

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