

Lesson 6: Spiritual Faculties

"As the builder of a city when constructing a town first of all clears the site, removes all stumps and thorns, and levels it; and only after that he lays out and marks off the roads and cross-roads, and so builds the city, even so the yogin develops the five cardinal virtues with morality as his support, with morality as his basis."

- The Milindapañha ('Questions of Milinda')

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'MINDFULNESS' in The Five Spiritual Faculties (Indriya)



<http://en.wikipedia.org/wiki/Indriya>