

Motto for Satipatthana practice



Whenever *nama rupa* arises note the nature of its passing away.

When noting do it respectfully and carefully.

1. Yogi should be mindful continuously.
2. Yogi should have sustained mindfulness without stopping, without resting, without any gaps in between.
3. Yogi should practice respectfully.
4. Yogi should have mindfulness on every bodily action.
5. Yogi should have mindfulness on every mental action.
6. When the mindfulness is continuous, yogi's knowledge will progress.
7. Yogi should move slowly like a sick person does.
8. Yogi should practice diligently without regard to one's body and life.
9. Sleeping, eating and conversation should be limited.

Six conditions to improve the practice - less chores, minimum speech, minimum sleep, being alone, being easily taught, having good companion.

By being mindful on every arising object, one discerns mind and matter, cause and effect, impermanence, suffering, and non-self and will realize Nibbana.