

Awareness Through Breathing (Anapanasati)

These are the 16 steps of the Teaching on Awareness Through Breathing (Anapanasati Sutta). Depending on one's capacity in attention, and the kind of effort one is making, and the conditions one encounters, some of the steps are methods (something ones does) and some of the steps are results. The steps are a natural unfolding of stability (shamatha) and clarity (vipashyana) as attention is cultivated through the four foundations of awareness (body, feelings, mind, dharmas). Good commentaries include Buddhadasa Bhikkhu's *Mindfulness With Breathing: A Manual for Serious Beginners*, Thich Nhat Hanh's *Breathe: You Are Alive!*, and Larry Rosenberg's *Breath by Breath*.

breathing in long, knowing I am breathing in long
breathing out long, knowing I am breathing out long

breathing in short, knowing I am breathing in short
breathing out short, knowing I am breathing out short

breathing in, fully experiencing the whole body
breathing out, fully experiencing the whole body

breathing in, calming the body
breathing out, calming the body

breathing in, experiencing pleasure
breath out, experiencing pleasure

breathing in, experiencing happiness and joy
breathing out, experiencing happiness and joy

breathing in, experiencing feelings as they arise
breathing out, experiencing feelings as they arise

breathing in, calming feelings as they arise
breathing out, calming feelings as they arise

breathing in, fully experiencing the activity of the mind
breathing out, fully experiencing the activity of the mind

breathing in, satisfying the mind
breathing out, satisfying the mind

breathing in, steadying the mind
breathing out, steadying the mind

breathing in, releasing the mind
breathing out, releasing the mind

breathing in, seeing impermanence
breathing out, seeing impermanence

breathing in, seeing the fading of attachment
breathing out, seeing the fading of attachment

breathing in, seeing the cessation of attachment
breathing out, seeing the cessation of attachment

breathing in, tossing back what is not me or mine
breathing out, tossing back what is not me or mine

