



The Four Foundations of Mindfulness

By Sayadaw U Silananda



The Four Foundations of Mindfulness By Sayadaw U Silananda

An absolute essential of Buddhist thought and practice.

In addition to practitioners of Insight meditation, those who engage in other meditation forms such as dzogchen, mahamudra, and zazen will find that *The Four Foundation of Mindfulness* provides new means of understanding how to approach and deepen their own practices.

The entire Great Discourse is included here, coupled with a beautifully clear commentary from the great scholar-yogi, Venerable U Silananda.

 [Download The Four Foundations of Mindfulness ...pdf](#)

 [Read Online The Four Foundations of Mindfulness ...pdf](#)

The Four Foundations of Mindfulness

By Sayadaw U Silananda

The Four Foundations of Mindfulness By Sayadaw U Silananda

An absolute essential of Buddhist thought and practice.

In addition to practitioners of Insight meditation, those who engage in other meditation forms such as dzogchen, mahamudra, and zazen will find that *The Four Foundation of Mindfulness* provides new means of understanding how to approach and deepen their own practices.

The entire Great Discourse is included here, coupled with a beautifully clear commentary from the great scholar-yogi, Venerable U Silananda.

The Four Foundations of Mindfulness By Sayadaw U Silananda Bibliography

- Sales Rank: #903793 in Books
- Brand: Brand: Wisdom Publications
- Published on: 1995-09-01
- Released on: 1995-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 6.00" l, .82 pounds
- Binding: Paperback
- 256 pages

 [Download The Four Foundations of Mindfulness ...pdf](#)

 [Read Online The Four Foundations of Mindfulness ...pdf](#)

Download and Read Free Online The Four Foundations of Mindfulness By Sayadaw U Silananda

Editorial Review

Review

"The Maha Satipatthana Sutta, the Great Discourse on the Foundations of Mindfulness, is one of the key teachings of the Buddha, and Venerable U Silananda has written one of its best and most illuminating commentaries." (Sharon Salzberg, author of *Real Happiness: The Power of Meditation*)

"Venerable U Silananda, being a scholar and a yogi, is able to harmonize doctrine and practice so that there are no gaps between the two realms." (Larry Rosenberg, Director, Cambridge Insight Meditation Center)

"Lucid, soothing, and practical." (Kate Wheeler, author of *When Mountains Walked*)

"*The Four Foundations of Mindfulness* is, like all of Wisdom's books, beautiful in all respects." (Jon Kabat-Zinn, author of *Wherever You Go, There You Are*)

About the Author

U Silananda is a Burmese monk. He is the Spiritual Advisor of the Theravada Buddhist Society of America, which has a large center in Half Moon Bay, California. He also is the Spiritual Director of centers in Berkeley and San Jose, California, and in Florida. He teaches in both English and Burmese.

Users Review

From reader reviews:

Yael Whitehead:

This *The Four Foundations of Mindfulness* are reliable for you who want to be a successful person, why. The explanation of this *The Four Foundations of Mindfulness* can be one of many great books you must have is giving you more than just simple examining food but feed anyone with information that perhaps will shock your preceding knowledge. This book is usually handy, you can bring it everywhere and whenever your conditions in the e-book and printed versions. Beside that this *The Four Foundations of Mindfulness* forcing you to have an enormous of experience such as rich vocabulary, giving you test of critical thinking that we know it useful in your day task. So , let's have it and enjoy reading.

Ella Cook:

Many people spending their time period by playing outside together with friends, fun activity together with family or just watching TV all day every day. You can have new activity to enjoy your whole day by examining a book. Ugh, you think reading a book can really hard because you have to use the book everywhere? It alright you can have the e-book, having everywhere you want in your Smart phone. Like *The Four Foundations of Mindfulness* which is finding the e-book version. So , why not try out this book? Let's view.

Patricia Stewart:

A lot of guide has printed but it differs from the others. You can get it by internet on social media. You can choose the most effective book for you, science, comedy, novel, or whatever by searching from it. It is referred to as of book The Four Foundations of Mindfulness. Contain your knowledge by it. Without departing the printed book, it could add your knowledge and make an individual happier to read. It is most essential that, you must aware about reserve. It can bring you from one destination to other place.

Steven Allen:

Reading a reserve make you to get more knowledge from that. You can take knowledge and information from the book. Book is prepared or printed or highlighted from each source in which filled update of news. On this modern era like today, many ways to get information are available for anyone. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, new and comic. You can add your understanding by that book. Are you hip to spend your spare time to open your book? Or just looking for the The Four Foundations of Mindfulness when you needed it?

**Download and Read Online The Four Foundations of Mindfulness
By Sayadaw U Silananda #ZNXA4CET105**

Read The Four Foundations of Mindfulness By Sayadaw U Silananda for online ebook

The Four Foundations of Mindfulness By Sayadaw U Silananda Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Four Foundations of Mindfulness By Sayadaw U Silananda books to read online.

Online The Four Foundations of Mindfulness By Sayadaw U Silananda ebook PDF download

The Four Foundations of Mindfulness By Sayadaw U Silananda Doc

The Four Foundations of Mindfulness By Sayadaw U Silananda Mobipocket

The Four Foundations of Mindfulness By Sayadaw U Silananda EPub