

# THE 4 APPLICATIONS OF MINDFULNESS

There are hundreds of techniques to practice mindfulness. Most of them can be classified in these 4 major categories:



## Mindfulness of the Body

Neutral observation of the body sensations, the qualities of the breath and the input to the 5 senses.



## Mindfulness of Feelings

Neutral observation of the raise and fall of feelings and the associated reactions, such as like and dislike.



## Mindfulness of Thoughts

Neutral observation of thoughts that appear and disappear in the space of the mind.



## Mindfulness of Wisdom

Reflection and contemplation of universal principles such as the concept of impermanence.

Gross

Subtle



Mindfulness of the Body



Mindfulness of Feelings



Mindfulness of Thoughts



Mindfulness of Wisdom