

Ānāpānasati Session 5 Home Practice 3-11-26

1. As we move into the third tetrad, In Step 9, “sensitive to the Citta, the Heart/Mind”, we become more aware of the quality of our awareness, (such as whether the mind feels tight and small or large and spacious), or knowing when our mind is colored by greed, aversion or confusion.
2. In Step 10, the instruction is to “gladden” the mind. Though this is an active verb, what is being suggested is that we notice that certain qualities of the mind, such as Gratitude and Generosity, are uplifting. The old folk wisdom to “count your blessings” is based on this observation of wholesome causes leading to wholesome effects. By setting up this conditioning in the mind, it truly becomes a fit instrument for investigation, for Vipassana. Notice these qualities as you attend to the breath, body, and mind. Make space for them.
3. Some other traditional ways of gladdening are 1) to recall the wholesome qualities of the Buddha, a human being who found liberation and was able to communicate this profound path and set up a system, a community of practitioners, who have passed it down over 2,500 years to us. 2) Reflecting on your own goodness is also considered gladdening. Connect with your own good intentions to gain liberation from the bonds of suffering, to live a happier and non-harmful life, and reflect on how your own awakening compassion leads you to want that same liberation for all beings.
4. In daily life practice as well as in formal sitting or walking practice, check in throughout the day, not just with your body and thoughts, but also knowing how dull or bright the mind is, or how tight or spacious it feels. Know when you are distracted and when you are not. Observe when you are focused. What contributes to that?

For your reference, here is a YouTube link to a playlist of Ajahn Sucitto Qigong videos. He gives a lot of background on Qigong, but these routines move slowly.

https://www.youtube.com/playlist?list=PLmkiZCRWurGBwKkP9_vQ6xnkF1SAsxaI

These videos are from Brother Insight, from the Thich Nhat Hanh tradition, at Deer Park Monastery. These are good short routines for practicing.

<https://www.youtube.com/@QigongMeditation>