

Resources related to mindfulness of feeling tones and mind states:

Text:

[Vedanā: Addressing Views and Clinging at the Source. An Interview with Bhikkhu Anālayo](#)

[Citta: Mindfulness of Mind by Temple Smith](#)

Audio:

[Mindfulness of Mind \(#13 The Four Foundations of Mindfulness\) by Joseph Goldstein](#)

[AudioDharma - Foundations of Mindfulness Part 8 - Mindfulness of Feeling Tones by Gil Fronsdal](#)

[AudioDharma - Foundations of Mindfulness Part 9 - Mindfulness of the Mind by Gil Fronsdal](#)

[Vedana by Martine Batchelor](#)

["Citta" - The Mind's Essential Knowing Nature by Ajahn Maha Boowa](#)

Video:

[Buddhist Studies: Mindfulness of Feeling Tone with Mark Nunberg, Week 2 of 7 - 3/15/21](#)