

	Ānāpānassati	This Class	Buddhadāssa	Larry Rosenberg
	16 Steps		Condensed 2 Steps	Condensed 3 Steps
	<b>First Tetrad (body)</b>	<i>Directed</i> awareness on breath centers	1. Concentrate the Mind	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		
	<b>Second Tetrad (feelings)</b>	Awareness of Breath <i>Energy</i> (pīti-sukha)		2. Breath-as-Anchor
5	Sensitive to joy			
6	Sensitive to happiness	<i>Abiding</i> with Ease <i>Anchoring</i> here		
7	Sensitive to mental formations			
8	Calming the mental formations	<i>Calming</i> the thoughts and emotions		
	<b>Third Tetrad (mind)</b>		2. Investigation	
9	Sensitive to the mind	Awareness of <i>Mind</i>		
10	Gladdening the mind	Brightening, <i>Energizing</i>		
11	Steadying the mind	<i>Choiceless</i> Awareness		
12	Liberating the mind	<i>Knowing</i> obstacles and freedom-from-obstacles Knowing wholesome and non-wholesome		
	<b>Fourth Tetrad (mind objects)</b>			3. Choiceless Awareness
13	Contemplating impermanence	<i>Investigation</i> and development	Impermanence, Stress, and Not-self	
14	Contemplating dispassion		(aniccaṃ, dukkhaṃ, anatta)	
15	Contemplating cessation			
16	Contemplating letting go			