



# Abiding in Mindfulness Volume 3: On Dhamma

*Joseph Goldstein*

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## **Abiding in Mindfulness Volume 3: On Dhamma** Joseph Goldstein

After nearly four decades studying and practicing the Satipa h na Sutta, Joseph Goldstein concludes that the seeds of all the Buddha's teachings are contained within this essential text. Abiding in Mindfulness Volume 3 presents the Insight Meditation Society cofounder's profound analysis of the fourth foundation of mindfulness. Exploring the phenomena known in the Pali language as dhamma (in this context meaning "categories of experience"), this 18-hour course investigates the traditional Hindrances, the Aggregates of Clinging, the Sense-Bases and their Fetters, the Four Noble Truths, and more

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