

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 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**.