

## Minding Closely The Four Applications Of Mindfulness B Alan Wallace

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Training in the four applications or foundations of mindfulness enjoys a special place in the Theravadin tradition. But, the Four Foundations of Mindfulness also form part of the thirty-seven factors of enlightenment on the Mahayana path. If one practises these four applications of mindfulness according to the basic vehicle, one meditates on:

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Wallace (Mind in the Balance) brings more than 30 years of experience as a Buddhist teacher, author, and translator to this exploration of the "four applications of mindfulness"—awareness of ...

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**Minding Closely The Four Applications**

In Minding Closely, B. Alan Wallace finds a precise, articulate balance between conveying traditionally inaccessible concepts with simple mindfulness that isn't too light on the heritage from which it sprang thousands of years ago.

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