

The Sixteen Steps

1. When breathing in a deep breath one knows, "I'm breathing in a deep breath;"
when breathing out a deep breath one knows, "I'm breathing out a deep breath."
 2. When breathing in a shallow breath one knows, "I'm breathing in a shallow breath;"
when breathing out a shallow breath one knows, "I'm breathing out a shallow breath."
 3. One trains oneself, "Experiencing the whole body I'll breathe in;"
one trains oneself, "Experiencing the whole body I'll breathe out."
 4. One trains oneself, "Stilling reactive movements of body I'll breathe in;"
one trains oneself, "Stilling reactive movements of body I'll breathe out."
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5. One trains oneself, "Experiencing an enhanced body-sensitivity I'll breathe in;"
one trains oneself, "Experiencing an enhanced body-sensitivity I'll breathe out."
 6. One trains oneself, "Experiencing well-being I'll breathe in;"
one trains oneself, "Experiencing well-being I'll breathe out."
 7. One trains oneself, "Experiencing reactive movements of heart-and-mind I'll breathe in;"
one trains oneself, "Experiencing reactive movements of heart-and-mind I'll breathe out."
 8. One trains oneself, "Stilling reactive movements of heart-and-mind I'll breathe in;"
one trains oneself, "Stilling reactive movements of heart-and-mind I'll breathe out."
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9. One trains oneself, "Experiencing heart-and-mind I'll breathe in;"
one trains oneself, "Experiencing heart-and-mind I'll breathe out."
 10. One trains oneself, "Gladdening heart-and-mind I'll breathe in;"
one trains oneself, "Gladdening heart-and-mind I'll breathe out."
 11. One trains oneself, "Composing heart-and-mind I'll breathe in;"
one trains oneself, "Composing heart-and-mind I'll breathe out."
 12. One trains oneself, "Liberating heart-and-mind I'll breathe in;"
one trains oneself, "Liberating heart-and-mind I'll breathe out."
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13. One trains oneself, "Observing change I'll breathe in;"
one trains oneself, "observing change I'll breathe out."
 14. One trains oneself, "Observing dispassion I'll breathe in;"
one trains oneself, "Observing dispassion I'll breathe out."
 15. One trains oneself, "Observing endings I'll breathe in;"
one trains oneself, "Observing endings I'll breathe out."
 16. One trains oneself, "Observing letting-go I'll breathe in;"
one trains oneself, "Observing letting-go I'll breathe out."