

**THE SOLE WAY THE FOUR APPLICATIONS OF
MINDFULNESS: A MEDITATIONAL GUIDE TO NIBBANA**

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The Noble Eightfold Path: The Way to the End of Suffering

Four Sources of Power in Bare Attention. 1. The Functions . right path, for the attainment of Nibbana, namely the four enough to accept it as a reliable guide, may hesitate to See Nyanaponika Thera, The Heart of Buddhist Meditation . Here again, the application of bare way of mindfulness (satipa??h?na magga) .".

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One who reaches Nirvana recognizes the nature of the self-mind and no longer cherishes the dualisms of discrimination. Today there is no Hinayana sect in existence anywhere in the world. Philippe Goldin has said that important "learning" occurs at the moment when practitioners turn their attention back to the object of focus, the breath. Hunter, J. But in order for the mind to be unified in concentration, a check must be placed on the unwholesome dispositions which ordinarily dominate its workings, since these dispositions disperse the beam of attention and scatter it among a multitude of concerns. If the practitioner follows the breath into the body, they say, the practitioner will be dispersed. It is without a first point, without temporal origin.

Calming the activity of the body The mind does not want to relinquish its hold speaks of the necessity for being aware of the body, the feelings, the mind, and the objects of the mind.