

The 16 Steps of "Mindfulness of Breathing"	4 Foundations of Mindfulness	The 5 Aggregates	Discourses' 13 Jhāna Factors	Four Sublime Attitudes (Brahma-vihāra)	Calm and Insight Development
Right Intention: renunciation, non-ill will, non-harming. Intend to focus on the breath for x minutes.	Body	Form (rūpa)	1. seclusion: separated from sensuality and	benevolence	Calm body, clear mind, shamata
1. Remembering, s/he breathes in; remembering s/he breathes out			2. initial thought		
2. Breathing in/out long/short, s/he discerns that s/he is breathing in/out			3. sustained thought		
s/he trains him/herself to breath in/out (3-4 minutes)				compassion	
3. sensitive to the whole body	Sensations	Sensation (vedanā)			
4. calming the bodily formation					
5. sensitive to zest			4. zest/rapture	appreciation	
6. sensitive to happiness			5.		
7. sensitive to emotion (negative?)	Thought	Emotion (saṅkhārā)			
8. calming emotion (negative?)			6. tranquillity		
9. sensitive to thought					
10. gladdening thought					
11. concentrating thought	Processes (of the above)	Concept/idea (saññā)	7-8. unification		Insight into body-mind relationship/ processes, vipassana
12. releasing thought (ceto-vimutti)			9-10. equanimity	equanimity	
13. contemplating inconstancy			11. remembrance		
14. contemplating fading away			12. clear comprehension		
15. contemplating cessation		Awareness (viññāṇa)	13. complete purity		
16. contemplating relinquishment					