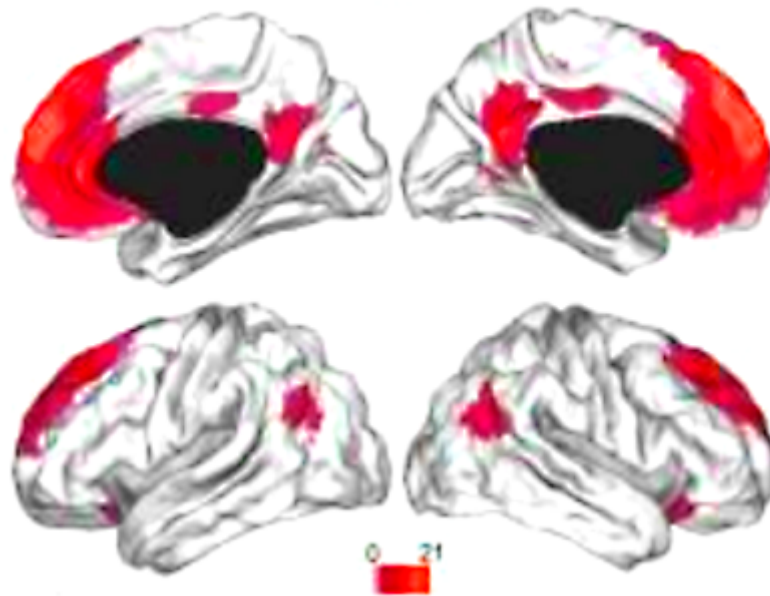
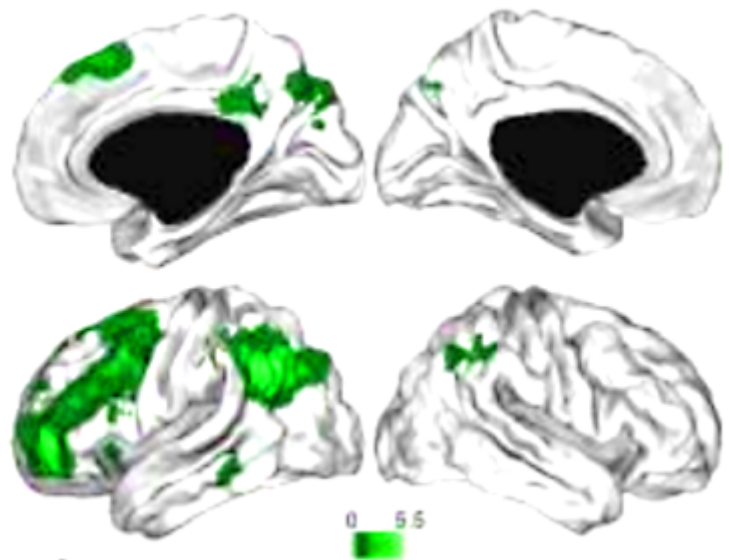




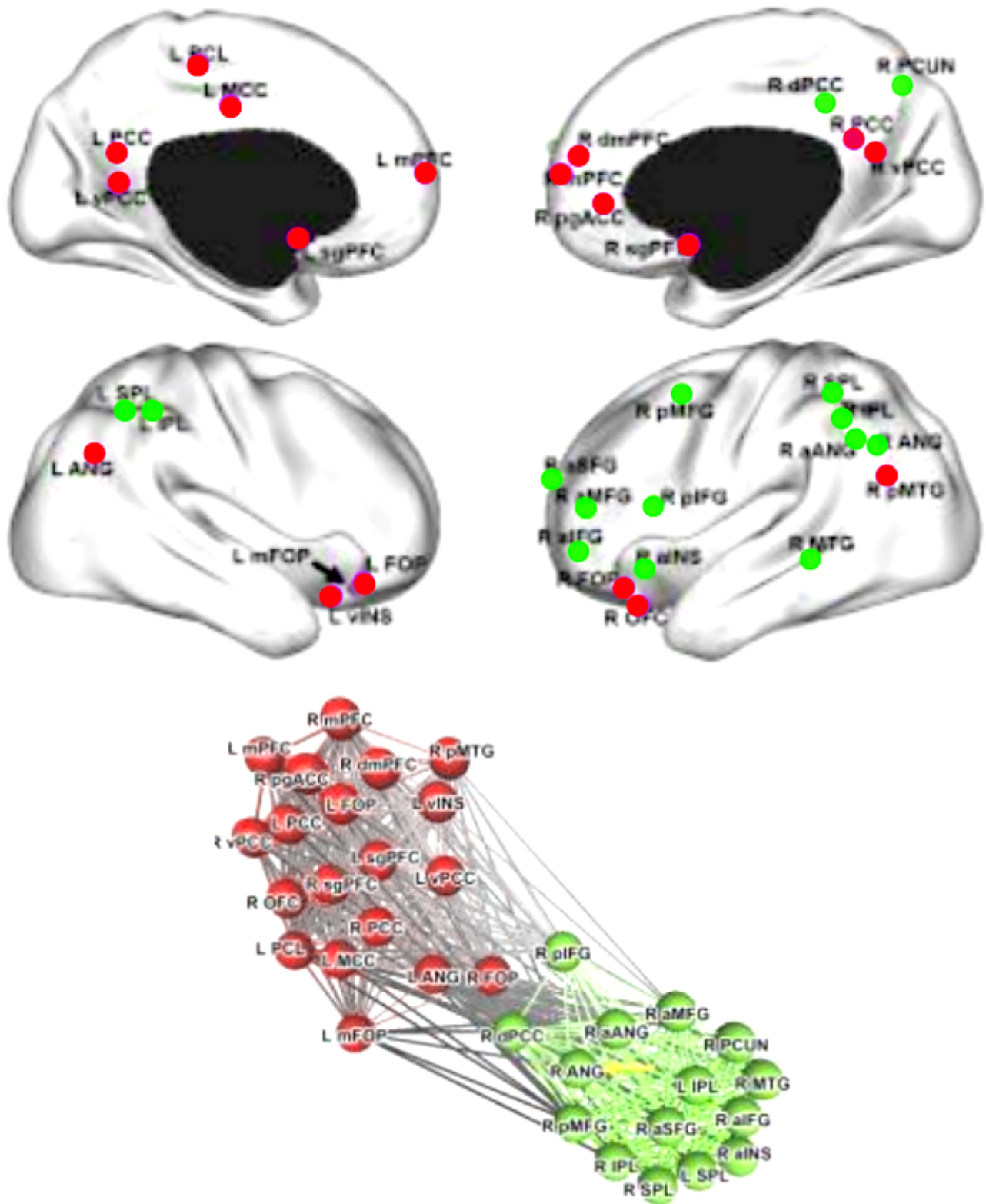
DMN & RPFN



DMN



RPFN



Ānāpānasati

Focus on the breath (RPFN), while calming the bodily & mental saṅkhāras (DMN)

In unisson - cooperatively.

[See here](#)