

## Intro to Buddhism (Nov 2019): The practices of the Four Mindfulness and the Four Complete Abandonment (from The Thirty-seven Factors of Bodhisattva)

### *The Treasurer of Abhidharma by Vasubandhu (Chap 6):*

Meditate on the founts of mindfulness

By examining two characteristics

Of body, feeling, mind, and dharmas.

Full knowing from listening, et cetera.

The others from connection, focus.

The order is as they arise,

Four antis for the erroneous.

It is the foundation of dharmas

That focuses on them combined.

They view them as impermanent,

And suffering, empty, and selfless.

### *Distinguishing the Middle from Extreme by Maitreya:*

Because of taking up bad ways,

because of the causes of conditioned existence,

because of the foundation and

because of an obscured mind,

(one should) engage in the four truths,

which are the close-placement meditation of mindfulness.

### *From the Sutra:*

Aspiration arises; exert effort; apply joyous-diligence; maintain absolute concentration.

### *The Four Mindfulness:*

1. Body
2. Feelings
3. Mind
4. Phenomena

### *The Four Complete Abandonments:*

1. To avoid generating any negative states that have not arisen
2. To abandon negative states that have arisen
3. To generate virtuous states that have not arisen
4. Not to allow any virtuous states that have arisen to deteriorate and to develop them further

### Web Resources:

[https://dhammadawiki.com/index.php/37\\_factors\\_of\\_enlightenment](https://dhammadawiki.com/index.php/37_factors_of_enlightenment)

[https://encyclopediaofbuddhism.org/wiki/Thirty-seven\\_factors\\_of\\_enlightenment](https://encyclopediaofbuddhism.org/wiki/Thirty-seven_factors_of_enlightenment)