

Watching
the breath

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graph TD; A((Watching the breath)) --> B[Wise Reflection, Clear Comprehension]; B --> C((Clarity  
Calm  
Insight));
```

Wise Reflection, Clear Comprehension

Four Foundations of
Mindfulness

- (1) body
- (2) feelings
- (3) mental states
- (4) natural processes

Nature of
experience

impermanent
unsatisfactory
not-self

Clarity
Calm
Insight