

## Chart of the Jhanas

No.	Name	Characteristics	Brahma Vihara	Meditation Progress	Time On Object	Avg Sitting is
0	Worldly	Wandering Mind	-	Unable to stay on object	5 sec to 1 min	30min or less
1	1st Jhana	Joy, excitement, Happiness, Tranquility afterword	-	Still thinking but "oh wow thoughts"	2min to 5min	30-45min
2	2nd Jhana	Bigger but quieter Joy, Feeling of confidence, floating, feeling heaviness	-	Saying Phrases causes tension in head- Stop Phrases-Cannot verbalize	3min to 6min	45min- 60min
3	3rd Jhana	Quieter Happiness, contentment, growing equanimity - "Where did my joy go?"	-	Losing bodily feeling- notices body only if contact is there. "My hands are gone etc.	3min to 6min	45min- 60min
4	4th Jhana	Equanimity, pain disappears, no emotional feeling	Loving-kindness /Metta	Feeling of loving kindness rises to head - no feeling in heart area	5min-10min	60min- 1.25hr

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5	Base of Infinite Space	Mind expands outward. No center point, happy feeling- "Cool"!	Compassion/ Karuna	Continue until next jhana arises	5min-10min	1 hr to 1.5
6	Base of Infinite Consciousness	Seeing moments of consciousness arising one by one. Like Frames in a movie but going slowly. Flickering at sense bases. Expanding Rings of light/ Flickers of light (craving)	Joy/ Mudita	Continue until next jhana arises	5min-15min	1 hr to 1.5
7	Base of Nothingness	Total quiet - no thoughts arising - awareness is in head and doesn't go outward. No lights	Equanimity / Upekka	Continue until this jhana feeling just fades away	15min-30min	1.5 to 2hrs

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8	Base of Neither- Perception- Nor Non- Perception	<p>Aware of a more subtle conscious state - multi colored lights, strange dreamy stories that make sense but later don't, barely there.</p> <p>Later leads to a total still mind - no thoughts at all for long periods of time - just movements, flickers</p>	-	Observe Quiet mind as object	20min - 60min	2-3 hrs
	<b>Cessation</b>	No perception, feeling or consciousness. Nothing - light switch turns off. A space or Blackout. You remember going out but not coming back!	-		Just a moment	
	<b>Nibbana Arises</b>	<p><u>Nibbana Arises</u>: 1. Moment of relief then 2.sublime joy with equanimity - May have deep insight into dependent origination. Links might be seen (or not) as geometric shapes/bubbles, lines.You will perceive things differently when you come out. Colors and shapes clearer-mind seems different.</p>				