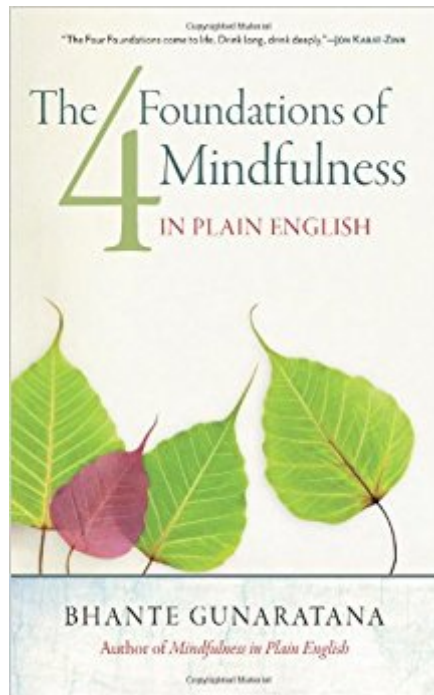




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The Four Foundations Of Mindfulness In Plain English



Synopsis

In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style. Contemplating the Four Foundations of Mindfulness—mindfulness of the body, of feelings, of the mind, and of phenomena themselves—is recommended for all practitioners. Newcomers will find The Four Foundations of Mindfulness in Plain English lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.

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Customer Reviews

"Bhante G's calming tone will put even the newest dharma practitioner at ease." (Tricycle) "The Four Foundations of Mindfulness are themselves foundational. The Buddha referred to this teaching as 'the direct path for the purification of beings... and for the realization of liberation.' In Bhante Gunaratana's experienced hands, all its facets really do come to life in plain English, for the

potential benefit of those who drink it in. My advice: Drink long, drink deeply." (Jon Kabat-Zinn, author of *Mindfulness for Beginners*) "Those of us who have come to treasure this author's other classic works will not be disappointed, and those new to this author's writing will also find this a delightful read." (SweepingZen.com) "Bhante Gunaratana's works stand out for their depth of wisdom, clarity of expression, and warm-hearted accessibility. *The Four Foundations of Mindfulness in Plain English* continues this tradition of exceptionally helpful dharma teachings." (Joseph Goldstein, author of *A Heart Full of Peace*) "How wonderful--the latest installment of Bhante's series of invaluable guides to the Buddha's teaching: *The Satipatthana Sutta*. This text is the source of all mindfulness meditation and is presented in the simple, crystal clear way that marks all of Bhante's previous books. Simple, Clear and practical, without losing any of the profound depth that is inherent to these teachings. Highly recommended for all new and experienced meditators interested in the mindfulness approach to wisdom and compassion." (Larry Rosenberg, author of *Breath by Breath*) "A joyous gift from this beloved teacher. As ever, Bhante Gunaratana's style is plain and simple but its clarity and depth is profound. A most welcome addition." (Mu Soeng, author *Heart of the Universe* and *The Diamond Sutra*) "Bhante Gunaratana makes one of the most profound and transformative sutras of the Buddha accessible to the modern mind. With great care and precision he moves the reader to a mindful investigation of his or her experience, opening wide the doorway of liberation. This is a wonderful addition to the Plain English series." (Matthew Flickstein, author of *The Meditator's Workbook* and *The Meditator's Atlas*) "A new book from Bhante Gunaratana is always cause for celebration. His new work, *The Four Foundations of Mindfulness in Plain English*, is essential for deepening our understanding of mindfulness practice. It's a comprehensive mindfulness manual!" (Toni Bernhard, author of *How to Be Sick*)

Bhante Gunaratana was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from The American University, and has led meditation retreats, taught Buddhism, and lectured widely throughout the United States, Canada, Europe, and Australia. Bhante Henepola Gunaratana is the president of the Bhavana Society in High View, West Virginia, where he lives.

I am new to mindfulness. A recent trip to Myanmar and the death of my parent made me think deeper about life, about purpose and about myself. I wasn't really seeking mindfulness or buddhism perse. Its more like I went on a trip and did some tourist activities and then realized I really liked what I saw and heard. So I came back to the States and wanted to read more. Basically, I was looking at a beginner-intermediate book (not so beginner that its like those "mindfulness for

dummies" books but something that was deeper and would take you through a journey of learning)He explains everything well, which is exactly what I needed. I do wish there was a bit of history in it. I would like to know more about the life of Buddha (maybe one chapter?). The book goes right into mindfulness.In terms of mindfulness itself: it really is written in plain-English. I like how it tells you EXACTLY what sitting, walking and sleeping meditation is and what actions/behaviors you have to focus on when you are doing it.I read through it really slowly and practice it everyday now because he writes in a very encouraging way. For example, he mentions how folks who try lotus position may find it very difficult the first time around and he talks about how you should persevere. It took him a while too even though he was meditating (in another position) for decades!This was a great starting place for getting into mindfulness. As you progress and become more intermediate, it serves as a great reminder (through re-reading) of your foundation.

Whether you approach Buddhism as a religion, a path for meditation, or a philosophy, you will find something of value in this book. I am a list-maker, and there were plenty of lists here - e.g. the 8 steps of Buddha's Path, the 4 noble truths, and the 7 factors of enlightenment. Basic help gained from the book included more understanding of meditation on the breath, staying in the present moment, and the importance of the concept of impermanence.

This is an excellent overview of the Satipatthana Sutta. All of the "Plain English" books are highly recommended. Bhante G has the ability to communicate in ways that all can understand. If you would like a more in-depth treatment of this sutta I recommend "Satipatthana: The Direct Path to Realization" by Analayo. To get a basic understanding start with Bhante G and then go to Analayo for a more scholarly treatment. Both are excellent.

One of the best books on mindfulness I have read. I came away with a much deeper understanding of this practice.

as advertised

This book makes good reading for those who have had a long-term interest in Buddhism as well as those who are first timers.The anecdotes are a value-addition to this book, which is so well written that it slips within the recesses of the mind. Reading is effortless.....it should not be missed.

Excellent Book for beginners or advance students, buy the ebook version and you can read or listen everywhere and anytime.

Simple to read, understand and more importantly practice. I would recommend to first timers to seasoned meditators. Can't wait to read the next one!

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