



# Perspectives on Satipatthana

By Bhikkhu Analayo

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"Analayo's work is a brilliant treasury of impeccable scholarship and practice, offering a wise, open-minded, and deep understanding of the Buddha's original teachings. His approach makes an inspiring contribution to the modern Dharma world."—Jack Kornfield, author of *The Wise Heart*, founding teacher of the Spirit Rock Center

"Analayo has offered us a work of great scholarship and wisdom that will be of immense benefit to anyone who wants to seriously study or to establish a practice of mindfulness."—Sharon Salzberg, author of *Lovingkindness* and co-founder, Insight Meditation Society, Barre, Massachusetts

**Bhikkhu Analayo** completed a PhD on the *Satipatthana Sutta* at the University of Peradeniya, Sri Lanka in 2000, published in 2003 by Windhorse Publications under the title *Satipatthana: The Direct Path to Realization*. At present Analayo is a professor of Buddhist studies at the Sri Lanka International Academy in Palkelele, Sri Lanka.

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## **Editorial Review**

### **Review**

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### **From the Inside Flap**

As mindfulness is increasingly embraced in the contemporary world as a practice that brings peace and self-awareness, Bhikkhu Analayo casts fresh light on the earliest sources of mindfulness in the Buddhist tradition.

The *Satipatthana Sutta* is well known as the main source for Buddhist teachings on mindfulness and its place in the Buddhist path. Ten years after Analayo's acclaimed study of the *Sutta*, *Perspectives on Satipatthana* brings a new dimension to our understanding by comparing the Pali text with versions that have survived in Chinese and, until now, been unknown to English speakers. Analayo also draws on the presentation of mindfulness in a number of other discourses as they survive in Chinese and Tibetan translations as well as in Pali.

The result is a wide-ranging exploration of what mindfulness meant in early Buddhism. Informed by Analayo's outstanding scholarship, depth of understanding and experience as a practitioner, this book sheds fresh light on material that is central to our understanding of Buddhist practice, bringing us as close as we can come to the mindfulness teachings of the Buddha himself.

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From the Back Cover

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