

## Introduction to the Anapanasati Sutta

**Anapana** – in-breath and out-breath

**Sati** – mindfulness, present moment awareness that simply notices, “what is happening?” without in anyway interfering, without adding or subtracting anything to the experience.

**Anapanasati** – Mindfulness while breathing in and out

Four Foundations of Mindfulness (*satipatthanas*)

1. Body (*kaya*)
2. Feelings (*vedana*)
3. Mind (*citta*)
4. Mental Objects (*dhammas*)

Seven Factors of Enlightenment or Awakening (*bojjhangas*)

1. Mindfulness (*sati*)
2. Investigation (*dharma vicaya*)
3. Persistence or energy (*virya*)
4. Rapture (*piti*)
5. Serenity or tranquility (*passaddhi*)
6. Concentration (*samadhi*)
7. Equanimity (*upekkha*), fully developed is synonymous with enlightenment

The are 16 *anupassanas* or contemplations in the sutta

- *Anupassana* means looking at, viewing, contemplating, consideration, realization

### RESOURCES

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Pali Canon Resources:

- Anapansati Sutta, Majjhima Nikya
- Satipatthana Sutta, Majjhima Nikaya
- Mahasatipatthana Sutta, Digha Nikaya 22

Commentaries on the Anapanasati Sutta:

- Breath by Breath, Larry Rosenberg
- Mindfulness With Breathing, A Manual for Serious Beginners, Buddhadasa Bhikkhu
- Breathe! You Are Alive, Thich Nhat Hanh

Other Meditation Books that are Helpful Compliments:

- Ayya Khema good resource for development of the jhana factors (either Who is My Self? Or Visible Here and Now)
- Buddha Mind, Sangharakshita – resource for the seven factors of awakening
- Zen Mind, Beginner's Mind, Suzuki Roshi, resource for the release method
- Know Your Mind, Sangharakshita – resource for dharma vicaya in the mind tetrad
- ADD THE SATIPATTHANA BOOKS BY WINDHORSE, ANALIYO AND SR