

SIB-010 - CURRICULUM FOR THE COURSE ON

SPIRITUAL APPLICATION OF MINDFULNESS BASED ON BREATHING

This document is based on Anapana Sati Sutra (Majjhima Nikaya 118 as translated by Venerable Bhikkhu Thanissaro). It is hoped to base Breathing Mindfulness (spiritual) applications educational programs of SIB on this document.

When the Buddha delivered this discourse in Savatthi, it is said that many monks including those who had attained to high levels of spirituality were present with their student monks. It included Arahants such as Sariputta. (1) Some had developed the 37 factors of enlightenment, (2) some the four sublime states and (3) some mindfulness of breathing.

What is mindfulness development?

How was mindfulness of breathing developed by them?

How was it applied to attain enlightenment?

The development of mindfulness was through, the following stages or aspects that can be put into four groups corresponding to the four frames of reference, the body, feelings, mind and mental states:

BODY

- 1 Breathing in, breathing out long breaths
- 2 Breathing in, breathing out short breaths
- 3 Breathing in, breathing out sensitive to the entire body
- 4 Breathing in, breathing out calming bodily fabrications

FEELINGS

- 5 Breathing in, breathing out sensitive to rapture

- 6 Breathing in, breathing out sensitive to pleasure
- 7 Breathing in, breathing out sensitive to mental fabrications
- 8 Breathing in, breathing out calming mental fabrications

MIND

- 9 Breathing in, breathing out sensitive to the mind
- 10 Breathing in, breathing out satisfying the mind
- 11 Breathing in, breathing out steadying the mind
- 12 Breathing in, breathing out releasing the mind

MENTAL STATES

- 13 Breathing in, breathing out focusing on inconstancy
- 14 Breathing in, breathing out focusing on dispassion
- 15 Breathing in, breathing out focusing on cessation
- 16 Breathing in, breathing out focusing on relinquishment

THE FOUR FRAMES OF REFERENCE

A Focused on the body in and of itself, putting aside greed and distress with reference to the world (applying 1 to 4 above)

B Focused on feelings in and of themselves, putting aside greed and distress with reference to the world (applying 5 to 8 above)

C Focused on the mind in and of itself, putting aside greed and distress with reference to the world (applying 9 to 12 above)

D Focused on mental qualities in and of themselves, putting aside greed and distress with reference to the world (applying 13 to 16 above)

“This is how mindfulness of in and out breathing is developed and pursued so as to bring the four frames of reference to their culmination”

THE SEVEN FACTORS OF AWAKENING

“And how are the four frames of reference developed and pursued so as to bring the seven factors of Awakening to their culmination?”

FOCUSED ON THE BODY

- 1 When the mindfulness is steady and without lapse then mindfulness then mindfulness as a factor of awakening becomes aroused. He develops it and goes to the culmination of its development.
- 2 Remaining mindful in this way, he examines, analyses, and comes to a comprehension of that quality with discernment. Analysis of qualities as a factor for awakening becomes aroused. He develops it and goes to the culmination of its development.
- 3 In one who examines, analyses and comes to a comprehension of that quality with discernment, persistence is aroused unflinching. He develops it and for him it goes to the culmination of its development.
- 4 In one whose persistence is aroused, a rapture not of the flesh arises. Then rapture as a factor of awakening becomes aroused. He develops it and for him it goes to the culmination of its development.
- 5 For one enraptured at heart, the body grows calm. Then serenity as a factor for awakening becomes aroused. He develops it and it goes to the culmination of its development.
- 6 For one who is at ease (his body calmed the mind becomes concentrated. Then concentration as a factor for awakening becomes aroused. He develops it and goes to the culmination of its development.
- 7 He carefully watches the mind thus concentrated with equanimity. Then equanimity as a factor for awakening becomes aroused. He develops it and goes to the culmination of its development.

(Similarly with the other three frames of reference: feelings, mind and mental qualities)

CLEAR KNOWING AND RELEASE

“And how are these seven factors for awakening developed and pursued so as to bring clear knowing and release to their culmination? There is the case of a monk who develops mindfulness as a factor of awakening dependent on seclusion, dependent on dispassion, dependent on cessation, resulting in relinquishment.

He develops the seven factors of awakening as above, dependent on seclusion, dependent on dispassion, dependent on cessation, resulting in relinquishment.

This is how, the seven factors of awakening are developed and pursued so as to bring clear knowing and release to their culmination.”