

**Breathing in, I know I am breathing in.
Breathing out, I know I am breathing out.**

**Breathing in, I know I am breathing in.
Breathing out, I know I am breathing out.**

**Breathing in, I am aware of my whole body.
Breathing out, I am aware of my whole body.**

**Breathing in, I calm my whole body.
Breathing out, I calm my whole body.**

**Breathing in, I feel joyful.
Breathing out, I feel joyful.**

**Breathing in, I feel happy.
Breathing out, I feel happy.**

**Breathing in, I am aware of my mental formations.
Breathing out, I am aware of my mental formations.**

**Breathing in, I calm my mental formations.
Breathing out, I calm my mental formations.**

**Breathing in, I am aware of my mind.
Breathing out, I am aware of my mind.**

**Breathing in, I make my mind happy.
Breathing out, I make my mind happy.**

**Breathing in, I concentrate my mind.
Breathing out, I concentrate my mind.**

**Breathing in, I liberate my mind.
Breathing out, I liberate my mind.**

**Breathing in, I observe the impermanent nature of all dharmas.
Breathing out, I observe the impermanent nature of all dharmas.**

**Breathing in, I observe the disappearance of craving.
Breathing out, I observe the disappearance of craving.**

**Breathing in, I observe cessation.
Breathing out, I observe cessation.**

**Breathing in, I observe letting go.
Breathing out, I observe letting go.**