**Anapanasati Sutta translated by Analayo**

**THE SIXTEEN STEPS**

Here gone to a forest or to the root of a tree or to an empty hut, one sits down; having folded the legs crosswise, keeping the body erect, and having established mindfulness to the fore, mindful one breathes in and mindful one breathes out.

Breathing in long, one understands: ‘I breathe in long’; breathing out long, one understands: ; I breathe out long.’ Breathing in short, one understands: ‘I breath in short’; breathing out short, one understands: ‘I breathe out short.’ One trains: ‘Experiencing the whole body I shall breathe in’; one trains: ‘Experiencing the whole body I shall breathe out.’ One trains: ‘calming bodily activity I shall breathe in’; one trains: ‘calming bodily activity I shall breathe out.’

One trains: ‘experiencing joy I shall breathe in’; one trains: ‘experiencing joy I shall breathe out.’ One trains: ‘experiencing happiness I shall breathe in’; one trains: ‘experiencing happiness I shall breathe out.’ One trains: ‘Experiencing mental activity I shall breathe in’; one trains: ‘experiencing mental activity I shall breathe out.’ One trains: ‘calming mental activity I shall breathe in’; one trains: ‘calming mental activity I shall breathe out.’

One trains: ‘experiencing the mind I shall breathe in’; one trains: ‘experiencing the mind I shall breathe out.’ One trains: ‘gladdening the mind I shall breathe in’; one trains: ‘gladdening the mind I shall breathe out.’ One trains: ‘concentrating the mind I shall breathe in’; one trains: ‘concentrating the mind I shall breathe out.’ One trains: ‘liberating the mind I shall breathe in’; one trains: ‘liberating the mind I shall breathe out.’

One trains: ‘contemplating impermanence I shall breathe in’; one trains: ‘contemplating impermanence I shall breathe out.’ One trains: ‘contemplating dispassion I shall breathe in’; one trains: contemplating dispassion I shall breathe out.’ One trains: ‘contemplating cessation I shall breathe in’; one trains: ‘contemplating cessation I shall breathe out.’ One trains: ‘contemplating letting go I shall breathe in’; contemplating letting go I shall breathe out.’

**THE AWAKENING FACTORS**

One dwells contemplating diligent, clearly comprehending, and mindful, free from desire and discontent with regard to the world. At that time mindfulness is established continuously. At a time when mindfulness is established in one continuously, at that time the awakening factor of mindfulness is aroused in one, at that time the awakening factor of mindfulness comes to be accomplished in one by cultivation.

Dwelling mindfully in this way, on discerns, investigates, and makes an examination of that state with wisdom. At a time when, dwelling mindfully in this way, one discerns, investigates, and makes and examination of that state with wisdom, at that time the awakening factor of investigation-of-dharmas is aroused in one, at that time one cultivates the awakening factor of investigation-of dharmas, at that time the investigation-of-dharmas comes to be accomplished by one by cultivation.

In one who discerns, investigates, and makes an examination of that state with wisdom, unwavering energy is aroused. At a time when unwavering energy is aroused on one who discerns, investigates, and makes an examination in one, at that time the awakening factor of energy comes to be accomplished in one by cultivation.

In one who has aroused energy, unworldly joy arises. At a time when unworldly joy arises in one who has aroused energy, at that time the awakening factor of joy is aroused in one, at that time the awakening factor of joy comes to be accomplished in one by cultivation.

In one who is joyous, the body becomes tranquil and the mind becomes tranquil. At a time when, in one who is joyous, the body becomes tranquil and the mind becomes tranquil, at that time the awakening factor of tranquility is aroused in one, at that time one cultivates the awakening factor of tranquility , at that time the awakening factor of tranquility comes to be accomplished in one by cultivation.

In one who is tranquil and who is happy, the mind becomes concentrated. At a time when, in on whose body is tranquil and who is happy, the mind becomes concentrated, at that time the awakening factor of concentration comes to be accomplished in one by cultivation.

One carefully oversees, without interfering, the mind that has become concentrated in this way. At a time when one carefully oversees, without interfering, the mind that has become concentrated in this way, at that time the awakening factor of equipoise is aroused in one, at that time one cultivates the awakening factor of equipoise, at that time the awakening factor of equipoise comes to be accomplished in one by cultivation.

**THE AWAKENING THEMES**

One develops the mindfulness awakening factor in dependence on seclusion, in dependence on dispassion, and in dependence on cessation, culminating in letting go.

One develops the investigation-of-dharmas awakening factor *in dependence on seclusion, in dependence on dispassion, and in dependence on cessations, culminating in letting go*.

One develops the energy awakening factor *in dependence on seclusion, in dependence on dispassion, and in dependence on cessations, culminating in letting go.*

One develops the joy awakening factor *in dependence on seclusion, in dependence on dispassion, and in dependence on cessations, culminating in letting go.*

One develops the tranquility awakening factor *in dependence on seclusion, in dependence on dispassion, and in dependence on cessations, culminating in letting go.*

one develops the concentration awakening factor *in dependence on seclusion, in dependence on dispassion, and in dependence on cessations, culminating in letting go.*

one develops the equipoise awakening factor in dependence on seclusion, in dependence on dispassion, and in dependence on cessations, culminating in letting go*.*