

Slides added to M3
presentation day 1

Satipatthana

- *Paṭṭhāna* = keeping present and foundation or source.
- *Upaṭṭhāna* = establishing near or setting up near, looking over or station (an object is kept closely in mind).
- *Satipaṭṭhāna* = foundations of mindfulness and refers to remembering to deliberately place close attention to what is happening.

(misspelling corrected)

The three characteristics

1. Anicca: Impermanence, change or transitoriness (e.g. all difficult thoughts, emotions and situations do not last).
2. Dukkha: Unreliability, ambiguity or uncertainty (e.g. thoughts are not facts).
3. Anatta: Interdependence, no-thing-ness, no self-ness, insubstantiality, contingency or emptiness (e.g. you are not your emotions, “defusing” from thoughts).

(added slide after printing)

The twelve links of dependent arising

- Conditioned by (1) ignorance are (2) formations, conditioned by formations is (3) consciousness, conditioned by consciousness is (4) mind-and-body, conditioned by mind-and-body are (5) the six senses, conditioned by the six senses is (6) sense-contact, **conditioned by sense-contact is (7) feeling,** **conditioned by feeling is (8) craving,** conditioned by craving is (9) grasping, conditioned by grasping is (10) becoming, conditioned by becoming is (11) birth, conditioned by birth is (12) old-age and death—grief, lamentation, pain, sorrow, and despair come into being. Thus is the arising of this whole mass of suffering.
- [Connected Discourses](#), ii, 20 ^[35]

(added slide after printing)