

Ānāpānassati II

This chart is similar to the one that was handed out in the Introduction to Ānāpānassati.

There is a small difference. In the first chart, I placed each of the three steps of Larry's Three Steps to Awakening where I think he would have placed them in relation to the sixteen steps listed in the Sutta.

In this chart, I moved his steps to reflect how I think they best align with the way we have been practicing. **Larry's Step 1, Whole Body Breath Awareness**, encompasses the whole of the first tetrad, but I think as he describes in his book the power and richness of the breath, he is also moving into the joy (piti) and happiness-ease (sukha) from the sutta's second tetrad.

Larry's **Step 2, Breath as Anchor**, in my opinion, begins with the sutta step 6, awareness of happiness and ease while breathing. This is the step in the Second Tetrad where we begin to 'abide' with the breath. The last two sutta steps in the second tetrad, being sensitive to mental formations (step 7) and calming the mental formations (step 8), represent awareness of the wandering mind and explain how we should return from the wandering to our anchor, calming the mental formations by not feeding them. In the third tetrad, Steps 9 and 10, becoming sensitive to mind and gladdening the mind remain in the realm of *directed attention*, as we prepare for ...

Larry's **Step 3, Choiceless Awareness**, which, in my opinion, really gets going in step 11, steadying the mind as it witnesses the rising and falling of mental formations. Sutta step 12, liberating the mind, draws particular attention to those emotions and thoughts that are binding, that 'catch' us, and prevent the mind's movement toward liberation and freedom. We remain in this mode for the last tetrad, steps 13-16, not choosing what to become aware of but noticing how everything comes and goes, can be held in equanimity, and should be observed without attaching as 'me or mine'.

	Ānāpānassati	This Practice Group	Larry Rosenberg
	16 Steps		Condensed 3 Steps
	First Tetrad (body)	<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	
	Second Tetrad (feelings)	Awareness of Breath <i>Energy</i> (pīti-sukha)	
5	Sensitive to joy		
6	Sensitive to happiness	<i>Abiding with Ease Anchoring</i> here	2. Breath-as-Anchor
7	Sensitive to mental formations		
8	Calming the mental formations	<i>Calming</i> the thoughts and emotions	
	Third Tetrad (mind)		
9	Sensitive to the mind	<i>Awareness of Mind</i>	
10	Gladdening the mind	<i>Brightening, 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	
	Fourth Tetrad (mind objects)		
13	Contemplating impermanence	<i>Investigation</i> and the development of wisdom	
14	Contemplating dispassion		
15	Contemplating cessation		
16	Contemplating letting go		