

Namo Tassa Bhagavato Arahato Samma Sambuddhassa !

Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !

Ekadhamma Sutta - The Discourse on One Thing.

So I have heard. At one time the Buddha was staying near Sāvattthī in Jeta's Grove, Anathapindika's monastery. There the Buddha addressed the monks: "Mendicants ! " - " Venerable sir, " they replied. The Buddha said this: "Mendicants, when one thing is developed and cultivated it's very fruitful and beneficial. What one thing ? Mindfulness of breathing. And how is mindfulness of breathing developed and cultivated to be very fruitful and beneficial ?

(1) It's when a mendicant has gone to a wilderness, or to the root of a tree, or to an empty hut. They sit down cross-legged, with their body straight, and establish mindfulness right there.

(2) Just mindful, they breathe in. Mindful, they breathe out.

(3) When breathing in heavily they know: 'I'm breathing in heavily.' When breathing out heavily they know: 'I'm breathing out heavily.'

(4) When breathing in lightly they know: 'I'm breathing in lightly.' When breathing out lightly they know: 'I'm breathing out lightly.'

(5) They practice like this: 'I'll breathe in experiencing the whole body.' They practice like this: 'I'll breathe out experiencing the whole body.'

(6) They practice like this: 'I'll breathe in stilling physical processes.' They practice like this: 'I'll breathe out stilling physical processes.'

(7) They practice like this: 'I'll breathe in experiencing rapture.' They practice like this: 'I'll breathe out experiencing rapture.'

(8) They practice like this: 'I'll breathe in experiencing bliss.' They practice like this: 'I'll breathe out experiencing bliss.'

(9) They practice like this: ‘I’ll breathe in experiencing mental processes.’ They practice like this: ‘I’ll breathe out experiencing mental processes.’

(10) They practice like this: ‘I’ll breathe in stilling mental processes.’ They practice like this: ‘I’ll breathe out stilling mental processes.’

(11) They practice like this: ‘I’ll breathe in experiencing the mind.’ They practice like this: ‘I’ll breathe out experiencing the mind.’

(12) They practice like this: ‘I’ll breathe in gladdening the mind.’ They practice like this: ‘I’ll breathe out gladdening the mind.’

(13) They practice like this: ‘I’ll breathe in immersing the mind in samādhi.’ (concentration) They practice like this: ‘I’ll breathe out immersing the mind in samādhi.’

(14) They practice like this: ‘I’ll breathe in freeing the mind.’ They practice like this: ‘I’ll breathe out freeing the mind.’

(15) They practice like this: ‘I’ll breathe in observing impermanence.’ They practice like this: ‘I’ll breathe out observing impermanence.’

(16) They practice like this: ‘I’ll breathe in observing fading away.’ They practice like this: ‘I’ll breathe out observing fading away.’

(17) They practice like this: ‘I’ll breathe in observing cessation.’ They practice like this: ‘I’ll breathe out observing cessation.’

(18) They practice like this: ‘I’ll breathe in observing letting go.’ They practice like this: ‘I’ll breathe out observing letting go.’

Mindfulness of breathing, when developed and cultivated in this way, is very fruitful and beneficial.”

Sādhu ! Sādhu !! Sādhu !!! (Excellent)

Reference : <https://suttacentral.net/sn12.1/en/sujato> - Translated by Bhikkhu Sujato.