

Four Foundations of Mindfulness

(Satipaṭṭhāna)

or Establishments of Mindfulness

or Presence of Mindfulness

Contemplation of the Body

Contemplation of Feelings

Contemplation of Mind

Contemplation of Mental Objects

Seven Factors of Awakening

Mindfulness (sati)

Investigation (dhamma vicaya)

Energy (virīya)

Rapture (pīti)

Tranquility (passadhi)

Stability (samādhi)

Equanimity (upekkha)

Six R's - Ven. Vimalaramsi

Recognize

Release

Relax

Re-smile

Reconnect

Resume