

Chart of Jhanas and Characteristics

No	Jhana	Characteristics	Meditative Progress	Time on Object	Avg Sitting Time
0	Worldly None	Wandering Mind	Unable to stay with object	5 sec-2 min	30min to Or less
1	1 st Jhana	Joy, Excitement, Happiness, Tranquility	Only wholesome observation thoughts	3-5 min	30min-45min
2	2 nd Jhana	Bigger but more subtle Joy	Stop Verbalizing! It causes tension in head	3-6 min	45min-60min
3	3 rd Jhana	Joy turns to tranquility and content happiness, floating feeling	Lose body feeling. My feet & hands are missing	3-10 min	45min-60min
4	4 th Jhana	Equanimity- Happy feeling fades – just balance remains	Feeling of Loving-Kindness rises to the head	5-10 min	60min-1.25hrs
5	Base of Infinite Space	Mind starts to expand outward	Loving-Kindness now turns to Compassion	5-10 Min	1 hr to 1.5 hrs
6	Base of Infinite Consciousness	See moments of Consciousness arise. Seeing Impersonality	Feeling of Compassion turns To Joy	10-15 min	1 hr to 1.5 hrs
7	Base of Nothingness	Awareness only. In head Lights, Flickers – to no thoughts at all.	Fe of Joy turns to feeling of Equanimity	15-30 min	1.5 to 2 hrs
8	Neither Perception- nor- non- Perception	Subtle Vibrations, Dreamy, No thoughts at all for long periods of time.	The feeling of Equanimity just stops! – Observe Quiet Mind Object	20-60 Min	1.5 to 3 hrs
C	Cessation	Cognition stops! No perception, feeling, or consciousness briefly – like a light switch was turned off	A “space” or blackout in the mental stream		
N	Nibbana	As Cognition starts again, you see the rising of the links, then feel an opening with huge amt. of relief, then Joy, and then realize quite a bit of fresh clean energy inside you that is ready to use.	Perceive world differently now- Have brighter alert sense doors- experience clearer colors, sounds, odours, flavors, etc.		