

Anapanasati

16 Step Practice of Mindfully Breathing In and Out
From the Buddha's *Anapanasati Sutta*

First Tetrad:

1. Breathing in a long breath, one knows one is breathing in a long breath.
Breathing out a long breath, one knows one is breathing out a long breath.
2. Breathing in a short breath, one knows one is breathing in a short breath.
Breathing out a short breath, one knows one is breathing out a short breath.
3. Breathing in, one experiences the whole body.
Breathing out, one experiences the whole body.
4. Breathing in, one relaxes the bodily formations.
Breathing out, one relaxes the bodily formations.

Second Tetrad:

5. Breathing in, one experiences joy (or enjoyment).
Breathing out, one experiences joy (or enjoyment).
6. Breathing in, one experiences pleasure (or well-being).
Breathing out, one experiences pleasure (or well-being).
7. Breathing in, one experiences one's mental formations.
Breathing out, one experiences one's mental formations.
8. Breathing in, one relaxes one's mental formations.
Breathing out, one relaxes one's mental formations.

Third Tetrad:

9. Breathing in, one experiences the mind.
Breathing out, one experiences the mind.
10. Breathing in, one has satisfaction of mind.
Breathing out, one has satisfaction of mind.
11. Breathing in, one composes the mind.
Breathing out, one composes the mind.
12. Breathing in, one liberates the mind.
Breathing out, one liberates the mind.

Fourth Tetrad:

13. Breathing in, one contemplates impermanence.
Breathing out, one contemplates impermanence.
14. Breathing in, one contemplates fading away (of clinging).
Breathing out, one contemplates fading away (of clinging).
15. Breathing in, one contemplates cessation (of clinging).
Breathing out, one contemplates cessation (of clinging).
16. Breathing in, one contemplates relinquishment.
Breathing out, one contemplates relinquishment.