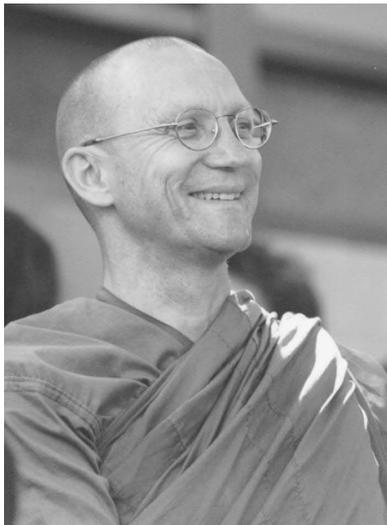


# Anapanasati

## Mindfulness of In-and-Out Breathing

### 19 Talks From *Winter Retreat 2005* - by Venerable Ajahn Pasanno

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Ven. Pasanno Bhikkhu took ordination in Thailand in 1974, with Ven. Phra Khru Nañasirivatana as preceptor. During his first year as a monk he was taken by his teacher to meet Ajahn Chah, with whom he asked to be allowed to stay and train. One of the early residents of Wat Pah Nanachat, Ven. Pasanno became its abbot in his ninth year. During his incumbency Wat Pah Nanachat developed considerably, both in physical size and in reputation, and Ajahn Pasanno has become a very well-known and highly respected monk and Dhamma teacher in Thailand. Ajahn Pasanno moved to California on New Year's Eve of 1997 to share the abbotship of Abhayagiri Buddhist Monastery.

This series of Dhamma Talks on the stages of Anapanasati was originally given to the community at Abhayagiri Buddhist Monastery from the 4th to the 22nd of January, 2005, during the annual Winter Retreat.

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#### Dhamma Talks on Anapanasati

**Talk 1** - Turning to the Formal Practice    **Talk 11** - Gladdening the Mind

**The**

**Talk 2** - Preparing the Mind to Receive the Dhamma

**Talk 3** - Being Present With Pain, Pleasure, and the Neutral

**Talk 4** - Recognizing and Relinquishing the Hindrances

**Talk 5** - Working Further With the Hindrances

**Talk 6** - Nourishing and Starving the Hindrances

**Talk 7** - Silence, Composure, plus the Hindrances

**Talk 8** - Sitting, Walking, and the Hindrances

**Talk 9** - Working With Mind Objects

**Talk 10** - Experiencing the Mind

**Talk 12** - Concentrating the Mind

**Talk 13** - Releasing the Mind

**Talk 14** - Contemplating Impermanence, I Breathe In

**Talk 15** - Investigating Dispassion

**Talk 16** - Death and Dispassion

**Talk 17** - Attending to Cessation

**Talk 18** - Relinquishing the Defilements

**Talk 19** - Backbone of the Practice

**Anapanasati  
Sutta**

English

Pali

Technical Help

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