

Watching
the breath



Wise Reflection, Clear Comprehension
yoniso-manasikāra, sati-sampajañña

Cognition becomes familiar with:

Four Foundations of
Mindfulness

body, feelings,
mental states,
nature of experience

Training and cultivating
the mental qualities of:

Seven Factors of
Awakening

mindfulness, investigation, energy,
rapture, tranquillity, concentration,
equanimity

Developing Right View and
abandoning compulsive tendencies:

Understanding the
nature of experience

impermanent
unsatisfactory
not-self



Knowledge and Liberation
vijjā-vimutti



Clarity
Calm
Insight