

Paṭikūla Manasikāra

Meditation on the
Repulsive

32 Parts of the Body

From MN 10 Satipaṭṭhāna Sutta

Again, monks, a monk considers this body upwards from the soles of the feet, and downwards from the tips of the hairs, enclosed in skin, as full of many kinds of impurities:

‘In this body there are head hairs, body hairs, nails, teeth, skin, flesh, blood vessels, bones, bone marrow, kidneys, heart, liver, gall bladder, spleen, lungs, small intestine, large intestine, stomach, feces, brain, bile, phlegm, pus, blood, sweat, fat, tears, skin oil, saliva, mucus, fluid in the joints, and urine.’