

Preface to the Second Edition

This booklet went out of distribution sooner than expected. The wish for a reprint also gave an opportunity to correct mistakes and make improvements.

The main addition to the text is the section on *Dhammānupassanā Satipaṭṭhāna*, the fourth Foundation of Mindfulness. For some reason, this part is often not explained clearly, much less in terms of its practical aspect in Insight Meditation. Often it is done in a more theoretical and intellectual way. It is hoped that the explanations here may be able to fill the gap between theory and practice. That is, to open more doors, scope and depth to many more aspects of Insight Meditation so that it can be better understood once the first three foundations of body, feelings and consciousness have been established.

Sujiva

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Pian Dei Ciliegi, Italy