

	Ānāpānassati	This Class	Larry Rosenberg
	16 Steps		Condensed 3 Steps
	<b>First Tetrad (body)</b>	<i>Directed</i> awareness on breath centers	1. Whole-Body
1	Knowing the long breath	to develop samatha and seclusion	Breath Awareness
2	Knowing the short breath		
3	Sensitive to the whole body	<i>Spacious</i> Whole-Body Breath Awareness, dropping measuring the breath	
4	Calming the body formations	<i>Calming</i> the Body	
	<b>Second Tetrad (feelings)</b>	Awareness of Breath <i>Energy</i> (pīti-sukha)	
5	Sensitive to joy		
6	Sensitive to happiness	<i>Abiding</i> with Ease <i>Anchoring</i> here	2. Breath-as-Anchor
7	Sensitive to mental formations		
8	Calming the mental formations	<i>Calming</i> the thoughts and emotions	
	<b>Third Tetrad (mind)</b>		
9	Sensitive to the mind	Awareness of <i>Mind</i>	
10	Gladdening the mind	Brightening, <i>Energizing</i>	
11	Steadying the mind	<i>Choiceless</i> Awareness	3. Choiceless Awareness
12	Liberating the mind	<i>Knowing</i> obstacles and freedom-from-obstacles Knowing wholesome and non-wholesome	
	<b>Fourth Tetrad (mind objects)</b>		
13	Contemplating impermanence	<i>Investigation</i> and development	
14	Contemplating dispassion		

15	Contemplating cessation		
16	Contemplating letting go		