

Ānāpānassati Session 4 Handout Preparing to move into the Third Tetrad

Third Tetrad

9. Citta-paṭisaṃvedī assasissāmī'ti sikkhati

Citta-paṭisaṃvedī passasissāmī'ti sikkhati

One trains thus: 'I shall breathe sensitive to the mind'.

One trains thus: 'I shall breathe out sensitive to the mind'.

10. Abhippamodayaṃ cittaṃ assasissāmī'ti sikkhati

Abhippamodayaṃ cittaṃ passasissāmī'ti sikkhati

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

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

11. Samādahaṃ cittaṃ assasissāmī'ti sikkhati

Samādahaṃ cittaṃ passasissāmī'ti sikkhati

One trains thus: 'I shall breathe in steadying the mind'.

One trains thus: 'I shall breathe out steadying the mind'.

12. Vimocayaṃ cittaṃ assasissāmī'ti sikkhati

Vimocayaṃ cittaṃ passasissāmī'ti sikkhati

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

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