

Lots of Reasons for *Ānāpānasati*

(by Santikaro Bhikkhu)

- 1) Because breathing is *prāna*, is life, is *chi*. Know how to breathe properly and you will have these healthy energies to draw on always. (Plus, you will know when they are low and need to be replenished.)
- 2) *Ānāpānasati* doesn't require any special paraphernalia, rituals, costume, initiations, or the like. Therefore, you don't have to shell out any money to do it. The Buddha just sat under a tree on some freshly cut grass or a folded robe.
- 3) Because the Lord Buddha practiced *Ānāpānasati* himself: before and after the Great Awakening. He was doing *Ānāpānasati* when the Awakening came. He practiced throughout his life, including for R & R.
- 4) *Ānāpānasati*, in various forms, is common to spiritual traditions the world over, including those of many indigenous peoples.
- 5) Because no other meditation system was explained as directly or in such detail by the Lord Buddha as this one.
- 6) Because *Ānāpānasati* is both *samatha* (calming, stopping) and *vipassanā* (insight, seeing clearly) together. We can develop both without separating them or prejudicing one over the other.
- 7) Because *Ānāpānasati* perfects the four applications of mindfulness, which are central to Buddhist practice.
- 8) Because *Ānāpānasati* perfects the seven factors of awakening, without which there is not liberation.
- 9) Because *Ānāpānasati* is the noble eightfold path.
- 10) Because *Ānāpānasati* is fun.