

Session 4 handout

Preparing for the next tetrad:

Third Tetrad

9. Citta-paṭisaṃvedī assasissāmī'ti sikkhati

Citta-paṭisaṃvedī passasissāmī'ti sikkhati

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

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

10. Abhippamodayaṃ cittaṃ assasissāmī'ti sikkhati

Abhippamodayaṃ cittaṃ passasissāmī'ti sikkhati

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

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

11. Samādahaṃ cittaṃ assasissāmī'ti sikkhati

Samādahaṃ cittaṃ passasissāmī'ti sikkhati

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

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

12. Vimocayaṃ cittaṃ assasissāmī'ti sikkhati

Vimocayaṃ cittaṃ passasissāmī'ti sikkhati

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

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