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

1. Discerns “I am breathing in long” “I am breathing out long”

B

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D

Y

1. Discerns “I am breathing in short” “I am breathing out short”
2. Trains “I will breathe in … & … out experiencing the whole body”
3. Trains “I will breathe in … & …. out calming the bodily activity”

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1. Trains “I will breath in … & … out experiencing joy”
2. Trains “I will breath in … & … out experiencing happiness”
3. Trains “I will breath in … & … out experiencing the mental activity”
4. Trains “I will breath in … & … out calming the mental activity”
5. Trains “I will breath in … & … out experiencing the mind”

M

I

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D

1. Trains “I will breath in … & … out gladdening the mind”
2. Trains “I will breath in … & … out steadying the mind”
3. Trains “I will breath in … & … out liberating the mind”
4. Trains “I will breath in … & … out contemplating impermanence”

DHAMMA

1. Trains “I will breath in … & … out contemplating dispassion”
2. Trains “I will breath in … & … out contemplating cessation”
3. Trains “I will breath in … & … out contemplating letting go”