

# **Anapanasati Sutra: The Sutra on the Full Awareness of Breathing**

## Form

1. aware of breathing in/out
2. follow my breath from beginning to end
3. scan my whole body
4. calm my whole body

## Feelings

5. aware I feel joyful
6. aware of all of my feelings (pleasant and unpleasant)
7. aware I feel happy
8. calm all of my feelings

## Mind

9. aware of the activity of my mind
10. concentrate on the activity of my mind
11. make the activity of my mind happy
12. liberate the activity of my mind

Rest in the quiet, peaceful place of refuge that you have created for yourself.  
Your body calm. Your feelings calm. Your mind calm.

## Objects of Mind

13. observe the impermanent nature of all phenomena
14. observe the disappearance of desire
15. aware of the cessation of discriminating and comparing
16. aware of letting go/aware of seeking nothing