

Anapanasati Sutta

Body

1. Breathing in long, one understands, 'I breathe in long'; breathing out long, one understands, 'I breathe out long.'
2. Breathing in short, one understands, 'I breathe in short'; breathing out short, one understands, 'I breathe out short.'
3. One trains: 'Experiencing the whole body I shall breathe in'; one trains, 'Experiencing the whole body I shall breathe out.'
4. One trains, 'calming bodily activity I shall breathe in.' one trains, 'calming bodily activity I shall breathe out.'

Feeling

5. One trains: 'Experiencing joy I shall breathe in'; one trains: 'Experiencing joy I shall breathe out.'
6. One trains: 'Experiencing happiness I shall breathe in'; one trains: 'Experiencing happiness, I shall breathe out.'
7. One trains: 'Experiencing mental activity I shall breathe in'; one trains: 'Experiencing mental activity I shall breathe out.'
8. One trains: 'Calming mental activity I shall breathe in'; one trains: 'Calming mental activity I shall breathe out.'

Mind

9. One trains: 'Experiencing the mind I shall breathe in'; one trains: 'Experiencing the mind I shall breathe out.'
10. One trains: 'gladdening the mind I shall breathe in'; one trains: 'Gladdening the mind, I shall breathe out.'
11. One trains: 'Concentrating the mind I shall breathe in'; one trains: 'Concentrating the mind I shall breathe out.'
12. One trains: 'Liberating the mind I shall breathe in'; one trains: 'Liberating the mind I shall breathe out.'

Dharmas

13. One trains: 'Contemplating impermanence I shall breathe in'; one trains: 'Contemplating impermanence I shall breathe out.'
14. One trains: 'Contemplating dispassion I shall breathe in'; one trains: 'Contemplating dispassion, I shall breathe out.'
15. One trains: 'Contemplating cessation [of suffering] I shall breathe in'; one trains: 'Contemplating cessation I shall breathe out.'
16. One trains: 'Contemplating letting go I shall breathe in'; one trains: 'Contemplating letting go I shall breathe out.'

Condensed verses:

Breathing in, the body relaxes; breathing out, the body is free.

Breathing in, the heart opens; breathing out, the heart is free.

Breathing in, the mind quiets; breathing out, the mind is free.

Breathing in, I awaken; breathing out, I am free.