

Anapanasati

First Tetrad:

1. Breathing in a long breath, one **knows** one is breathing in a long breath.
Breathing out a long breath, one **knows** one is breathing out a long breath.
2. Breathing in a short breath, one **knows** one is breathing in a short breath.
Breathing out a short breath, one **knows** one is breathing out a short breath.
3. Breathing in, one **experiences** the whole body.
Breathing out, one **experiences** the whole body.
4. Breathing in, one **relaxes** the bodily formations.
Breathing out, one **relaxes** the bodily formations.

Second Tetrad:

5. Breathing in, one **experiences** joy (or enjoyment).
Breathing out, one **experiences** joy (or enjoyment).
6. Breathing in, one **experiences** pleasure (or well-being).
Breathing out, one **experiences** pleasure (or well-being).
7. Breathing in, one **experiences** one's mental formations.
Breathing out, one **experiences** one's mental formations.
8. Breathing in, one **relaxes** one's mental formations.
Breathing out, one **relaxes** one's mental formations.

Third Tetrad:

9. Breathing in, one **experiences** the mind.
Breathing out, one **experiences** the mind.
10. Breathing in, one **gladdens** the mind.
Breathing out, one **gladdens** the mind.
11. Breathing in, one **settles/concentrates** the mind.
Breathing out, one **settles** the mind.
12. Breathing in, one **liberates** the mind.
Breathing out, one **liberates** the mind.

Fourth Tetrad:

13. Breathing in, one **observes** impermanence.
Breathing out, one **observes** impermanence.
14. Breathing in, one **observes** fading away (of clinging).
Breathing out, one **observes** fading away (of clinging).
15. Breathing in, one **observes** cessation (of clinging).
Breathing out, one **observes** cessation (of clinging).
16. Breathing in, one **observes** relinquishment.
Breathing out, one **observes** relinquishment.