

Jhana – immersion – classical description of four stages

Preliminary:

- quite secluded from sensual pleasures and unwholesome states

1st jhana:

- with rapture (pīti) and pleasure (sukha) born of seclusion (viveka)
- accompanied by application (vitakka) and examination/observation (vicāra)
- enters and remains

2nd jhana:

- with subsiding of application (vitakka) and examination/observation (vicāra)
- internal calming (sampasādana) and unification of mind (ekodibhāva/ekaggata)
- consists of rapture/joy (pīti) and pleasure/contentment (sukha) born of concentration
- enters and remains

3rd jhana:

- with fading away as well of rapture/joy (pīti)
- dwells equanimous (upekkha), mindful (sati) and clearly comprehending (sampajāna),
- experiences pleasure (sukha) with the body
- enters and remains
- ‘one who dwells happily’

4th jhana:

- with the abandoning of pleasure and pain
- purification of mindfulness by equanimity / pure mindfulness and equanimity
- enters and remains