

Satipatthana Sutta 念处经

I. Kayanupassana (Contemplation on the Body) 身念處

- i. Anapanasati Pabba (Section on In and Out Breathing) 安般念 (出入息念)
- ii. Iriyapatha Pabba (Section on Postures) 威儀 (觀姿勢)
- iii. Sampajanna Pabba (Section on Clear Understanding) 正知 (明覺)
- iv. Patikulamanasikara Pabba (Section on Contemplation of impurities) 不淨觀 (厭惡作意)
- v. Dhatumanasikara Pabba (Section on Contemplation of Elements) 四界分別觀 (界作意)
- vi. Navasivathika Pabba (Section on Nine Stages of Corpses) 墓園九相 (九種墳場觀)

II. Vedananupassana (Contemplation on Feelings) 受念處 (受隨觀念處)

III. Cittanupassana (Contemplation on the Mind) 心念處 (心隨觀念處)

IV. Dhammanupassana (Contemplation on Dhammas) 法念處 (法隨觀念處)

- i. Nivarana Pabba (Section on Hindrances) 五蓋
- ii. PancupadanakKhandha Pabba (Section on Aggregates) 五取蘊
- iii. Ayatana Pabba (Section on Sense Bases) 十二處
- iv. Bojjhanga Pabba (Section on Enlightenment Factors) 七覺支
- v. Sacca Pabba (Section on Noble Truths) 四聖諦