





1. Mindfulness of the body (*kaya*)
2. Mindfulness of feeling (*vedana*)-pleasant, unpleasant, neutral; initial reactions to sensory input
3. Mindfulness of mind/consciousness (*citta*), of the mind





6. Concentration (*samadhi*)

7. Equanimity (*upekkha*)

Eight Wahic Ed/ O ê q





*moha*: (lit.-to be stupifie

