

Abhayagiri 2013 Winter Retreat

Dhammānupassanāsatiṭṭhāna: The Fourth Foundation of Mindfulness

Ajahn Pasanno, Ajahn Karuṇadhammo, and Ajahn Jotipālo
Abhayagiri Buddhist Monastery, Redwood Valley, California
January 1 to March 31, 2013

“And how does a bhikkhu abide contemplating dhammas as dhammas? Here a bhikkhu abides contemplating dhammas as dhammas in terms of the five hindrances....in terms of the five Khandhas....in terms of the six sense bases....in terms of the seven factors of enlightenment....in terms of the Four Noble Truths.” – Satipatṭhāna Sutta (MN 10)

[Introductory Talks](#) – **Ajahn Pasanno**, January 7 – January 22

[The Five Hindrances](#) – **Ajahn Pasanno**, January 23 – February 2

[The Five Khandhas](#) – **Ajahn Pasanno and Ajahn Karuṇadhammo**, February 5 – February 28

[The Six Sense Bases](#) – **Ajahn Pasanno**, March 1 – March 10

[The Seven Factors of Enlightenment](#) – **Ajahn Jotipālo**, March 13 – March 18

[The Four Noble Truths](#) – **Ajahn Karuṇadhammo**, March 21 – March 28

[Sources](#)

Introductory Talks

[Establishing Mindfulness](#) – **Ajahn Pasanno**, January 7, 2013

Ajahn Pasanno reflects at the beginning of the retreat on what is helpful to establish in the mind during a period of formal practice. Drawing on the distinction of wholesome and unwholesome dhammas he brings together the topics of the Five Hindrances, Mindfulness, Clear Comprehension, and the putting forth of effort.

[The Five Hindrances](#) – **Ajahn Pasanno**, January 9, 2013

The attention to bringing the mind to the freeing of the hindrances is essential. Ajahn Pasanno reflects on the Five Hindrances and recalls various metaphors and tools the Buddha suggests for understanding and working with the hindrances.

[Relinquishing the Hindrances](#) - **Ajahn Pasanno**, January 10, 2013

Bringing the theme of the Five Hindrances to focus again, Ajahn Pasanno offers more advice for working with the hindrances and focuses on the positive qualities that we can turn to to enable

relinquishing of the hindrances.

[Carefully Attending to the Object](#) – Ajahn Pasanno, January 13, 2013

Beginning with the Buddha's metaphor of the skilled cook who carefully watches what his king prefers in order to gain favor. Ajahn Pasanno relates the importance and methods of relating to the meditation object in the framework of what works and what doesn't work.

[Practicing in Accordance with Dhamma](#) – Ajahn Pasanno, January 14, 2013

Ajahn Pasanno reflects on the importance of practicing dhamma in accordance with dhamma and how this subtle, but important shift in our intention is a key to right practice.

[Question and Answer 1](#) – Ajahn Pasanno, January 14, 2013

A short question and answer session following the morning's reflection.

[Mindfulness Directed at the Body](#) – Ajahn Pasanno, January 15, 2013

Ajahn Pasanno explains the Buddha's similes for spreading well-being and awareness throughout the body and describes mindfulness of breathing in terms of inclusive awareness.

[Readings on Ajahn Chah Day](#) – Ajahn Pasanno, January 16, 2013

To commemorate the Ajahn Chah's 21st death anniversary, Ajahn Pasanno reads three talks on meditation from *The Collected Teachings of Ajahn Chah*: "Tranquility and Insight", "The Path in Harmony", and "The Place of Coolness."

[Kor Wat as a Basis for Practice](#) – Ajahn Pasanno, January 17, 2013

Reflecting on a question, Ajahn Pasanno talks about the usage of Kor Wat, translated "protocols" or ways of relating to requisites and the community, as a basic tool for training mindfulness and circumspection.

[The Four Noble Truths](#) – Ajahn Pasanno, January 18, 2013

Ajahn Pasanno reflects on the basic teaching of the Four Noble Truths and how investigating and contemplating dukkha enables us to see our habits and conditioning and the obstacles to practice.

[Question and Answer 2](#) – Ajahn Pasanno, January 21, 2013

Ajahn Pasanno answers questions regarding recollection of the Buddha, comfort and discomfort in breath meditation, and investigation (*dhamma-vicaya*) during meditation.

[Satipatthana Overview Readings](#) – Ajahn Pasanno, January 22, 2013

- *Satipaṭṭhāna Sutta* (MN 10)
- Ṭhānissaro Bhikkhu, *Wings to Awakening*

Readings on The Five Hindrances

[The Five Hindrances 1](#) – Ajahn Pasanno, January 23, 2013

- *Satipaṭṭhāna* p. 182-187, Analayo Bhikkhu
- *Mahā-Asupura Sutta* (MN 39)

[The Five Hindrances 2](#) – Ajahn Pasanno, January 24, 2013

- SN 46.38, *Bojjhaṅgasamyutta*, "Without Hindrances"

- SN 46.39, *Bojjhaṅgasamyutta*, “Trees”
- SN 46.40, *Bojjhaṅgasamyutta*, “Hindrances”
- SN 46.55, *Bojjhaṅgasamyutta*, “Saṅgāraḥa”

[The Five Hindrances 3](#) – Ajahn Pasanno, January 25, 2013

- SN 3:24, *Kosalasamyutta*, “Archery”
- SN 47:5, *Satipaṭṭhānasamyutta*, “A Heap of the Wholesome”
- SN 47:12, *Satipaṭṭhānasamyutta*, “Nālandā”
- *Gopakamogallāna Sutta* (MN 108)

[The Five Hindrances 4](#) – Ajahn Pasanno, January 28, 2013

- SN 54:12, *Ānāpānasamyutta*, “In Perplexity”
- AN 4:61, “Worthy Deeds”
- AN 5:23, “Defilements”

[The Five Hindrances 5](#) – Ajahn Pasanno, January 29, 2013

- AN 6:27, “Occasion”
- AN 10:61, “Ignorance”
- AN 10:95, “Uttiya”

[The Five Hindrances 6](#) – Ajahn Pasanno, January 30, 2013

- *Māgandiya Sutta* (MN 75)

[The Five Hindrances 7](#) – Ajahn Pasanno, January 31, 2013

- AN 5:161, “Removing Resentment (1)”
- AN 5:162, “Removing Resentment (2)”
- AN 7:64, “Anger”

[The Five Hindrances 8](#) – Ajahn Pasanno, February 1, 2013

- AN 7:61, “Dozing”

[The Five Hindrances 9](#) – Ajahn Pasanno, February 2, 2013

- AN 4:128, “Astounding (2)”
- *Vammika Sutta* (MN 23)
- SN 42.13, *Gāmaṇīsaṃyutta*, “Pāṭaliya”

Readings on The Five Khandhas

[The Five Khandhas 1](#) – Ajahn Pasanno, February 5, 2013

- *Mahāpuṇṇama Sutta* (MN 109)

[The Five Khandhas 2](#) – Ajahn Pasanno, February 6, 2013

- *Mahāmālunkya Sutta* (MN 64)

[The Five Khandhas 3](#) – Ajahn Pasanno, February 7, 2013

From *The Five Aggregates: A Study Guide* by Ṭhānissaro Bhikkhu

- § 5: SN 22:100, *Khandhasaṃyutta*, “The Leash”
- § 6: SN 22:48, *Khandhasaṃyutta*, “Aggregates”
- § 7: excerpt from SN 22:79

[The Five Khandhas 4](#) – Ajahn Pasanno, February 8, 2013

From *The Five Aggregates: A Study Guide* by Ṭhānissaro Bhikkhu

- § 8: excerpt from *Mahāhatthipadopama Sutta* (MN 28)
- § 9: excerpt from SN 22:57
- § 10: excerpt from *Cūḷavedalla Sutta* (MN 44)
- § 11: excerpt from SN 22:57
- § 12: excerpt from SN 22:57
- § 13: excerpt from *Sangīti Sutta* (DN 33)
- § 14: excerpt from *Cūḷavedalla Sutta* (MN 44)
- § 15: excerpt from SN 22:57
- § 16: excerpt from SN 22:57
- § 17: excerpt from *Mahāpuṇṇama Sutta* (MN 109)
- SN 22:1, *Khandhasaṃyutta*, “Nakulapitā”

[The Five Khandhas 5](#) – Ajahn Pasanno, February 9, 2013

- SN 22:2, *Khandhasaṃyutta*, “At Devadaha”
- SN 22:3, *Khandhasaṃyutta*, “Hāliddakāni (1)”

[The Five Khandhas 6](#) – Ajahn Karuṇadhammo, February 12, 2013

- *Satipaṭṭhāna* p. 202-207, Analayo Bhikkhu
- SN 22:5, *Khandhasaṃyutta*, “Concentration”
- SN 22:29, *Khandhasaṃyutta*, “Delight”
- SN 5:1, *Bhikkhunīsaṃyutta*, “Āḷavikā”
- SN 5:9, *Bhikkhunīsaṃyutta*, “Selā”

[The Five Khandhas 7](#) – Ajahn Karuṇadhammo, February 13, 2013

- SN 45:159, *Maggasaṃyutta*, “The Guest House”
- SN 5:10, *Bhikkhunīsaṃyutta*, “Vajirā”
- *The Questions of King Milinda*, I.i, “No Person is Found,” p. 29-32

[The Five Khandhas 8](#) – Ajahn Karuṇadhammo, February 4, 2013

- SN 22:26, *Khandhasaṃyutta*, “Gratification (1)”
- SN 22:27, *Khandhasaṃyutta*, “Gratification (2)”
- SN 22:28, *Khandhasaṃyutta*, “Gratification (3)”
- SN 22:96, *Khandhasaṃyutta*, “A Lump of Cowdung”

[The Five Khandhas 9](#) – Ajahn Karuṇadhammo, February 15, 2013

- SN 22:99, *Khandhasaṃyutta*, “The Leash (1)”
- SN 22:85, *Khandhasaṃyutta*, “Yamika”

[The Five Khandhas 10](#) – Ajahn Karuṇadhammo, February 17, 2013

- *Cūḷasaccaka Sutta* (MN 35)

[The Five Khandhas 11](#) – Ajahn Karuṇadhammo, February 20, 2013

- SN 22:102, *Khandhasaṃyutta*, “Perception of Impermanence”
- SN 22:95, *Khandhasaṃyutta*, “A Lump of Foam”
- SN 22:33, *Khandhasaṃyutta*, “Not Yours (1)”

[The Five Khandhas 12](#) – Ajahn Karuṇadhammo, February 21, 2013

- SN 22:87, *Khandhasaṃyutta*, “Vakkali”
- SN 22:86, *Khandhasaṃyutta*, “Anurādha”

[The Five Khandhas 13](#) – Ajahn Karuṇadhammo, February 22, 2013

- SN 22:89, *Khandhasaṃyutta*, “Khemaka”
- SN 22:49, *Khandhasaṃyutta*, “Soṇa (1)”

[The Five Khandhas 14](#) – Ajahn Karuṇadhammo, February 24, 2013

- Pācittiya 12 origin story in *The Buddhist Monastic Code I* by Ṭhānissaro Bhikkhu, p. 333
- Pācittiya 71 origin story
- Saṅghādisesa 12 origin story in *The Buddhist Monastic Code I* by Ṭhānissaro Bhikkhu, p. 177
- SN 22:90, *Khandhasaṃyutta*, “Chana”

[The Five Khandhas 15](#) – Ajahn Pasanno, February 27, 2013

- SN 22:94, *Khandhasaṃyutta*, “Flowers”
- SN 22:122, *Khandhasaṃyutta*, “Virtuous”

[The Five Khandhas 16](#) – Ajahn Pasanno, February 28, 2013

- SN 22:53, *Khandhasaṃyutta*, “Engagement”
- SN 22:54, *Khandhasaṃyutta*, “Seeds”
- excerpt from *Mahāsaccaka Sutta* (MN 36)
- SN 12:64 (§20 in *The Five Aggregates: A Study Guide* by Ṭhānissaro Bhikkhu)
- Verse excerpt from the *Sutta Nipāta*
- SN 12:38 (unknown translation)
- Ṭhānissaro Bhikkhu, *Skill in Questions*, p. 349
- Reading about Luang Por Dun

Readings on The Six Sense Bases

[The Six Sense Bases 1](#) – Ajahn Pasanno, March 1, 2013

- Ajahn Chah, *Food for the Heart*, Chapter 5: Sense Contact: The Fount of Wisdom

[The Six Sense Bases 2](#) – Ajahn Pasanno, March 2, 2013

- Overview from *Satipaṭṭhāna Sutta* (MN 10)
- SN 35:232, *Saḷāyatanaṣaṃyutta*, “Koṭṭhita”

- SN 35:26, *Saḷāyatana-saṃyutta*, “Full Understanding (1)”

[The Six Sense Bases 3](#) – Ajahn Pasanno, March 3, 2013

- SN 35:60, *Saḷāyatana-saṃyutta*, “The Full Understanding of all Clinging”
- SN 35:63, *Saḷāyatana-saṃyutta*, “Migajāla” (1)”
- SN 35:64, *Saḷāyatana-saṃyutta*, “Migajāla” (2)”
- SN 35:69, *Saḷāyatana-saṃyutta*, “Upasena”

[The Six Sense Bases 4](#) – Ajahn Pasanno, March 4, 2013

- SN 35:70, *Saḷāyatana-saṃyutta*, “Upavāṇa”
- SN 35:74, *Saḷāyatana-saṃyutta*, “Sick (1)”
- SN 35:88, *Saḷāyatana-saṃyutta*, “Puṇṇa”
- SN 35:93, *Saḷāyatana-saṃyutta*, “The Dyad (2)”

[The Six Sense Bases 5](#) – Ajahn Pasanno, March 7, 2013

- SN 35:95, *Saḷāyatana-saṃyutta*, “Māluṅkyaputta”
- SN 35:96, *Saḷāyatana-saṃyutta*, “Decline”
- SN 35:116, *Saḷāyatana-saṃyutta*, “Going to the End of the World”
- SN 35:120, *Saḷāyatana-saṃyutta*, “Sāriputta”
- SN 35:239, *Saḷāyatana-saṃyutta*, “The Simile of the Chariot”

[The Six Sense Bases 6](#) – Ajahn Pasanno, March 8, 2013

- SN 35:127, *Saḷāyatana-saṃyutta*, “Bhāradvāja”
- SN 35:135, *Saḷāyatana-saṃyutta*, “The Opportunity”
- SN 35:153, *Saḷāyatana-saṃyutta*, “Is There a Method?”
- SN 35:155, *Saḷāyatana-saṃyutta*, “A Speaker on the Dhamma”

[The Six Sense Bases 7](#) – Ajahn Pasanno, March 9, 2013

- SN 35:235, *Saḷāyatana-saṃyutta*, “The Exposition on Burning”
- SN 35:238, *Saḷāyatana-saṃyutta*, “The Simile of the Vipera”
- SN 35:241, *Saḷāyatana-saṃyutta*, “The Simile of the Great Log (1)”
- SN 35:231, *Saḷāyatana-saṃyutta*, “The Milk-Sap Tree”
- SN 35:234, *Saḷāyatana-saṃyutta*, “Udāyī”

[The Six Sense Bases 8](#) – Ajahn Pasanno, March 10, 2013

- SN 35:243, *Saḷāyatana-saṃyutta*, “Exposition on the Corrupted”
- SN 35:246, *Saḷāyatana-saṃyutta*, “The Simile of the Lute”
- SN 35:247, *Saḷāyatana-saṃyutta*, “The Simile of the Six Animals”
- *Sunakkhatta Sutta* (MN 105, Suggested reading)

Readings on The Seven Factors of Enlightenment

[The Seven Factors of Enlightenment 1](#) – Ajahn Jotipālo, March 13, 2013

• Bhante Gunaratana, *The Four Foundations of Mindfulness in Plain English*, Chapter 12: Factors of Enlightenment

[The Seven Factors of Enlightenment 2](#) – Ajahn Jotipālo, March 14, 2013

- Bhikkhu Bodhi, *In the Buddha's Words*, p. 261
- Ṭhānissaro Bhikkhu, *Wings to Awakening*, Chapter II.B
- Ṭhānissaro Bhikkhu, *The Mind Like Fire Unbound*, p. 57-58
- Ānāpānasati Sutta (MN 118)
- SN 46:6, *Bojjaṅgasam̐yutta*, “Kuṇḍaliya”

[The Seven Factors of Enlightenment 3](#) – Ajahn Jotipālo, March 15, 2013

- Ṭhānissaro Bhikkhu, *The Mind Like Fire Unbound*, p. 80-81
- SN 46:51, *Bojjaṅgasam̐yutta*, “Nutriment”
- AN 8:9, “Nanda”
- SN 46:1, *Bojjaṅgasam̐yutta*, “The Himalayas”
- SN 46:11, *Bojjaṅgasam̐yutta*, “Living Beings”
- SN 46:31, *Bojjaṅgasam̐yutta*, “Wholesome (1)”
- SN 46:33, *Bojjaṅgasam̐yutta*, “Corruptions”
- SN 46:34, *Bojjaṅgasam̐yutta*, “Noncorruptions”
- SN 46:39, *Bojjaṅgasam̐yutta*, “Trees”
- SN 46:38, *Bojjaṅgasam̐yutta*, “Without Hindrances”
- SN 46:40, *Bojjaṅgasam̐yutta*, “Hindrances”
- SN 46:8, *Bojjaṅgasam̐yutta*, “Upavāṇa”

[The Seven Factors of Enlightenment 4](#) – Ajahn Jotipālo, March 16, 2013

- Ajahn Geoff Wings to Awakening excerpts, p. 49, 142-143
- Ṇanaponika Mahathera, *Buddhist Dictionary*, Definitions: manasikāra and āsava
- *Sabbāsava Sutta* (MN 2)
- SN 46:4, *Bojjaṅgasam̐yutta*, “Clothes”
- SN 46:30, *Bojjaṅgasam̐yutta*, “Udāyī”

[The Seven Factors of Enlightenment 5](#) – Ajahn Jotipālo, March 17, 2013

- SN 47:7 *Satipaṭṭhānasam̐yutta*, “The Monkey”
- Bhante Gunaratana, *The Four Foundations of Mindfulness in Plain English*, p.44
- Bhikkhu Bodhi, *Connected Discourses*, footnote 125 to SN 47:2, p. 1917
- AN 10:61, “Ignorance”
- SN 46:12, *Bojjaṅgasam̐yutta*, “The Simile of the Sun (1)”
- SN 46:13, *Bojjaṅgasam̐yutta*, “The Simile of the Sun (2)”

- AN 4:41, “Concentration”

[The Seven Factors of Enlightenment 6](#) – Ajahn Jotipālo, March 18, 2013

- SN 36:7, *Vedanāsaṃyutta*, “The Sick Ward (1)”
- SN 46:14, *Bojjaṅgasāmyutta*, “Ill (1)”
- SN 46:15, *Bojjaṅgasāmyutta*, “Ill (2)”
- SN 46:16, *Bojjaṅgasāmyutta*, “Ill (3)”
- AN 10:60, “Girimānanda”
- SN 52:10, *Anuruddhasāmyutta*, “Gravelly Ill”
- SN 47:9, *Satipaṭṭhānasāmyutta*, “Ill”
- SN 46:53, *Bojjaṅgasāmyutta*, “Fire”
- SN 46:57, *Bojjaṅgasāmyutta*, “The Skeleton”

Readings on The Four Noble Truths

[The Four Noble Truths 1](#) – Ajahn Karuṇadhammo, March 21, 2013

- *Mahāsatipaṭṭhāna Sutta* (DN 22), Four Noble Truths section

[The Four Noble Truths 2](#) – Ajahn Karuṇadhammo, March 22, 2013

- AN 3:61, “Sectarian”
- Ajahn Chah, *Food for the Heart*, Chapter 32: The Four Noble Truths

[The Four Noble Truths 3](#) – Ajahn Karuṇadhammo, March 24, 2013

- Ajahn Chah, *The Collected Teachings*, Transcendence

[The Four Noble Truths 4](#) – Ajahn Karuṇadhammo, March 25, 2013

- Ajahn Chah, *The Collected Teachings*, Toward the Unconditioned

[The Four Noble Truths 5](#) – Ajahn Karuṇadhammo, March 28, 2013

From In the Buddha's Words by Bhikkhu Bodhi

- p. 317-320
- § IX.5.2: SN 43:1-44, *Asaṅkhatasaṃyutta*
- § IX.5.3: Ud 8.1
- § IX.5.4: Ud 8.3

• Ajahn Pasanno and Ajahn Amaro, *The Island*, Chapter 20: “Ah, What Bliss!” – The Blessings of Nibbāna

[The Four Noble Truths 6](#) – Ajahn Karuṇadhammo, March 29, 2013 (not recorded)

• Ajahn Pasanno and Ajahn Amaro, *The Island*, Chapter 20: “Ah, What Bliss!” – The Blessings of Nibbāna, continued

Sources

All readings from the Pāli Canon come from the Wisdom Publications editions unless

otherwise noted.

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- , "The Five Aggregates: A Study Guide", Access to Insight, 12 February 2012, <http://www.accesstoinsight.org/lib/study/khandha.html> html.
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- , *Wings to Awakening: An Anthology from the Pali Canon*, pdf online.
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Higher quality audio files of these readings are available on a free distribution CD, which you can request on the Abhayagiri books page.