

Session 1 Home Practice

* Become aware of the connection between the breath and the body in terms of energy. Which ways of breathing feel calming? Which ways of breathing feel energizing?

If you already have a meditation practice that uses awareness of breathing, try feeling the breath in a location other than your usual or favorite location.

*Spend five to ten minutes (or longer) feeling the breath in each of the breath centers in this 'map':

- Below the navel
- Above the navel and below the sternum
- Center of the chest at the breastbone
- Feeling the flow of breath at the throat
- Somewhere in the head, at the tip of the nose or farther back in the nasal or sinus cavities

Count the length of the inhale and the length of the exhale. To count five breaths in each area, you can count like this for each round of inhalations and exhalations:

(Inhale) "1 2345..." (exhale) "1 23456..."

(inhale) "2 2345..." (exhale) "2 234567..."

(inhale) "3 23456..." (exhale) "3 23456..." and so on for 4 and 5

Some of you requested a video to help you remember the energizing practice we did in class. This video is a little older. Now, as we did it in class, I like to relax the shoulders more on the first squatting motion, with the palms facing down. Then I hold the palms facing each other as I lift through the chest and raise the arms for the full chair pose.

The password for this Vimeo file is 'breathingCIMC'

[Breath Center Energizer](#)

For your reference:

[Course Assumptions](#)

[The Sixteen Steps of Ānāpānassati](#)

[For Reference: Four Foundations, Seven Factors, 6Rs](#)

[Resting Spots](#)

[Ānāpānassati MN118 as a Chant](#)

Assumptions

Since meditative, spiritual, or religious practices have been around for thousands of years, they have been changed, adapted, and modified by those who passed them on.

The way that we have learned to meditate using the breath as an object may be quite different from the Buddha's original instructions

There is value in looking at different Buddhist traditions and schools and attempting to understand their evolution.

There is value in setting aside the traditional ways we have practiced, at least temporarily, to explore the Buddha's original instructions with fresh eyes, based on our experience of practice

The Ānāpānassati sutta itself may be the best source for instructions on practicing.

Suttas and commentaries on the suttas should not be regarded equally.

All meditative techniques should be judged by the conditions in the mind and body being trained, and the results of that training for everyday life.

The instructions in the sutta will be practiced differently depending on the amount of time we have for practice. Practicing on a multi-day silent retreat differs from using the instructions in a 30-minute daily practice.

Deep absorption is not a requirement of practicing the instructions of the sutta. But there are jhana factors developed.

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The Sixteen Steps of Ānāpānassati

First Tetrad (body)

1. Knowing the long breath
2. Knowing the short breath
(Training In This Way:)
3. Sensitive to the whole body
4. Calming the body formations

Second Tetrad (feelings)

5. Sensitive to joy
6. Sensitive to happiness
7. Sensitive to mental formations
8. Calming the mental formations

Third Tetrad (mind)

9. Sensitive to the mind
10. Gladdening the mind
11. Steadying the mind
12. Liberating the mind

Fourth Tetrad (mind objects)

13. Contemplating impermanence
14. Contemplating dispassion
15. Contemplating cessation
16. Contemplating letting go

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**Four Foundations of Mindfulness (Satipaṭṭhāna)
or Four Establishments of Mindfulness**

Contemplation of the Body

Contemplation of Feelings

Contemplation of Mind

Contemplation of Mental Objects

Seven Factors of Awakening

Mindfulness (sati)

Investigation (dhamma vicaya)

Energy (virīya)

Rapture (pīti)

Tranquility (passadhi)

Stability (samādhi)

Equanimity (upekkha)

Six R's – How to Return to the breath

Recognize

Release

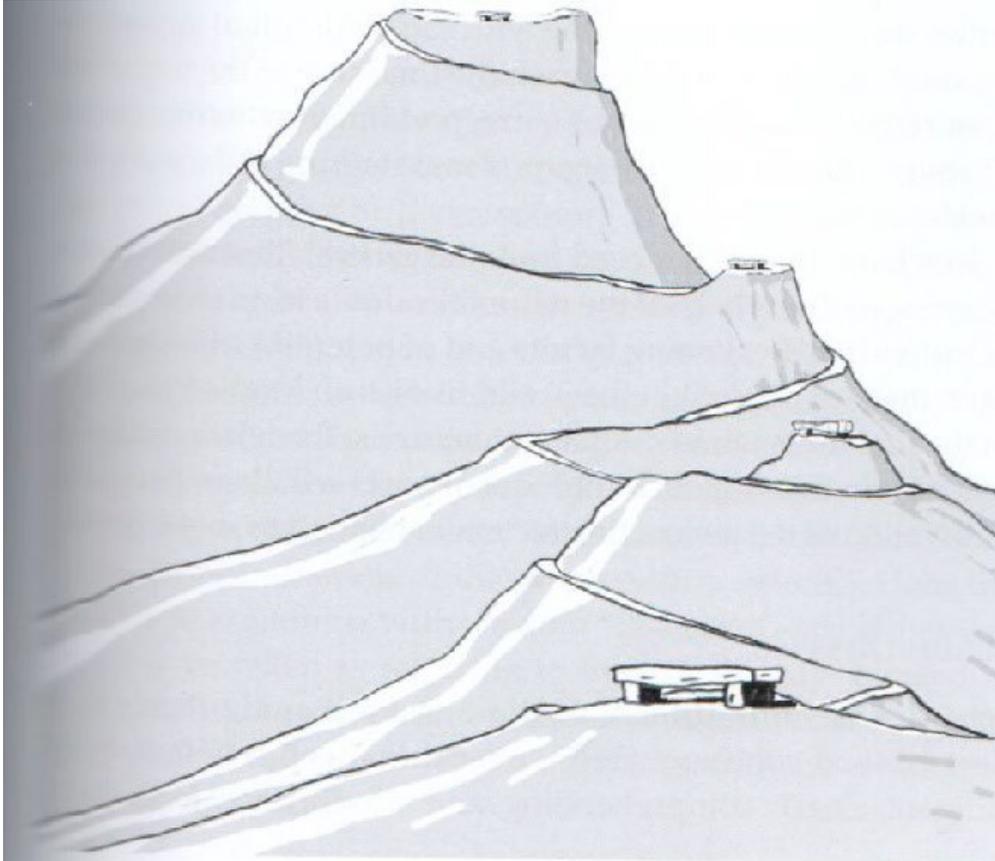
Relax

Re-smile

Reconnect

Resume

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The Ānāpānassati Sutta as a Chant (excerpt)

The chant begins on the next page.

The Teaching on Mindfulness of Breathing

[Hānda mayam ānāpānassati-sutta-pāṭham bhaṇāmasē]

Ānāpānassati bhikkhave bhāvitā bahulikāṭā

Bhikkhus, when mindfulness of breathing is developed and cultivated

Mahapphalā hoti mahānisamsā

It is of great fruit and great benefit;

Ānāpānassati bhikkhave bhāvitā bahulikāṭā

When mindfulness of breathing is developed and cultivated

Cattāro satipaṭṭhāne paripūreti

It fulfills the Four Foundations of Mindfulness;

Cattāro satipaṭṭhānā bhāvitā bahulikāṭā

When the Four Foundations of Mindfulness are developed and cultivated

Satta-bojjhaṅge paripūrenti

They fulfill the Seven Factors of Awakening;

Satta-bojjhaṅgā bhāvitā bahulikāṭā

When the Seven Factors of Awakening are developed and cultivated

Vijjā-vimuttiṃ paripūrenti

They fulfill true knowledge and deliverance.

Katham bhāvitā ca bhikkhave ānāpānassati katham bahulikātā

And how, bhikkhus, is mindfulness of breathing developed and cultivated

Mahapphalā hoti mahānisamsā

So that it is of great fruit and great benefit?

Idha bhikkhave bhikkhu

Here, bhikkhus, a bhikkhu,

Arañña-gato vā

Gone to the forest,

Rukkhā-mūlā-gato vā

To the foot of a tree

Suññāgāra-gato vā

Or to an empty hut.

Nisīdati pallaṅkaṃ ābhujitvā

Sits down having crossed his legs,

Ujūṃ kāyaṃ paṇidhāya parimukhaṃ satim upaṭṭhapetvā

Sets his body erect, having established mindfulness in front of him.

So sato'va assasati sato'va passasati

Ever mindful he breathes in; mindful he breathes out.

Dīghaṃ vā assasanto dīghaṃ assasāmi'ti pajānāti

Breathing in long, he knows 'I breathe in long';

Dīghaṃ vā passasanto dīghaṃ passasāmi'ti pajānāti

Breathing out long, he knows 'I breathe out long';

Rassaṃ vā assasanto rassaṃ assasāmi'ti pajānāti

Breathing in short, he knows 'I breathe in short';

Rassaṃ vā passasanto rassaṃ passasāmi'ti pajānāti

Breathing out short, he knows 'I breathe out short'.

Sabba-kāya-paṭisaṃvedī assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in experiencing the whole body'.

Sabba-kāya-paṭisaṃvedī passasissāmi'ti sikkhati

He trains thus: 'I shall breathe out experiencing the whole body'.

Passambhayaṃ kāya-sāṅkhāraṃ assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in tranquillizing the bodily formations'.

Passambhayaṃ kāya-sāṅkhāraṃ passasissāmi'ti sikkhati

He trains thus: 'I shall breathe out tranquillizing the bodily formations'.

Pīti-paṭisaṃvedī assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in experiencing rapture'.

Pīti-paṭisaṃvedī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out experiencing rapture'.

Sukha-paṭisaṃvedī assasissāmī'ti sikkhati

He trains thus: 'I shall breathe in experiencing pleasure'

Sukha-paṭisaṃvedī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out experiencing pleasure'.

Citta-sāṅkhāra-paṭisaṃvedī assasissāmī'ti sikkhati

He trains thus: 'I shall breathe in experiencing the mental formations'.

Citta-sāṅkhāra-paṭisaṃvedī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out experiencing the mental formations'.

Passambhayaṃ citta-sāṅkhāraṃ assasissāmī'ti sikkhati

He trains thus: 'I shall breathe in tranquillizing the mental formations'.

Passambhayaṃ citta-sāṅkhāraṃ passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out tranquillizing the mental formations'.

Citta-paṭisaṃvedī assasissāmī'ti sikkhati

He trains thus: 'I shall breathe in experiencing the mind'.

Citta-paṭisaṃvedī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out experiencing the mind'.

Abhip̄pamodāyaṃ cittaṃ assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in gladdening the mind'.

Abhip̄pamodāyaṃ cittaṃ passasissāmi'ti sikkhati

He trains thus: 'I shall breathe out gladdening the mind'.

Samādāhaṃ cittaṃ assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in concentrating the mind'.

Samādāhaṃ cittaṃ passasissāmi'ti sikkhati

He trains thus: 'I shall breathe out concentrating the mind'.

Vimocāyaṃ cittaṃ assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in liberating the mind'.

Vimocāyaṃ cittaṃ passasissāmi'ti sikkhati

He trains thus: 'I shall breathe out liberating the mind'.

Aniccānupassī assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in contemplating impermanence'.

Aniccānupassī passasissāmi'ti sikkhati

He trains thus: 'I shall breathe out contemplating impermanence'.

Virāgānupassī assasissāmi'ti sikkhati

He trains thus: 'I shall breathe in contemplating the fading away of passions'.

Virāgānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out contemplating the fading away of passions'.

Nirodhānupassī assasissāmī'ti sikkhati

He trains thus: 'I shall breathe in contemplating cessation'.

Nirodhānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out contemplating cessation'.

Paṭinissaggānupassī assasissāmī'ti sikkhati

He trains thus: 'I shall breathe in contemplating relinquishment'.

Paṭinissaggānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe out contemplating relinquishment'.

Evaṃ bhāvītā kho bhikkhave ānāpānāssati evaṃ bahulikā

Bhikkhus, that is how mindfulness of breathing is developed and cultivated

Mahapphalā hōti mahānisāṃsā'ti

So that it is of great fruit and great benefit.

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