

Ānāpānasati Sutta

The Discourse on Awareness of Breathing

Except

(MN 118)¹

Translated by Gil Fronsdal

“Monastics, in this community of monastics there are monastics who abide engaged in the practice of cultivating awareness of breathing in and breathing out. Monastics, awareness of breathing in and breathing out is of great fruit and of great benefit when cultivated and made much of. When cultivated and made much of, awareness of breathing in and breathing out brings the four [ways of] establishing awareness to fulfillment.²¹ When cultivated and made much of, the four [ways of] establishing awareness bring the seven factors of awakening to fulfillment. When cultivated and made much of, the seven factors of awakening bring Knowledge and Liberation²² to fulfillment.

[Awareness of Breathing In and Breathing Out]

“And how, monastics, is awareness of breathing in and breathing out of great fruit and of great benefit when cultivated and made much of?

“Here, monastics, having gone to the wilderness, a foot of a tree, or an empty building, a monastic sits down with legs crossed and body erect. Establishing²³ awareness to the forefront,²⁴ always attentive one breathes in with awareness and breathes out with awareness

[First Tetrad]

“Breathing in long one knows ‘I am breathing in long.’

Breathing out long one knows ‘I am breathing out long.’ [1]

Breathing in short one knows ‘I am breathing in short.’

Breathing out short one knows ‘I am breathing out short.’ [2]

One trains, 'I will breathe in experiencing²⁶ the whole body.'

One trains, 'I will breathe out experiencing the whole body.' [3]

One trains, 'I will breathe in calming the bodily formation.'²⁷

One trains, 'I will breathe out calming the bodily formation.' [4]

[Second Tetrad]

One trains, 'I will breathe in experiencing joy.'

One trains, 'I will breathe out experiencing joy.' [5]

One trains, 'I will breathe in experiencing happiness.'²⁸

One trains, 'I will breathe out experiencing happiness. [6]

One trains, 'I will breathe in experiencing mental formations.'²⁹

One trains, 'I will breathe out experiencing mental formations.' [7]

One trains, 'I will breathe in calming the mental formations.'

One trains, 'I will breathe out calming the mental formations.' [8]

[Third Tetrad]

One trains, 'I will breathe in experiencing the mind.'

One trains, 'I will breathe out experiencing the mind.' [9]

One trains, 'I will breathe in gladdening³⁰ the mind.'

One trains, 'I will breathe out gladdening the mind.' [10]

One trains, 'I will breathe in unifying the mind.'

One trains, 'I will breathe out unifying the mind.' [11]

One trains, 'I will breathe in releasing the mind.'

One trains, 'I will breathe out releasing the mind.' [12]

[Fourth Tetrad]

One trains, 'I will breathe in observing³¹ inconstancy.'

One trains, 'I will breathe out observing inconstancy.' [13]

One trains, 'I will breathe in observing fading away.'³²

One trains, 'I will breathe out observing fading away.' [14]

One trains, 'I will breathe in observing cessation.'

One trains, 'I will breathe out observing cessation.' [15]

One trains, 'I will breathe in observing giving away.'

One trains, 'I will breathe out observing giving away.' [16]

"Monastics, this is how cultivating and making much of awareness of breathing in and breathing out is of great fruit and great benefit.