

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