

## Discernment in the Fourth Foundation of Mindfulness

—Chas DiCapua—

*Paying attention to the Hindrances and the Awakening Factors in this way is a good example of Discernment in the formal practice. These quotes are from the fourth foundation of mindfulness in the Satipatthana Sutta. When we sit, this can be much of what happens. So, when you notice a Hindrance, see it as practicing the fourth foundation of mindfulness, not as a failure.*

"There is the case where a monastic remains focused on mental qualities in & of themselves with reference to the *five hindrances*. And how does a monastic remain focused on mental qualities in & of themselves with reference to the five hindrances? There is the case where, there being sensual desire present within, a monastic discerns that 'There is sensual desire present within me.' Or, there being no sensual desire present within, s/he discerns that 'There is no sensual desire present within me.' **S/He discerns how there is the arising of unarisen sensual desire. And s/he discerns how there is the abandoning of sensual desire once it has arisen. And s/he discerns how there is no future arising of sensual desire that has been abandoned.** (The same formula is repeated for the remaining hindrances: ill will, sloth & drowsiness, restlessness & anxiety, and uncertainty.)

"Furthermore, the monastic remains focused on mental qualities in & of themselves with reference to the *seven factors for Awakening*. And how does s/he remain focused on mental qualities in & of themselves with reference to the seven factors for Awakening? There is the case where, there being mindfulness as a factor for Awakening present within, s/he discerns that 'Mindfulness as a factor for Awakening is present within me.' Or, there being no mindfulness as a factor for Awakening present within, s/he discerns that 'Mindfulness as a factor for Awakening is not present within me.' **S/He discerns how there is the arising of unarisen mindfulness as a factor for Awakening. And s/he discerns how there is the culmination of the development of mindfulness as a factor for Awakening once it has arisen.** (The same formula is repeated for the remaining factors for Awakening: analysis of qualities, persistence, rapture, serenity, concentration, & equanimity.)