Mil 3.7.11 — 11. Question on the Cessation of In and Out Breathing

English translation by John Kelly.
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Text

Milinda’s Questions

Analysis of Formless Dhammas Chapter

11. Question on the Cessation of In and Out Breathing

The king asked, “Venerable Nāgasena, do you say thus, ‘It is possible to cease in and out breathing’?” “Yes, your majesty, it is possible to cease in and out breathing.” “How, Venerable Nāgasena, is it possible to cease in and out breathing?” “What do you think, your majesty, have you heard before of someone snoring?” “Yes, venerable sir, I have heard of it.” “Would that sound be stopped, your majesty, if the body were bent?” “Yes, venerable sir, it would be.” “Since, your majesty, that sound would be stopped if the body were bent by someone undeveloped in body, virtue, mind, and wisdom, why could not the breathing in and the breathing out be ceased for someone developed in body, virtue, mind, and wisdom, and who has attained the fourth jhāna?”

“You are clever, Venerable Nāgasena!”

Question on the Cessation of In and Out Breathing eleventh