

# Anapanasati Sutta

meaning mindfulness of the breath or energy of the breath

## 1. First Tetrad: Contemplation of the Body (*kāya*)

1. "Breathing in long he knows (*pajanati*<sup>[11]</sup> 'I am breathing in long.'  
Breathing in short he knows 'I am breathing in short.'
2. Breathing out long he knows 'I am breathing out long.'  
Breathing out short he knows 'I am breathing out short.'<sup>[note 5]</sup>
3. He trains himself 'breathing in, I experience the whole body.'<sup>[note 6]</sup> (*sabbakāya*).  
'breathing out, I experience the whole body.'
4. He trains himself, 'breathing in, I calm the bodily formation.'  
'breathing out, I calm the bodily formation.'<sup>[note 7]</sup> (*kāya-samskāra*)

## 2. Second Tetrad: Contemplation of the Feeling (*vedanā*)

1. He trains himself, 'I will breath in experiencing joy.'<sup>[note 8]</sup> (*pīti*, also translated as "rapture"<sup>[13][14]</sup>)  
He trains himself, 'I will breath out experiencing joy.'<sup>[14]</sup>
2. He trains himself, 'I will breath in experiencing pleasure (*sukha*).  
He trains himself, 'I will breath out experiencing pleasure.'
3. He trains himself, 'I will breath in experiencing mental formation.'<sup>[note 9]</sup> (*citta-samskāra*)  
He trains himself, 'I will breath out experiencing mental formation.'
4. He trains himself, 'I will breath in calming the mental formation.'  
He trains himself, 'I will breath out calming the mental formation.'

## 3. Third Tetrad: Contemplation of the Mind (*citta*)

1. He trains himself, 'I will breath in experiencing the mind.'  
He trains himself, 'I will breath out experiencing the mind.'
2. He trains himself, 'I will breath in pleasing the mind.'  
He trains himself, 'I will breath out pleasing the mind.'
3. He trains himself, 'I will breath in concentrating (*samādhi*) the mind.'  
He trains himself, 'I will breath out concentrating the mind.'
4. He trains himself, 'I will breath in releasing the mind.'  
He trains himself, 'I will breath out releasing the mind.'

## 4. Fourth Tetrad: Contemplation of the Mental Objects (*dhammā*)

1. He trains himself, 'I will breath in observing (*anupassī*) impermanence.'<sup>[note 10]</sup> (*anicca*)  
He trains himself, 'I will breath out observing impermanence.'
2. He trains himself, 'I will breath in observing dispassion.'<sup>[note 11]</sup> (*virāga*)<sup>[note 7]</sup>  
He trains himself, 'I will breath out observing dispassion.'
3. He trains himself, 'I will breath in observing cessation.'<sup>[note 12]</sup> (*nirodha*)<sup>[note 8]</sup>  
He trains himself, 'I will breath out observing cessation.'
4. He trains himself, 'I will breath in observing relinquishment.'<sup>[note 13]</sup> (*paṭinissaggā*)<sup>[note 9]</sup>  
He trains himself, 'I will breath out observing relinquishment.'