

Ānāpānasati- Mindfulness of In-and-out Breathing

(from the Ānāpānasati Sutta, a discourse by Sakyamuni Buddha, Majjhima Nikaya 118)

A Summary of the Four Tetrads:

First Tetrad - Kāyānupassanā

- 1) Breathing in long, he knows, I breathe in long; or breathing out long, he knows, I breathe out long.
- 2) Breathing in short, he knows, I breathe in short; or breathing out short, he knows, I breathe out short.
- 3) Experiencing the whole body (of breath) I shall breathe in, thus he trains himself; experiencing the whole body (of breath) I shall breathe out, thus he trains himself.
- 4) Calming the bodily-formation, I shall breathe in, thus he trains himself; calming the bodily-formation, I shall breathe out, thus he trains himself.

Second Tetrad - Vedanānupassanā

- 5) Experiencing rapture¹, I shall breathe in, thus he trains himself; experiencing rapture, I shall breathe out, thus he trains himself.
- 6) Experiencing bliss², I shall breathe in, thus he trains himself; experiencing bliss, I shall breathe out, thus he trains himself.
- 7) Experiencing the mental-formation³, I shall breathe in, thus he trains himself; experiencing the mental-formation, I shall breathe out, thus he trains himself.
- 8) Calming the mental-formation, I shall breathe in, thus he trains himself; calming the mental-formation, I shall breathe out, thus he trains himself.

Third Tetrad – Cittānupassanā

- 9) Experiencing⁴ the mind⁵, I shall breathe in, thus he trains himself; experiencing the mind, I shall breathe out, thus he trains himself.
- 10) Gladdening⁶ the mind, I shall breathe in, thus he trains himself; gladdening the mind, I shall breathe out, thus he trains himself.
- 11) Concentrating⁷ the mind, I shall breathe in, thus he trains himself; concentrating the mind, I shall breathe out, thus he trains himself.
- 12) Liberating⁸ the mind, I shall breathe in, thus he trains himself; liberating the mind, I shall breathe out, thus he trains himself.

Fourth Tetrad – Dhammānupassanā

- 13) Contemplating impermanence⁹, I shall breathe in, thus he trains himself;
contemplating impermanence, I shall breathe out, thus he trains himself.
- 14) Contemplating fading away¹⁰, I shall breathe in, thus he trains himself;
contemplating fading away, I shall breathe out, thus he trains himself.
- 15) Contemplating cessation¹¹, I shall breathe in, thus he trains himself;
contemplating cessation, I shall breathe out, thus he trains himself.
- 16) Contemplating relinquishment¹², I shall breathe in, thus he trains himself;
contemplating relinquishment, I shall breathe out, thus he trains himself.

“That is how respiration-mindfulness developed and repeatedly practiced, is of great fruit, of great benefit.”

edited by LMW

¹ Rapture = pīti

² Bliss = sukha

³ Mental-formations: mental feelings (vedana: 1) pleasant, 2) unpleasant and 3) neutral) and perceptions (sañña). Volitional cittas (kamma)

⁴ One pointed absorption = ekaggatā

⁵ Mind = citta.

⁶ Gladdening = Virya = mental energy

⁷ Concentrating = clarity and non-distinction

⁸ Liberating = non-clinging awareness

⁹ Impermanence = anicca

¹⁰ Fading away = virāga

¹¹ cessation = nirodha.

¹² relinquishment = paṭinissagga. Contemplating abandonment-release. Knowing freedom; release from the taints, concepts and projections