

The Four Foundations Of Mindfulness In Plain English

By Bhante Henepola Gunaratana

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Notes: 1. For example, DN 22: What is right mindfulness? There is the case where a monk remains focused on the body in & of itself ardent, alert, & mindful

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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,

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