**Some highlights of the four foundations of mindfulness**

I. Mindful contemplation of the body:

* mindfulness of breathing
* mindfulness of the postures
* mindfulness and clear comprehension in daily activities
* the impure constituents of the body
* the four elements
* the charnel ground contemplations

II. Mindful contemplation of feeling:

* pleasant feelings
* painful feelings
* neutral feeling

III. Mindful contemplation of mind

Being aware of the state of mind:

* associated with greed, with hatred, with delusion
* disconnected from greed, from hatred, from delusion

IV. Mindful contemplation of phenomena

* contemplation of the five hindrances
* contemplation of the five aggregates
* contemplation of the six sense faculties
* contemplation of the seven factors of enlightenment
* contemplation of the four noble truths