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Wallace (Mind in the Balance) brings more than 30 years of experience as a Buddhist teacher, author, and translator to this exploration of the "four applications of mindfulness"—awareness of body, feelings, mental events, and phenomena.

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The book focuses on the four close applications of mindfulness, once translated as the four foundations of mindfulness. These four avenues of meditation contain the heart essence of Buddha Shakyamuni's methods co liberate us from suffering and the inner causes of suffering.

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Minding Closely draws on wisdom from both Theravada and Vajrayana traditions to offer a systematic and practical approach to liberation through mindfulness.--Jack Kornfield, author of The Wise Heart --This text refers to the paperback edition. About the Author.

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Minding closely : the four applications of mindfulness. [B Alan Wallace] -- Explores the Buddha's four applications of mindfulness and explains the theory and practice of techniques for body and mind to follow the Buddhist path to enlightenment.