

MOTTOS IN THIS BOOK THAT SHOULD BE NOTED

- In the two elements,
Pa and *Ā*,
The heaviness is obvious.
- In the two elements,
Te and *Vā*,
Lightness is obvious.
- Only if nature is perceived,
Arising and passing away,
Can be comprehended.
- If the *vipassanā dhamma* is not cultivated,
The dispensation will disappear for all times.
- For extinction of *sāsanā* not to happen,
Foundations of Mindfulness must truly be
cultivated.
- If the disappearance of *sāsanā* is not wished
for,
Foundations of Mindfulness must definitely be
cultivated.