

# Ānāpānasati Bhāvanā

## Breathing Meditation



# Ānāpānasati Bhāvanā ~

## Breathing Meditation

Sit down; legs folded  
crosswise, holding your  
body straight, keep your  
mindfulness on breathing.

Ever mindful, you breathe  
in, mindful you breathe out.

Breathing in long, you  
know, ' I breathe in long.'

Breathing out long, you  
know, ' I breathe out long.'

Breathing in short, you  
know, 'I breathe in short.'

Breathing out short, you  
know, 'I breathe out short.'

Train thus, 'conscious of the  
entire breathing process, I  
shall breathe in.'

Train thus, 'conscious of the  
entire breathing process, I  
shall breathe out.'

Train thus, 'calming of the entire breathing process, I shall breathe in.'

Train thus, 'calming of the entire breathing process, I shall breathe out.'

Now you are dwelling contemplating body in body  
~ kayānupassanā ~ because  
in and out breathing is  
considered as a certain kind  
of body as it attaches to

body and depends on the  
lungs movements.

Train thus, 'experiencing  
rapture, I shall breathe in.'

Train thus, 'experiencing  
rapture, I shall breathe out.'

Train thus, 'experiencing  
happiness, I shall breathe  
in.'

Train thus, 'experiencing  
pleasure, I shall breathe  
out.'

Train thus, 'experiencing  
mental formations (feeling  
and perception), I shall  
breathe in.'

Train thus, 'experiencing  
mental formations (feeling  
and perception), I shall  
breathe out.'

Train thus, 'calming down  
mental formations, I shall  
breathe in.'

Train thus, 'calming down  
mental formations, I shall  
breathe out.'

Now you are dwelling  
contemplating feelings in  
feelings ~ vēdanānupassanā  
~ because, close attention  
to breathing in and  
breathing out, is a certain  
kind of feeling.



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