

Session 3 Notes

Second Tetrad

5. Pīti-paṭisaṃvedī assasissāmī'ti sikkhati
Pīti-paṭisaṃvedī passasissāmī'ti sikkhati
He trains thus: 'I shall breathe in sensitive to joy'.
He trains thus: 'I shall breathe out sensitive to joy'.
6. Sukha-paṭisaṃvedī assasissāmī'ti sikkhati
Sukha-paṭisaṃvedī passasissāmī'ti sikkhati
He trains thus: 'I shall breathe in sensitive to ease'.
He trains thus: 'I shall breathe out sensitive to ease'.
7. Citta-saṅkhāra-paṭisaṃvedī assasissāmī'ti sikkhati
Citta-saṅkhāra-paṭisaṃvedī passasissāmī'ti sikkhati
He trains thus: 'I shall breathe in sensitive to mental formations'.
He trains thus: 'I shall breathe out sensitive to mental formations'.
8. Passambhayaṃ citta-saṅkhāraṃ assasissāmī'ti sikkhati
Passambhayaṃ citta-saṅkhāraṃ passasissāmī'ti sikkhati
He trains thus: 'I shall breathe in calming the mental formations'.
He trains thus: 'I shall breathe out calming the mental formations'.

Different Translations for Pīti and Sukha

Pīti	Sukha	From
Joy	Happiness	Anālayo
Joy	Bliss	Thich Nhat Hanh
Rapture	Pleasure	Thanissaro
Rapture	Happiness	Buddhadāsa, Larry Rosenberg
Zest		
Bliss	Contentment	
Happiness	Ease	

The Resting Places (abodes) in Ānāpānasati

Development of wisdom, true knowledge and deliverance						
		16. Contemplating Letting go	15. Contemplating cessation			
				14. Contemplating dispassion	13. Contemplating impermanence	
					Choiceless awareness. With a mind that has been gladdened and calmed, observing when the mind is free or fettered	
			11. Steadying the mind	12. Liberating the mind		
	9. Sensitive to mind	10. Gladdening the mind				
A calm abiding, with joy and ease. The beginning of vipassana, noticing thoughts, releasing thoughts and returning to the pleasant breath						
		8. Calming the mental formations	7. Sensitive to mental formations			
				6. Sensitive to Sukha	5. Sensitive to Pīti	
					A calm and relaxed body with a secluded mind, secluded from gross levels of hindrances	
			3. Sensitive to the whole body	4. Calming the body formations		
	1. Knowing a long breath	2. Knowing a short breath				

Using Directed thought (vitakka) to create seclusion without counting

The first two steps of the Sutta imply measuring or estimating the length of the breath. The sutta is not detailed enough to explain *how* to know the long and short breath. Different commentaries have suggested using counting or estimating. However, the kind of close attention to the breath that the measuring process entails may not work for everyone, in the same way that the breath may not be the ideal object of attention for everyone.

This doesn't mean that all hope is lost. The breath can be marked by words and phrases rather than numbers. Here are a few examples:

The point is to occupy the mind to begin to create seclusion and single-minded-purpose

In Breath	Out Breath	Notes
Breathing in, sensitive to the whole body	Breathing out, calming the whole body	Use phrases from the sutta
Bud	Dho	Traditional Thai
Breathing in I am aware of my body	Breathing out I smile to my body	Thich Nhat Hanh
Arriving, Arriving, Arriving,	Home,Home,Home	Thich Nhat Hanh
Om Mani	Padme Hum	Tibetan - "The unconditioned is the jewel in the heart of the lotus"
May I be free from anxiety	May I be at ease	Loving-Kindness Phrase

Books Referenced in Class

Among these titles you will find a variety of approaches to working with this sutta. They may even contradict each other! Use these as reference material as you explore this sutta further. Remember that books and teachers are only guides. Trust your own experience. Is the way you are practicing leading to less striving, leaving you refreshed and at ease, seeing more clearly into the way things are?

	Title	Author	Publisher
1	Breath by Breath	Larry Rosenberg	Shambhala 1998
2	Three Steps to Awakening	Larry Rosenberg	Shambhala 2013
3	Mindfulness of Breathing	Buddhadāsa Bhikkhu	Sublime Life Mission 1971
4	Mindfulness with Breathing	Buddhadāsa Bhikkhu	Wisdom Publications 1988, rev. 1997
5	With Each and Every Breath*	Thanissaro Bhikkhu	Metta Forest Monastery 2012 https://www.dhammatalks.org/books/#eachandeverybreath
6	Mindfulness of Breathing A practice guide	Bhikkhu Anālayo	Windhorse Publications 2019
7	Satipaṭṭhāna The Direct Path to Realization	Bhikkhu Anālayo	Windhorse Publications 2003
8	Breathing, The Natural Way to Meditate*	Tarchin Hearn	Wangapeka Books 1991 https://greendharmatreasury.files.wordpress.com/2017/03/breathing-e-book-gdt.pdf
9	The Path of Emancipation	Thich Nhat Hanh	Parallax Press, 2000
10	Zen and the Art of Saving the Planet	Thich Nhat Hanh	Harper Collins 2022
11	Breathing Like a Buddha	Ajahn Sucitto	Amaravati Publications 2022 https://forestsangha.org/teachings/books/breathing-like-a-buddha?language=English

