

Watching  
the breath



Wise Reflection, Clear Comprehension

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  
wholesome conditions:

Understanding the nature  
of experience

impermanent  
unsatisfactory  
not-self



Clarity  
Calm  
Insight