

## Fourth Tetrad

### 13. Aniccānupassī assasissāmī'ti sikkhati

Aniccānupassī passasissāmī'ti sikkhati

*One trains thus: 'I shall breathe in contemplating impermanence'.*

*One trains thus: 'I shall breathe out contemplating impermanence'.*

### 14. Virāgānupassī assasissāmī'ti sikkhati

Virāgānupassī passasissāmī'ti sikkhati

*One trains thus: 'I shall breathe in contemplating dispassion'.<sup>1</sup>*

*One trains thus: 'I shall breathe out contemplating dispassion'.*

### 15. Nirodhānupassī assasissāmī'ti sikkhati

Nirodhānupassī passasissāmī'ti sikkhati

*One trains thus: 'I shall breathe in contemplating cessation'<sup>2</sup>*

*One trains thus: 'I shall breathe out contemplating cessation'.*

### 16. Paṭinissaggānupassī assasissāmī'ti sikkhati

Paṭinissaggānupassī passasissāmī'ti sikkhati

*One trains thus: 'I shall breathe in contemplating letting go'.<sup>3</sup>*

*One trains thus: 'I shall breathe out contemplating letting go'.*

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<sup>1</sup> Or sometimes translated as "fading away of passions"

<sup>2</sup> Nirodhā can also mean "Stilling, or Stillness"

<sup>3</sup> Sometimes translated as "Relinquishment". Patinissaggā has a connotation of "throwing something that you borrowed back on the heap"