

# Anapana

Anapana is an old Indian word which means respiration. Anapana meditation is the awareness of the breath coming in and going out.



In order to feel the benefits in your life, practise this meditation for 10-15 minutes, twice a day (morning and evening).

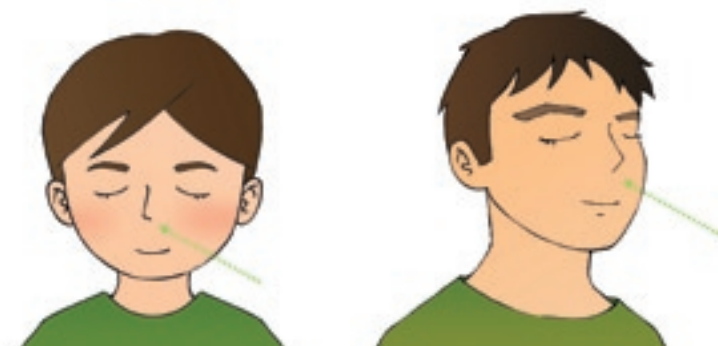


- ① Sit in a comfortable position with your back and your neck straight.



- ② If you wear glasses take them off.

# Meditation



- ③ Keep your eyes gently closed.

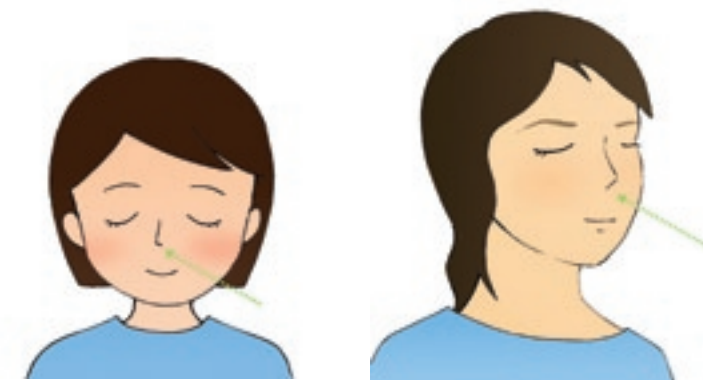
- ④ Keep your mouth closed.

- ⑤ Focus all your attention on the entrance of the nostrils.

- ⑥ Remain aware of the natural breath as it comes in, as it goes out.

- ⑦ Don't try to control or count the breath.

# Technique



- ⑧ Don't add any word or imagination of any kind.

- ⑨ When the mind wanders away, bring it gently back to the awareness of your breath.

- ⑩ Try to remain aware of each and every breath that comes in and goes out.

# Metta

Metta means 'loving kindness'.  
You can practise it by  
mentally repeating the following words:

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.

# Practise Metta

for a minute or two  
after Anapana meditation.



[www.children.dhamma.org](http://www.children.dhamma.org)

# Anapana Meditation

Courses for  
**Children and Teenagers**

as taught by S.N. Goenka



## Benefits

- Improves concentration
  - **Increases alertness**
  - Develops control over the mind
  - **Memory becomes clearer**
  - Improves decision-making ability
  - **Increases self-confidence**
- Agitation, fear, tension, nervousness and stress decrease
  - **Capacity to work and study increases**
  - Increases ability to understand others and to express oneself
  - **Mind becomes healthy, wholesome and strong**
  - One becomes full of good wishes for others.

# 5 Precepts

As part of the course, you had to  
take five precepts (promises).



• **Abstain from killing**



• **Abstain from stealing**



• **Abstain from wrong behaviour**

• **Abstain from wrong speech such as lies, harsh words, talking badly about others, etc**

• **Abstain from intoxicants**

You may like to keep these five precepts in your daily life. They will help you in your meditation and also help you lead a happy and harmonious life.