



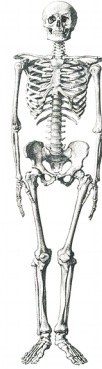
## *Nava Sīvathikā Manasikāra*

Buddha Meditation Centre  
Winnipeg  
*Mahamevnawa Buddhist Monastery*

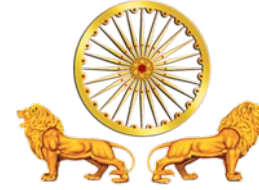
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*The Nine Cemetery  
Contemplations*



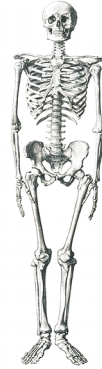
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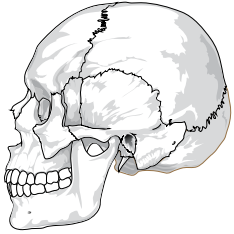
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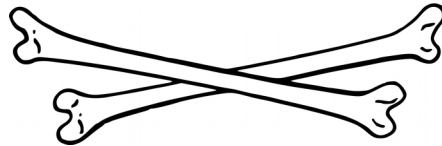
*The Nine Cemetery  
Contemplations*

From the Satipatthana Sutta:  
The Foundations of Mindfulness  
Number 10 in  
*The Middle Length Discourses,*

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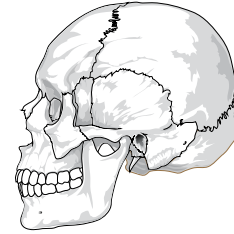


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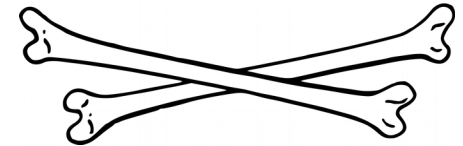


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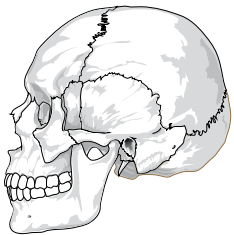


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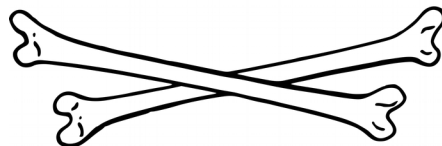


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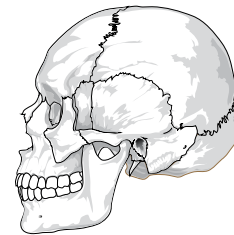


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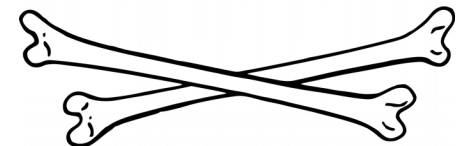


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9. “Again, as though he were to see a corpse thrown aside in a charnel ground, **bones rotted and crumbled to dust**, a monk compares this same body with it thus: ‘This body too is of the same nature, it will be like that, it is not exempt from that fate.’

“In this way he abides contemplating the body as a body internally, or he abides contemplating the body as a body externally, or he abides contemplating the body as a body both internally and externally. Or else he abides contemplating in the body its arising factors, or he abides contemplating in the body its vanishing factors, or he

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*These reflections can be done for some time before breathing meditation, or can be practiced on their own.*

*This meditation can be done in any posture: walking, standing, sitting, or lying down. You may like to memorize this list so you can practice it at any time.*

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*This meditation can be done in any posture: walking, standing, sitting, or lying down. You may like to memorize this list so you can practice it at any time.*

1. "Again, monks, as though he were to see a corpse thrown aside in a charnel ground, **one, two, or three days dead, bloated, livid, and oozing matter**, a monk compares this same body with it thus: 'This body too is of the same nature, it will be like that, it is not exempt from that fate.'

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7. "Again, as though he were to see a corpse thrown aside in a charnel ground, **bones bleached white, the colour of shells**, a monk compares this same body with it thus: 'This body too is of the same nature, it will be like that, it is not exempt from that fate...'

8. "Again, as though he were to see a corpse thrown aside in a charnel ground, **bones heaped up, more than a year old**, a monk compares this same body with it thus: 'This body too is of the same nature, it will be like that, it is not exempt from that fate...'

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