

Additional Resources:

Articles

[The Fourth Foundation of Mindfulness](#) by Gloria Taraniya Ambrosia

[Four Foundations: Mindfulness of Dhammas](#) by Ines Freedman

[The Fourth Foundation of Mindfulness](#) by Andrew Olendzki

Video

[The Fourth Foundation of Mindfulness](#) by Sally Armstrong (Talk begins @ 31:05)

Audio

[The Fourth Foundation of Mindfulness](#) by Pamela Weiss (Talk begins @ 33:30)

[Fourth Foundation of Mindfulness](#) by Leigh Brasington

By Donald Rothberg:

[The Fourth Foundation of Mindfulness 1](#) – Introduction

[The Fourth Foundation of Mindfulness 2 - Practicing with the Five Hindrances](#)

[The Fourth Foundation of Mindfulness 3: Practicing with the Six Senses and the Aggregates](#)

[The Fourth Foundation of Mindfulness 4 - Practicing with the Awakening Factors and the 4 Noble Truths](#)