and passing.

Or the bare attention that 'There is this experience' is clearly known and understood, and one remains independent, not clinging to anything.

This is how one remains focused on experience in & of itself.

exploring bodily experience

**6 ways to explore:**

- Breath
- Postures
- Movements
- Parts
- Elements
- Death

The art of embodiment





Philip James de Loutherbourg 1801



exploring bodily experience

## **3 Key Insights**

The art of embodiment

exploring bodily experience

## **3 Key Insights**

*Experience, not thing*

The art of embodiment

exploring bodily experience

### **3 Key Insights**

*Experience, not thing*

*Neither edge nor centre*

The art of embodiment



exploring bodily experience

### **3 Key Insights**

*Experience, not thing*

*Neither edge nor centre*

*Happens by itself*

The art of embodiment

exploring affective experience

### 3 flavours of experience:

pleasant

+

unpleasant

-

neutral

~

and their  
reactive tendencies:

*Demand*

*Defence*

*Distraction*

The art of non-reactivity

exploring affective experience

### 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

and their  
reactive tendencies:

*Demand*

*Defence*

*Distraction*

The art of non-reactivity



exploring affective experience

## 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

and their  
reactive tendencies:

***Demand***  
the pull towards

***Defence***

***Distraction***

The art of non-reactivity

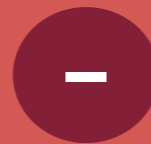
exploring affective experience

## 3 flavours of experience:

pleasure



pain



ordinary



and their  
reactive tendencies:

***Demand***  
the pull towards

***Defence***  
the pull away from

***Distraction***

The art of non-reactivity

exploring affective experience

## 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

and their  
reactive tendencies:

***Demand***  
the pull towards

***Disconnect***  
the pull for  
something else

***Defence***  
the pull away from

The art of non-reactivity

exploring affective experience

## 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

## 3 Key insights

The art of non-reactivity



exploring affective experience

## 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

## 3 Key insights

*Not inherent*

The art of non-reactivity

exploring affective experience

## 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

## 3 Key insights

*Not inherent*

*Not permanent*

The art of non-reactivity

exploring affective experience

## 3 flavours of experience:

pleasure

+

pain

-

ordinary

~

## 3 Key insights

*Not inherent*

*Not permanent*

*Not what's  
happening, but how  
you meet it*

The art of non-reactivity

exploring mental-emotional experience

**Greed**  
Compulsion  
***Demand***

**Hatred**  
Contraction  
***Defence***

**Presence**

**Absence**

**Delusion**  
Confusion  
***Distraction***

The art of psychological maturation



exploring mental-emotional experience

**3 areas of transformation**

The art of psychological maturation

exploring mental-emotional experience

**3 areas of transformation**

**1. Emotional digestion**

The art of psychological maturation

exploring mental-emotional experience

**3 areas of transformation**

**1. Emotional digestion**

**2. Working with thoughts**

The art of psychological maturation

exploring mental-emotional experience

**3 areas of transformation**

**1. Emotional digestion**

**2. Working with thoughts**

**2. Cultivating skilful states and attitudes**

The art of psychological maturation



exploring the nature of experience

5  
hindrances

5  
composites

6 senses &  
their objects

4  
truths about  
stress

7 factors of  
awakening

**Anicca - Dukkha - Anatta**

The art of liberating insight

**All experience -**  
(sensory, affective  
mental-emotional) is...

*non-continuous*

**IMPERMANENT**

**fleeting, already changing;  
not worth clinging to**

*non-satisfying*

**IMPERFECT**

**stressful to rely upon;  
not worth clinging to**

*non-self existent*

**IMPERSONAL**

**happens by itself; doesn't belong to me;  
not worth clinging to**







**The Loving Awareness Band - Love you to know (1976)**

Loving  
Awareness

