

## **Mindfulness of the Impurities of Body**

1. Since head hairs on this body are rotting away, smelling, living on a filthy body, and deteriorating, head hairs are disgusting to see and touch.
2. Since body hairs...
3. Nails
4. Teeth
5. Skin
6. Flesh
7. Sinews
8. Bones
9. Bone-marrow
10. Kidneys
11. Heart
12. Liver
13. Diaphragm
14. Spleen
15. Lungs
16. Bowels
17. Small intestines
18. Contents of the stomach
19. Excrement
20. The brain
21. Bile
22. Phlegm
23. Pus
24. Blood
25. Sweat
26. Fat
27. Tears
28. Grease
29. Saliva
30. Snot
31. Fluid of the joints
32. Urine