

Fourth Tetrad

13. Aniccānupassī assasissāmī'ti sikkhati

Aniccānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe in contemplating impermanence'.

He trains thus: 'I shall breathe out contemplating impermanence'.

14. Virāgānupassī assasissāmī'ti sikkhati

Virāgānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe in contemplating the fading away of passions'.¹

He trains thus: 'I shall breathe out contemplating the fading away of passions'.

15. Nirodhānupassī assasissāmī'ti sikkhati

Nirodhānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe in contemplating cessation'²

He trains thus: 'I shall breathe out contemplating cessation'.

16. Paṭinissaggānupassī assasissāmī'ti sikkhati

Paṭinissaggānupassī passasissāmī'ti sikkhati

He trains thus: 'I shall breathe in contemplating relinquishment'.³

He trains thus: 'I shall breathe out contemplating relinquishment'.

¹ Or literally "contemplating dispassion"

² Nirodhā can also mean "Stilling, or Stillness"

³ Sometimes translated as "Letting Go". Patinissaggā has a connotation of "throwing something that you borrowed back on the heap"