

A - from Ānāpānasati Sutta (M118)

Idha, bhikkhave, bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā nisīdati pallaṅkaṃ ābhujitvā ujum kāyaṃ pañidhāya parimukhaṃ satim upaṭṭhapetvā. So satova assasati satova passasati.

There is the case where a bhikkhu, having gone to the wilderness, or to the root of a tree, or to an empty building, sits down folding his legs crosswise, holding his body erect, and setting mindfulness to the fore. Mindful, he breathes in; mindful, he breathes out.

Dīghaṃ vā assasanto ‘dīghaṃ assasāmī’ ti pajānāti, dīghaṃ vā passasanto ‘dīghaṃ passasāmī’ ti pajānāti;

Breathing in long, one directly knows: ‘breathing in long’; or breathing out long, one directly knows: ‘breathing out long.’

rassaṃ vā assasanto ‘rassaṃ assasāmī’ ti pajānāti, rassaṃ vā passasanto ‘rassaṃ passasāmī’ ti pajānāti;

Breathing in short, one directly knows: ‘breathing in short’; or breathing out short, one directly knows: ‘breathing out short.’

‘sabbakāyapaṭisaṃvedī assasissāmī’ ti sikkhati, ‘sabbakāyapaṭisaṃvedī passasissāmī’ ti sikkhati;

One trains: ‘breathe in fully and completely sensitive to the entire body’; one trains: ‘breathe out fully and completely sensitive to the entire body.’

‘passambhayaṃ kāyasaṅkhāraṃ assasissāmī’ ti sikkhati ‘passambhayaṃ kāyasaṅkhāraṃ passasissāmī’ ti sikkhati.

One trains: ‘breathe in calming bodily formation’; one trains: ‘breathe out calming bodily formation.’

‘Pītipaṭisaṃvedī assasissāmī’ ti sikkhati, ‘pītipaṭisaṃvedī passasissāmī’ ti sikkhati;

One trains: ‘breathe in fully and completely sensitive to rapture’; one trains: ‘breathe out fully and completely sensitive to rapture.’

‘sukhapāṭisaṃvedī assasissāmī’ ti sikkhati, ‘sukhapāṭisaṃvedī passasissāmī’ ti sikkhati;

One trains: ‘breathe in fully and completely sensitive to ease’; one trains: ‘breathe out fully and completely sensitive to ease.’

‘cittasaṅkhārapāṭisaṃvedī assasissāmī’ ti sikkhati, ‘cittasaṅkhārapāṭisaṃvedī passasissāmī’ ti sikkhati.

One trains: ‘breathe in fully and completely sensitive to mental formation’; one trains: ‘breathe out fully and completely sensitive to mental formation.’

‘passambhayaṃ cittasaṅkhāraṃ assasissāmī’ ti sikkhati, ‘passambhayaṃ cittasaṅkhāraṃ passasissāmī’ ti sikkhati;

One trains: ‘breathe in calming mental formation’; one trains: ‘breathe out calming mental formation.’

‘Cittapāṭisaṃvedī assasissāmī’ ti sikkhati, ‘cittapāṭisaṃvedī passasissāmī’ ti sikkhati;

One trains: ‘breathe in fully and completely sensitive to mind/heart’; one trains: ‘breathe out fully and completely sensitive to mind/heart.’

abhippamodayaṃ cittaṃ assasissāmī’ ti sikkhati, ‘abhippamodayaṃ cittaṃ passasissāmī’ ti sikkhati;

One trains ‘breathe in deeply gladdening mind/heart’; one trains: ‘breathe out deeply gladdening mind/heart.’

‘samādahaṃ cittaṃ assasissāmī’ ti sikkhati, ‘samādahaṃ cittaṃ passasissāmī’ ti sikkhati;

One trains: ‘breathe in steadying mind/heart’; one trains: ‘breathe out steadying mind/heart.’

‘vimocayaṃ cittaṃ assasissāmī’ ti sikkhati, ‘vimocayaṃ cittaṃ passasissāmī’ ti sikkhati;

One trains: ‘breathe in releasing mind/heart’; one trains: ‘breathe out releasing mind/heart.’

‘Aniccānupassī assasissāmī’ ti sikkhati, ‘aniccānupassī passasissāmī’ ti sikkhati;

One trains: ‘breathe in witnessing changeability’; one trains: ‘breathe out witnessing changeability.’

‘virāgānupassī assasissāmī’ ti sikkhati, ‘virāgānupassī passasissāmī’ ti sikkhati;

One trains: ‘breathe in witnessing dispassion’; one trains: ‘breathe out witnessing dispassion.’

‘nirodhānupassī assasissāmī’ ti sikkhati, ‘nirodhānupassī passasissāmī’ ti sikkhati;

One trains: ‘breathe in witnessing cessation’; one trains: ‘breathe out witnessing cessation.’

‘paṭinissaggānupassī assasissāmī’ ti sikkhati, ‘paṭinissaggānupassī passasissāmī’ ti sikkhati;

One trains: ‘breathe in witnessing relinquishment’; one trains: ‘breathe out witnessing relinquishment.’

Evaṃ bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulīkatā mahapphalā hoti mahānisaṃsā.

This is how mindfulness of in- and out- breathing is developed and made much of so as to be of great fruit, of great benefit.