

A Map of the 8th Jhana

7th Jhana-Base of Nothingness

At the 7th Jhana you are radiating Equanimity and experiencing the base of nothingness.

Entering the 8th Jhana- Base of Neither Perception-nor-non-Perception

MIND- Now, at a certain point the equanimity stops radiating outward. When you try to radiate the equanimity again you will notice a slight tension. You can no longer radiate. When you try to, the mind just says, “No, thank you!”

This means now you are leaving the Brahmavihāra practice of the four Brahmavihāras and are entering the silent mind where you simply REST in MIND and let go anything that arises.

NPNNP - This is a dream-like state, and it may feel like you are asleep and yet aware at the same time. You may experience disconnected thoughts, shapes, patterns or images but you can't fully comprehend what they are or make any sense out of them. You are there but not fully. You have some awareness but then you come out of this space, and you come to realize that while you were there you didn't have enough *knowing mind* to know you were there...hence the name Neither-Perception-nor Non-Perception. You may cycle through this dream-like place a number of times during your sit and every time coming out the mind is even quieter. The key here is to let the mind remain in the eye of the storm of any of the movement happening and let go of your attention to it.

constantly the mind will turn away from them and becomes **disenchanted** with the constant arising and passing away of this flux of movement.

QM - Quiet Mind - After you come back from the dream-like state your mind will be very alert, very quiet, and awake. You may have a lot of energy - but it is

energy with balance. As soon as you notice any movement, just relax as soon as you notice anything arising. Eventually you will experience full **disenchantment**.

Still Mind - There will come a time when you start to notice no movement at all - this is the STILL MIND. Mind can be still for long periods of time. In both QM and still mind, boredom can arise because nothing is happening. You have been balancing the awakening factors - relaxation vs focus. Here you may also experience micro cessations - where mind winks out as mind touches cessation and doesn't fully stop. These are all good things - just continue to observe. At one point the mind will become **dispassionate**. You understand these phenomena will never stop and you cannot stop them. You stop trying to control.. You see there is no controller, and you stop trying to interact with everything.

Doorway to the signless: You may experience a doorway to the signless state - you may notice that everything looks gray or that you are watching static on a tv screen, or you see a wall of lights. You may or may not notice this state, but if you do, it means you are letting go and you are on your way to the signless state. You may also notice that the mind feels like it is sinking. Now you are experiencing full dispassion and entering the signless.

Signless - There is only pure objectless awareness where mind is not looking at anything in particular. As soon as a vibration arises, in the very noticing of it, the vibration ceases. Here, you don't try to relax or interact with the vibration any further than just seeing it. By interacting with the vibration, in any way other than just noticing and allowing it to cease, creates yet more movement. The key here is to just let the vibration cease. Just observe with no interference. "I don't care what is arising but just will let it pass on its own." This is where the thought of "I, myself, me" is seen and let go. This very thought -which is conceit- is craving and is painful. Thus, you see it and let go of the thought of "me". This is truly the way to happiness.

Cessation - When all formations cease and mind remains in the state of deep dispassion for some time, and, when you least expect it, cessation occurs. Now all perception, feeling, and consciousness disappears. This is the total cessation of all experience—of all conditioned states.

Map of the 8th Jhana
Base of Nothingness with Equanimity
Radiating Stops
Mind
NPNNP - dreamlike state
Quiet mind
Still Mind
Doorway to the Signless
Signless
Cessation of Feeling, Perception and Consciousness
Oh Wow!