

Majjhima Nikāya 118

Ānāpānasati Sutta Mindfulness of Breathing

15. “Bhikkhus, when mindfulness of breathing is developed and cultivated, it is of great fruit and benefit. When mindfulness of breathing is developed and cultivated, it fulfils the four foundations of mindfulness. When the four foundations of mindfulness are developed and cultivated, they fulfil the seven enlightenment factors. When the seven enlightenment factors are developed and cultivated, they fulfil true knowledge and liberation.

16. “And how, bhikkhus, is mindfulness of breathing developed and cultivated, so that it is of great fruit and great benefit?

17. “Here a bhikkhu, gone to the forest or to the root of a tree or to an empty hut, sits down; having folded his legs crosswise, set his body erect, and established mindfulness in front of him, ever mindful he breathes in, mindful he breathes out.

18. “Breathing in long, he understands: ‘I breathe in long’; or breathing out long, he understands: ‘I breathe out long’.

(1) Breathing in short, he understands: ‘I breathe in short’; or breathing out short, he understands: ‘I breathe out short’.

(2) He trains thus: ‘I shall breathe in experiencing the whole body’; he trains thus: ‘I shall breathe out experiencing the whole body.’

(3) He trains thus: ‘I shall breathe in tranquilizing the bodily formation’; he trains thus: ‘I shall breathe out tranquilizing the bodily formation.’

19. (4) “He trains thus: ‘I shall breathe in experiencing rapture’; he trains thus: ‘I shall breathe out experiencing rapture.’

(5) “He trains thus: ‘I shall breathe in experiencing pleasure’; he trains thus: ‘I shall breathe out experiencing pleasure.’

(6) He trains thus: ‘I shall breathe in experiencing the mental formation’; he trains thus: ‘I shall breathe out experiencing the mental formation.’

(7) He trains thus: ‘I shall breathe in tranquillizing the mental formation’; he trains thus: ‘I shall breathe out tranquillizing the mental formation.’

20. (8) “He trains thus: ‘I shall breathe in experiencing the mind’; he trains thus: ‘I shall breathe out experiencing the mind.’

(9) “He trains thus: ‘I shall breathe in gladdening the mind’; he trains thus: ‘I shall breathe out gladdening the mind.’

(10) “He trains thus: ‘I shall breathe in concentrating the mind’; he trains thus: ‘I shall breathe out concentrating the mind.’

(11) “He trains thus: ‘I shall breathe in liberating the mind’; he trains thus: ‘I shall breathe out liberating the mind.’

21. (12) “He trains thus: ‘I shall breathe in contemplating impermanence’; he trains thus: ‘I shall breathe out contemplating impermanence.’

(13) “He trains thus: ‘I shall breathe in contemplating fading away’; he trains thus: ‘I shall breathe out contemplating fading away.’

(14) “He trains thus: ‘I shall breathe in contemplating cessation’; he trains thus: ‘I shall breathe out contemplating cessation.’

(15) “He trains thus: ‘I shall breathe in contemplating relinquishment’; he trains thus: ‘I shall breathe out contemplating relinquishment.’

(16) “Bhikkhus, that is how mindfulness of breathing is developed and cultivated, so that it is of great fruit and great benefit.