

## WEST MEETS EAST – ANCIENT MEETS MODERN

安那般那 Anapana

十六特胜 16 Buddhist Superior Practice Stages

1. 知息入 One knows the breath in
2. 知息出 One knows the breath out
3. 知息长短 One knows the length of the breath
4. 知息遍身 One knows the breath(wind/energy) pervading the whole body; every Nadi is open; every pore of skin is breathing.
5. 除诸身行 One knows wind/energy is peaceful: No more movement of wind/energy, body and space merge into one;

6,7,8 are 1<sup>st</sup> Samadhi: Pleasant Sensation (free from physical world's worries and pain)

6. 受喜 Mind feels pleasant/happy
7. 受乐 Body sensation is full of pleasure: zero pain and sickness
8. 受诸心行 Body and mind are synchronized: Body and mind change together; 4 elements change, sensation change, No more 5 basic human desires(money, fame, sex, food & sleep). As Taoist saying: Full Essence(no need for sex); Full Energy(no need for food); Full Spirit(no need for sleep).

9 & 10 are 2<sup>nd</sup> Samadhi: Joy (always in control and in Joy)

9. 心作喜 Mind is full of joy
10. 心作摄 Full Control of Mind: mind is always clear and awake, and has zero illusion and delusion

3<sup>rd</sup> Samadhi: Contentment

11. 心作解脱 Liberation of Mind: Pure mind stage; heart and breathing stop; free from Vedana/Aggregates of Sense-perception; free from Samjna/Aggregates of Cognition); 1<sup>st</sup> stage of Arahant("Sotapanna").
12. 观无常 Vipassana of impermanence/changes: Observe and understand changes and impermanence of physical world; the Five celestial powers (divine eyes, divine ears, divine ability of flying, read other's mind, and know previous lives)

4<sup>th</sup> Samadhi: Utter Peacefulness

13. 观出散 Vipassana of letting go: Observe and be able to let go everything; pure spiritual and mind; let go all the power; let go any achievement of practice; let go body and mind; let go even the let-gos)
14. 观离欲 Vipassana of the Desire Free: Observe, understand and free from any desires; free from desire realm; become an Arahant(Hinayahna Arahant)
15. 观灭尽 Vipassana of Cessation: the 9<sup>th</sup> Jhana(the Jhana of Cessation); Achieve the 6<sup>th</sup> celestial power, which is the Cessation of everything. Becomes a Mahayana Arahant, which can be in Nirvana stage anytime. (Only a real Buddhist Mahayana Arahant can achieve to this stage.)
16. 观舍弃 Vipassana of Relinquishment: Let go the Nirvana stage and follow the path of becoming Bodhisattva, which is Helping others.

References:

- 《阿毘達磨大毘婆沙論》 Abhidharma Mahāvibhāṣa Śāstra
- 《瑜伽師地論》 Yogācārabhūmi-śāstra
- 《達摩多羅禪經》 Dharmatrādhyaṇa Sutra