

THE 4 APPLICATIONS OF MINDFULNESS

There are hundreds of techniques to practice mindfulness. Most of them can be classified in these 4 major categories:



Mindfulness of the Body

Neutral observation of the body sensations, the qualities of the breath and the input to the 5 senses.



Mindfulness of Feelings

Neutral observation of the rise and fall of feelings and the associated reactions, such as like and dislike.



Mindfulness of Thoughts

Neutral observation of thoughts that appear and disappear in the space of the mind.



Mindfulness of Wisdom

Reflection and contemplation of universal principles such as the concept of impermanence.

Gross

Subtle



Mindfulness of the Body



Mindfulness of Feelings



Mindfulness of Thoughts



Mindfulness of Wisdom