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| **1. One Thing. *Ekadhammasutta –*Bhikku Bodhi Bhante**At Savatthi. There the Blessed One said this:"Bhikkhus, one thing, when developed and cultivated, is of great fruit and benefit. What one thing? Mindfulness of breathing. And how, bhikkhus, is mindfulness of breathing developed and cultivated so that it is of great fruit and benefit?"Here, bhikkhus, a bhikkhu, having gone to the forest, to the foot of a tree, or to an empty hut, sits down. Having folded his legs crosswise, straightened his body, and set up mindfulness in front of him, **1. just mindful he breathes in, mindful he breathes out.** *So satova assasati, satova passasati.* |
| **2. "Breathing in long, he knows: ‘I breathe in long’; or breathing out long, he knows: ‘I breathe out long.**’ *Dīghaṃ vā assasanto ‘dīghaṃ assasāmī’ti pajānāti, dīghaṃ vā passasanto ‘dīghaṃ passasāmī’ti pajānāti;* **3. Breathing in short, he knows: ‘I breathe in short’; or breathing out short, he knows: ‘I breathe out short.’** *rassaṃ vā assasanto ‘rassaṃ assasāmī’ti pajānāti, rassaṃ vā passasanto ‘rassaṃ passasāmī’ti pajānāti;***4. He trains thus: ‘Experiencing the whole body, I will breathe in’;****he trains thus: ‘Experiencing the whole body, I will breathe out.’** *‘sabbakāyappaṭisaṃvedī assasissāmī’ti sikkhati, ‘sabbakāyappaṭisaṃvedī passasissāmī’ti sikkhati;***5. He trains thus: ‘Tranquillizing (*calming*) the bodily formation, I will breathe in’;** **he trains thus: ‘Tranquillizing (*calming*) the bodily formation, I will breathe out.’** *‘passambhayaṃ kāyasaṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ kāyasaṅkhāraṃ passasissāmī’ti sikkhati.* |
| **6. "He trains thus: ‘Experiencing rapture (*pleasure, satisfaction, joy*) I will breathe in’;** **he trains thus: ‘Experiencing rapture (*pleasure, satisfaction, joy*) , I will breathe out.’***‘Pītippaṭisaṃvedī assasissāmī’ti sikkhati, ‘pītippaṭisaṃvedī passasissāmī’ti sikkhati;* **7. He trains thus: ‘Experiencing happiness, I will breathe in’;** **he trains thus: ‘Experiencing happiness, I will breathe out.’** *‘sukhappaṭisaṃvedī assasissāmī’ti sikkhati, ‘sukhappaṭisaṃvedī passasissāmī’ti sikkhati;* **8. He trains thus: ‘Experiencing the mental formation, I will breathe in’;** **he trains thus: ‘Experiencing the mental formation, I will breathe out.’** *‘cittasaṅkhārappaṭisaṃvedī assasissāmī’ti sikkhati, ‘cittasaṅkhārappaṭisaṃvedī passasissāmī’ti sikkhati;***9. He trains thus: ‘Tranquillizing (*calming*) the mental formation, I will breathe in’;** **he trains thus: ‘Tranquillizing (*calming*) the mental formation, I will breathe out.**’ *‘passambhayaṃ cittasaṅkhāraṃ assasissāmī’ti sikkhati, ‘passambhayaṃ cittasaṅkhāraṃ passasissāmī’ti sikkhati.* |
| **10. "He trains thus: ‘Experiencing the mind, I will breathe in’;** **he trains thus: ‘Experiencing the mind, I will breathe out.’***‘Cittappaṭisaṃvedī assasissāmī’ti sikkhati, ‘cittappaṭisaṃvedī passasissāmī’ti sikkhati;***11. He trains thus: ‘Gladdening (*delighting, elating*) the mind, I will breathe in’;****he trains thus: ‘Gladdening (*delighting, elating*) the mind, I will breathe out.** *‘abhippamodayaṃ cittaṃ assasissāmī’ti sikkhati, ‘abhippamodayaṃ cittaṃ passasissāmī’ti sikkhati;***12. He trains thus: ‘Concentrating the mind, I will breathe in’;** **he trains thus: ‘Concentrating the mind, I will breathe out.’** *samādahaṃ cittaṃ assasissāmī’ti sikkhati, ‘samādahaṃ cittaṃ passasissāmī’ti sikkhati;* **13. He trains thus: ‘Liberating *(detaching, freeing)* the mind, I will breathe in’;** **he trains thus: ‘Liberating *(detaching, freeing)* the mind, I will breathe out.’** *‘vimocayaṃ cittaṃ assasissāmī’ti sikkhati, ‘vimocayaṃ cittaṃ passasissāmī’ti sikkhati;* |
| **14. "He trains thus: ‘Contemplating (*thinking of*) impermanence, I will breathe in’;** **he trains thus: ‘Contemplating (*thinking of*) impermanence, I will breathe out.’** *‘aniccānupassī assasissāmī’ti sikkhati. ‘Aniccānupassī passasissāmī’ti sikkhati;* **15. He trains thus: ‘Contemplating (*thinking of*) fading away, I will breathe in’;** **he trains thus: ‘Contemplating (*thinking of*) fading away, I will breathe out.’** *‘virāgānupassī assasissāmī’ti sikkhati, ‘virāgānupassī passasissāmī’ti sikkhati;***16. He trains thus: ‘Contemplating cessation *(thinking of ending, ceasing)*, I will breathe in’;** **he trains thus: ‘Contemplating cessation *(thinking of ending, ceasing)*, I will breathe out.’***‘nirodhānupassī assasissāmī’ti sikkhati, ‘nirodhānupassī passasissāmī’ti sikkhati;***17. He trains thus: ‘Contemplating relinquishment (*thinking of abandonment*), I will breathe in’;** **he trains thus: ‘Contemplating relinquishment (*thinking of abandonment*), I will breathe out.’***‘paṭinissaggānupassī assasissāmī’ti sikkhati, ‘paṭinissaggānupassī passasissāmī’ti sikkhati.* |
| **"It is, bhikkhus, when mindfulness of breathing is developed and cultivated in this way that it is of great fruit and benefit."** *Evaṃ bhāvitā kho, bhikkhave, ānāpānassati evaṃ bahulīkatā mahapphalā hoti mahānisaṃsā”ti* |