



Four-Fold Awareness

The Buddhist Practice of Mindfulness
in regard to:

Body
Feelings
Consciousness
Phenomena

Part I

Four-Fold Awareness is a path of meditative practice, that is rooted in the Buddhist tradition.

It's Buddhist, but you don't have to be.

The basis of this program is the Satipatthana Sutra of the Buddhist Canon, which addresses the four foundations of mindfulness practice, namely mindfulness of the body, feelings, consciousness and phenomena.

The goal of the program is to help you develop mindfulness, clarity, and understanding using traditional Buddhist methods.

It will add depth and meaning to your life and turn daily challenges into insightful experiences.

It is a mind training that you can apply at any moment and adapt to the dynamic and busyness of your life.

Thus, transforming it into a source of inspiration and the path to fulfilment.

The description of exercises given here is a condensed version of the actual Buddhist Sutra and the teaching presented within. It demands further explanations, if wished to be practised correctly.

For further information: www.viktorroemer.de

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a. Breathing Meditation

I consider my **physical posture**:

- the feet are touching the ground
- the hands are on the knees
- the back is straight
- the shoulders are open
- the head is naturally resting
- the mouth is closed
- the eyes are open
- the gaze is directed downwards

I relax for an instant in this posture
take a few moments ...

b. Breathing Meditation

I consider my **breathing**:

- I breath through the nose
- the breathing is natural
- I breath in
- and I breath out
- neither too quick, nor too slow
- the breath is coming and going
- it is all happening by itself
- an ongoing movement

I relax for an instant in this process
take a few moments ...

c. Breathing Meditation

I consider my **awareness**:

- my awareness follows the breath
- it dwells on the breathing
- I am conscious of the breath
- eventually thoughts arise
- images and concepts manifest
- I become aware of their presence
- I let them go, without judgment
- and come back to the breathing

I practice the awareness of the breath
apply this exercise for couple of minutes ...

This exercise of meditating on one's breath builds the foundation for all further development and provides a constant and easily available support for development of mindfulness, clarity and inner calm. This meditation technique is a principle aspect of all Buddhist schools and can be practised by anyone, independent of religious affiliations or absence of those.

This practice can be applied for only a few breaths, a couple of minutes or longer periods of time, depending on the situation or necessity.

This exercise can be repeated again and again, within the same practice session, or spread throughout the day, in short practice periods. However, the second option, of shorter practice sessions spread throughout the day, is more advisable, as it turns out to be generally more beneficial than long meditation sessions.

Once enough stability has been gained on the basis of the breathing meditation exercise, one could move to the next meditation practices described in Four-Fold Awareness, Part II.



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