



The Practice of Anapanasati (Mindfulness of Respiration)

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 tranquility,
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 rejoiceful 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

Natsuo Shibuya