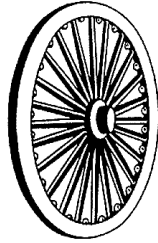


**Children's Course**

# **Ānāpāna Meditation**



**Vipassana Research Institute  
Dhammagiri, Igatpuri**

# Ānāpāna Sati

*Ānāpāna Sati* is a Pāli word, which means:  
*Āna* = incoming breath, *Apāna* = outgoing breath,  
*Sati* = awareness; or awareness of the incoming and outgoing breath.

## Meditation Technique

- Sit comfortably keeping your waist, back and neck straight
- Keep your eyes gently closed
- Remove your spectacles (for those who wear them)
- Also keep your mouth closed
- Focus your entire attention on the entrance of the nostrils
- Remain aware of the natural breath as it comes in, as it goes out
- Don't try to control, count or regulate the breath
- Don't add any word, verbalization (e.g., mantra), or imagination of any kind
- When the mind wanders away, bring it back to the awareness of respiration

**(Try to remain aware of each and every breath that comes in and goes out)**

## **Benefits**

- Concentration of mind increases
- Awareness and alertness of the mind improves
- Mastery over the mind improves
- Memory becomes very sharp
- Decision-making power improves
- Self-confidence increases
- Agitation, fear, tension, nervousness and stress decrease
- Capacity to work increases
- Better performance in studies, sports and extra-curricular activities
- Ability to understand and express increases
- Mind becomes healthy, wholesome and strong
- One becomes full of good wishes for others

**For getting full benefit, it is necessary to practise this meditation for 10-15 minutes twice a day (morning and evening).**

## **Sīla: The Five Precepts**

*Sīla* means to abstain from all unwholesome physical and vocal actions, namely:

- Abstain from killing
- Abstain from stealing
- Abstain from a life of misconduct
- Abstain from lies, harsh words, backbiting etc.
- Abstain from intoxicants

## **Mettā Bhāvanā**

*Mettā Bhāvanā* means Loving-Kindness or Compassionate Love:

May I Be Happy, Be Peaceful

May My Mother Be Happy, Be Peaceful

May My Father Be Happy, Be Peaceful

May My Brothers and Sisters Be Happy, Be Peaceful

May All My Classmates Be Happy, Be Peaceful

May All My Schoolmates Be Happy, Be Peaceful

May All My Neighbours Be Happy, Be Peaceful

May All The People of My Country Be Happy,  
Be Peaceful

May All The People of The World Be Happy,  
Be Peaceful

*With best compliments to the participant*