

FOUR LIMBS OF MINDFULNESS

1. Mindfulness of Body
2. Mindfulness of Feeling
3. Mindfulness of Consciousness
4. Mindfulness of Truth

FOUR PERFECT RIGHT ELIMINATIONS

1. Illumination of non-virtuous karma that has already been created
2. Illumination of non-virtuous karma that has not yet been created
3. Increasing virtuous action that has already been created
4. Generating virtuous action that has yet been created

FOUR LIMBS OF MIRACLES

1. Aspiration
2. Enthusiasm
3. Concentration
4. Analytical

FIVE POWERS

1. Faith
2. Effort
3. Mindfulness
4. Concentration
5. Wisdom

FIVE FORCES

1. Faith
2. Effort
3. Mindfulness
4. Concentration
5. Wisdom

7 BRANCHES OF ENLIGHTENMENT

1. Perfect Mindfulness
2. Perfect Wisdom
3. Perfect Effort
4. Perfect Joy
5. Perfect Suppleness
6. Perfect Concentration
7. Perfect Equanimity

EIGHT FOLD NOBLE

1. Perfect Speech
2. Perfect Action
3. Perfect Livelihood
4. Perfect Effort
5. Perfect Mindfulness
6. Perfect Concentration
7. Perfect Thoughts
8. Perfect View

37 BRANCHES OF ENLIGHTENMENT

