**Mindfulness of Breathing – 16 steps (MN 118)**

1. Aware of breathing in and out, knowing “I breathe in long” or “I breathe out long”

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or

1. Aware of breathing in and out, knowing “I breathe in short” or “I breathe out short”
2. Trains “Aware of breathing in and out experiencing the whole body”
3. Trains “Aware of breathing in and out calming the bodily formation” (breath plus)

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1. Trains “Aware of breathing in and out experiencing joy”
2. Trains “Aware of breathing in and out experiencing happiness”
3. Trains “Aware of breathing in and out experiencing mental formations” (mental activities)
4. Trains “Aware of breathing in and out calming mental formations”
5. Trains “Aware of breathing in and out experiencing the mind”

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1. Trains “Aware of breathing in and out gladdening the mind”
2. Trains “Aware of breathing in and out concentrating the mind”
3. Trains “Aware of breathing in and out freeing the mind”
4. Trains “Aware of breathing in and out contemplating impermanence”

DHAMMA

1. Trains “Aware of breathing in and out contemplating fading away/dispassion”
2. Trains “Aware of breathing in and out contemplating cessation”
3. Trains “Aware of breathing in and out contemplating letting go”