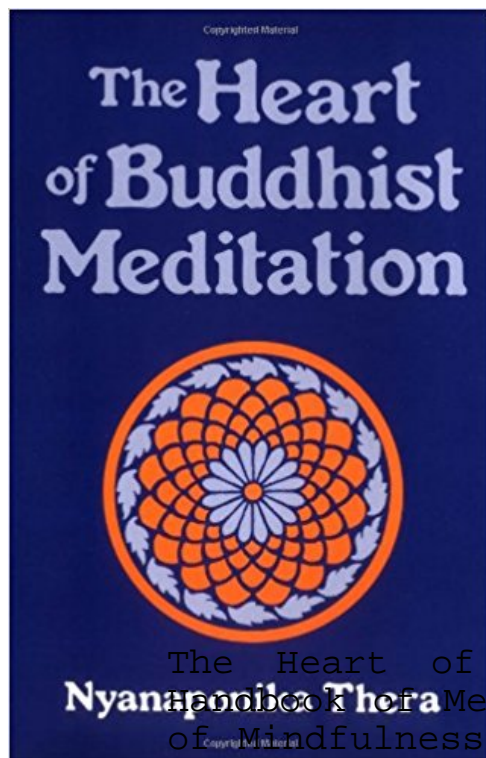


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The purpose of these pages is to draw attention to the far- and deep-reaching significance of the Buddhas Way of Mindfulness (Satipatthana), and to give initial guidance to an understanding of these teachings and their practical value. This book is issued in the deep conviction that the systematic cultivation of Right Mindfulness, as taught by the Buddha in his Discourse on Satipatthana, still provides the most simple and direct, the most thorough and effective, method for training and developing the mind for its daily tasks and problems as well as for its highest aim: minds own unshakable deliverance from Greed, Hatred and Delusion.