

## Ānāpānassati Session 4 Handout Preparing to move into the Third Tetrad

### Third Tetrad

9. Citta-paṭisamvedī assasissāmī’ti sikkhati

Citta-paṭisamvedī 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. Abhippamodayaṁ cittam assasissāmī’ti sikkhati

Abhippamodayaṁ cittam passasissāmī’ti sikkhati

*One trains thus: ‘I shall breathe in gladdening the mind’.*

*One trains thus: ‘I shall breathe out gladdening the mind’.*

11. Samādahaṁ cittam assasissāmī’ti sikkhati

Samādahaṁ cittam passasissāmī’ti sikkhati

*One trains thus: ‘I shall breathe in steadyng the mind’*

*One trains thus: ‘I shall breathe out steadyng the mind’.*

12. Vimocayaṁ cittam assasissāmī’ti sikkhati

Vimocayaṁ cittam passasissāmī’ti sikkhati

*One trains thus: ‘I shall breathe in liberating the mind’.*

*One trains thus: ‘I shall breathe out liberating the mind’.*