

The answers to the ENCODED ANAPANA activity on page 8 of Ananpana News – issue 8 (2019) are:

- A. QYBFS, QYBFS, QYBFS! (Shift of 2) = Sadhu, Sadhu, Sadhu!
- B. V RCJGZNJHZ HDIY. (Shift of 5) = A wholesome mind.
- C. TJP'MZ HVFDIB TJPM HDIY V CZVGOCT HDIY, V RCJGZNJHZ HDIY. (Shift of 5) = You're making your mind a healthy mind, a wholesome mind.
- D. IWT QGTPIW RDBXCV XC, IWT QGTPIW VDXCV DJI. (Shift of 11) = The breath coming in, the breath going out.
- E. ALIR CSY EVI SFWIVZMRK XLI REXYVEP FVIEXL CSY EVI AMXL XLI XVYXL. (Shift of 4) = When you are observing the natural breath you are with the truth.
- F. UFE'K RCCFN R JZEXCV SIVRKY KF VEKVI PFLI EFJKIZCJ NZKYFLK PFLI RNRIVEVJJ. (Shift of 9) = Don't allow a single breath to enter your nostrils without your awareness.
- G. GUVF VF UBJ LBH'ER GENAVAT LBHE ZVAQ, GB PUNATR VGF BYQ UNOVB CNGGREA BS JNAQREVAT VA GUR CNFG BE VA GUR SHGHER. (Shift of 13) = This is how you're training your mind, to change its old habit pattern of wandering in the past or in the future.