

Breath Instructions - DSMC

So, the instruction from Bhante (And the Satipaṭṭhāna Sutta) is to understand when you breath in and understand when you breath out. You know and understand and you are observing the breath as it goes in and out. In a sense you are "hanging out " with the breath. You are neither focusing on it nor letting your mind wander away from it.

Now what happens is little thoughts might arise. This is the beginning of your attention to wobble and wander away into thinking

What is the next instruction? You "Tranquilize" the bodily formation on the in-breath and you tranquilize on the out-breath.

What this means is that while you are observing the breath you **relax** on the in breath and **relax** on the out breath. What are you relaxing? You are relaxing all those little beginnings of thoughts that are potentially wanting to take you away from BEING with the breath. Tranquilize is part of the 6R process which is the relax step.

You recognize the thoughts are starting, you release your thinking mind that is starting to move away. You relax the tightness that is pulling your attention away - and that is basically tightness in your head. The Head is the bodily formation where most of the tightness really is because that is where you think the thoughts. Tightness might be other places as well.

Then you **re-smile** and return to the object and repeat/continue being with the next breath.

So, you never go to ANY part of the breath - you just understand and know that you are breathing - Maybe you know it's at the belly at this moment and maybe it is at the nostril the next moment but it only matters that the breath is going in and out and your mind is there observing it.

TRYING TOO HARD is the craving mind wanting to follow and focus on something, want to LOOK at something closely. Don't do that - Just know you are there and observe what is happening. And also, be very balanced and dispassionate. - it just is breath. Just understand that you are breathing.

Like when you are driving you know you are driving. You don't look very intently at each car that passes or look at your steering wheel! You just understand I am driving and that is what is happening. As soon as the mind no knows this then it has wandered away and that is when you bring the 6R Practice into gear.

Recognize you wandered -then Release the thinking, Relax the tension that keeps pulling, Resmile and Return back to knowing you are breathing in and out.

Briefly:

Know you are breathing- understanding that you are breathing without focusing on anything – just know.

6R when the mind wanders away

Be gentle and don't force it. Be sure to smile and do this in a content Non-trying way. Happily, contemplate and have some fun. Make it interesting.

Breath can be challenging and if it doesn't work for you then switch to Metta meditation which we recommend more.

DSMC