

Meditation on
Mindfulness of Breathing

(Ānāpānasati)

Having gone to a secluded place,
folded my legs crosswise,
set my body erect,

I establish mindfulness around me, ~

ever mindful I breath in,
ever mindful I breath out. ~

(Body)

- (1) Breathing in long, I know I breath in long;
breathing out long, I know I breath out long. ~
- (2) Breathing in short, I know I breath in short;
breathing out short, I know I breath out short. ~
- (3) I will train thus: I shall breath in aware of the whole body;
I will train thus: I shall breath out aware of the whole body. ~
- (4) I will train thus: I shall breath in calming the bodily activities;
I will train thus: I shall breath out calming the bodily activities. ~

(Feeling)

- (5) I will train thus: I shall breath in experiencing rapture;
I will train thus: I shall breath out experiencing rapture. ~
- (6) I will train thus: I shall breath in experiencing happiness;
I will train thus: I shall breath out experiencing happiness. ~
- (7) I will train thus: I shall breath in aware of the mental activities;
I will train thus: I shall breath out aware of the mental activities. ~
- (8) I will train thus: I shall breath in calming the mental activities;
I will train thus: I shall breath out calming the mental activities. ~

(Mind)

- (9) I will train thus: I shall breath in experiencing the mind;
I will train thus: I shall breath out experiencing the mind. ~
- (10) I will train thus: I shall breath in gladdening the mind;
I will train thus: I shall breath out gladdening the mind. ~
- (11) I will train thus: I shall breath in composing the mind;
I will train thus: I shall breath out composing the mind. ~
- (12) I will train thus: I shall breath in detaching the mind;
I will train thus: I shall breath out detaching the mind. ~

(Phenomena)

- (13) I will train thus: I shall breath in realizing impermanence;
I will train thus: I shall breath out realizing impermanence. ~
- (14) I will train thus: I shall breath in realizing fading away;
I will train thus: I shall breath out realizing fading away. ~
- (15) I will train thus: I shall breath in realizing cessation;
I will train thus: I shall breath out realizing cessation. ~
- (16) I will train thus: I shall breath in realizing letting go;
I will train thus: I shall breath out realizing letting go. ~

~ = *pause 'till the experience comes - even if you finish only a few lines for the rest of your life!*

- Text by Jinavaro from the Pali Majjhima Nikaya, Sutta 118, using first person -