

## The Practice of Anapanasati (Mindfulness of Respiration)

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Go to the forest, to the root of a tree, to an empty house  
Secluding yourself from sense pleasures: seeing, hearing,  
Smelling, tasting, touching, thinking  
Avoiding unwholesome activities: killing, stealing, sexual misconduct;  
Lying, flattery, slander, harsh words, gossiping;  
Smoking, alcoholism, and drugs  
Having renounced all thoughts of duties, obligations, and relations  
Having eradicated attachment to persons and matter  
Maintaining profound silence

Sit down

Safe from wind or smoke; heat or cold; sound and noises; dirt and filth;  
Animals or insects  
Sheltered for any long period: hours, days, weeks, months, years, lifetimes, eons  
Lock yourself in padmasana  
Hold your body and mind upright  
Correctly piling thirty-three vertebrae, one upon another,  
Twisting not to left or right, nor bending backward or forward  
Keeping your head up, chin in  
Placing your hands in mahamudra on your belly; neither  
Pushing up nor pulling down your shoulders  
Set up mindfulness in front of you  
Closing your lips and teeth, pressing the upper palate with your tongue,  
Containing no air in the mouth, opening your eyes normally  
Yawn several times, opening your mouth wide,  
Stretching your body backward, and inhaling deeply;  
Exhale the air thoroughly by bending the body forward  
Thus regulating your posture and respiration,  
Let the breaths return to their natural rhythm  
Scrutinize the process of breathing  
It touches the tip of the nostrils, goes down through trachea,  
Fills up the lungs, flattens the diaphragm, swells the abdomen;  
Then compresses the lower abdomen, raises the diaphragm,  
Contracts the lungs, goes up through the trachea,  
Flows out of the nostrils

Know your breaths are long, if they are so,  
While you are breathing in and out  
Feel happy with the regulated posture and breathing which  
Penetrates entire respiratory organs naturally and thoroughly  
Know your breaths are short, if they are so,  
While you are breathing out and in  
You may cough, pant, gasp, or feel tight breaths at certain  
Points of the respiratory system: the nostrils, the trachea, lungs,  
Diaphragm, abdomen or even the entire body.  
If your breaths do not reach the bottom of the abdomen,  
Repeat the artificial yawn or bend the body to left and right  
Secure the natural yet penetrating breathing  
Perceive the entire-body-pervading breaths,  
While you are breathing in and out  
Visualize your breathing-body,  
Rejoice in ease  
Free from physical or mental hindrance;  
Be aware of one-pointedness of the mind  
Calm the breaths down, while you are breathing out and in  
Merging into the vision of the breathing body;  
Drop investigation of posture and concentration on breaths  
Inner serenity and unification established herewith

Abide in the ecstasy of delight,  
While you are breathing in and out  
Dwell in the ease of tranquillity,  
While you are breathing out and in  
Unfretted by discordant sensations: noises, pain, itching, sleepiness, cold, heat, etc.  
Notice them, while you are breathing in and out  
Without any antipathy but with full consciousness as they are:  
Pain, comfort, or neutrality  
Pacify the sensations, while you are breathing out and in  
Persist in practice; stay on ecstasy and ease  
With one-pointedness of the mind

Observe your mental formations as they are,  
While you are breathing out and in  
Undistracted by any mental defilements:  
Greed, resentment, boredom, restlessness, delusion  
Dispelling sloth with investigation,  
Breaking delusion by concentration,  
Purifying resentment into bliss,  
Relaxing restlessness by ease,  
Boring through lust with one-pointedness  
Be rejoicing with the purified mind,  
While you are breathing in and out

Stay on ease with lucid mindfulness  
Being aware of the fact that distractions is caused by bad habits  
Thus improve the imperfect posture  
Intensify concentration,  
While you are breathing out and in  
Settle in equilibrium, the limpid awareness  
With one-pointedness of the mind, devoid of pain, comfort, neutral feeling  
Focus on the vision of the purified mind  
Merge into the vision of the lucid mind  
Perceive the sense of perfection  
Liberate the mind, while you are breathing in and out  
Being thoroughly free from all perceptions

Observe impermanence, while you breathe in, out, and in  
With the unshakable posture and crystalline awareness,  
Know your body and mind:  
Forms, feelings, perceptions, thoughts, consciousness  
Are transitory;  
The five aggregates of our life get older and older  
Finally dissolves to death  
Be totally detached from your body and mind  
Observe dispassion, while you breathe in, out, and in  
Be aware  
Your body, feelings, perceptions, thoughts, consciousness,  
All other ephemeral phenomena in the world are nothing else than pain:  
Wish to be delivered from it  
Observe selflessness,  
While you breathe out, in, and out  
Know that  
Your body, feelings, perceptions, thoughts, consciousness,  
All the other composed matter in this universe has no self-entity,  
No form, no spirit, no soul,  
That I am not I, but I am it  
Emancipate yourself from the sense of self  
Annihilate ignorance revealed as self-attachment  
Observe relinquishment,  
While you breathe in, out, and in  
Achieve Nibbana, the supreme insight and peacefulness  
Finally, in-out-in breathing also ceases