Essence of entering each of the 8 Jhanas:

0. Follow breath until access concentration is established:

- a. Thoughts are wispy and in the background,
- b. and/or White light glows in the background,
- c. and/or Breath becomes very shallow or disappears.

1. Switch attention away from the breath to a pleasant physical sensation:

a. Stay focused on the 'pleasantness' of the pleasant sensation,

b. Do not do anything else but stay focused on the 'pleasantness', it will increase in intensity automatically.

c. When the **physical pleasure and emotional joy/happiness** rises, focus on that experience.

2. Focus on the emotional joy/happiness that is accompanying the intense physical sensations of the 1st Jhana:

a. Push the intense physical sensations into the background - taking a deep breath now will be helpful in doing this,b. Stay one pointedly focused on the joy/happiness.

3. Turn down the intensity of the joy/happiness to contentment/satisfaction.

4. Let go of the pleasure of the contentment/satisfaction and drop down to a **quiet, still** equanimity.

5. Sense the "boundaries of your being" and begin expanding them outwards:

- a. Expand outwards until you fill the room,
- b. Expand outwards until you fill the building,
- c. Expand outwards until you fill the neighborhood,
- d. Expand outwards further and further, remain focused on expanding outwards,
- e. When a **boundless space** opens up before you, switch your focus to it.

6. Realizing that it takes a **boundless consciousness** to be aware of a boundless space, switch your attention to to your consciousness of the boundless space.

7. Switch your attention from the boundless consciousness to the content of that consciousness - it will be a sense of no thing - **no-thing at all** anywhere.

8. Let go of all the previous outward sensing and come to rest in a small spot a few inches from your face. Focus on being in **a state that has no characteristics**.