

Sutta Quotes on Mindfulness Practice

You should live as a lamp (*dipa*) unto yourselves, being your own refuge, with no one else as your refuge, with the Dhamma as a lamp, with no other refuge.

And how does a monk live as a lamp unto himself, ... with no other refuge?

Here, Ananda, a monk abides contemplating the body as body, ardent, clearly comprehending and mindful; he abides contemplating feelings as feelings, ardent, clearly comprehending and mindful; abides contemplating mind states as mind states, ardent, clearly comprehending and mindful; abides contemplating *dhammas* as *dhammas*, ardent, clearly comprehending and mindful.

DN 2.26

And what, bhikkhus, is the faculty (*indriya*) of mindfulness? Here, bhikkhus, the noble disciple is mindful, possessing supreme mindfulness, and discretion, one who remembers and recollects what was done and said long ago. He dwells contemplating the body in the body... feelings in feelings... mind in mind... *dhammas* in *dhammas*, ardent clearly comprehending, mindful, having removed covetousness and displeasure in regard to the world. This is called the faculty of mindfulness.

SN 48.10

Whatever Arahants, Perfectly Enlightened Ones arose in the past, all those Blessed Ones had first abandoned the five hindrances, corruptions of the mind and weakeners of wisdom; and then, with their minds well established in the four establishments of mindfulness, they had developed correctly the seven factors of enlightenment; and thereby they had awakened to the unsurpassed perfect enlightenment. [Similarly for Arahants in the future].

SN 47.12

“I shall protect myself,” bhikkhus: thus should the establishments of mindfulness be practiced. “I will protect others,” bhikkhus: thus should the establishments of mindfulness be practiced. Protecting oneself one protects others; protecting others, one protects oneself.’ ...

SN 47.19