

#	Jhana	Nana, a.k.a. Knowledge of	Sub-Nana	Sephirah	Intensity	Spatial Quality	Clarity	Vibratory Quality	Vedena	Typical Physical Manifestations	Typical Mental Manifestations	Basic Insight(s)	Basic Flaw(s)
0	0.4	(The Waterfall)		10 Malkuth	varies	tight	low	scattered	varies	Pain	discontent, surprise, confusion	It is time to meditate, my mind is a mess	Poor concentration, poor investigation, usually swamped by the content/stuff
1	1.1	Mind and Body			mod.	pointed	high	none	nice	Increased energy	wow, bright, open, unitive, possible white lights	Thoughts, intentions and mental echo (consciousness) become objective	Don't see Causality, easily solidified to first jhana
2	1.2	Cause and Effect			mod.	straight on	mod.	crude, slow, beginnings obvious	neutral	Jerky/mechanical breath/walking	perplexity, confusion, mild disturbances	Intentions precede thoughts and actions, consciousness echoes sensations	Don't see Three Characteristics
3.1	1.3	The Three Characteristics: impermanence, suffering, no-self	solidifying	9 Yesod	high	tight	low	crude, moderate speed	painful	Tension/pain in neck, back, shoulders, twisting, heat increasing (feverish)	Frustration with deep physical "stuff", postural obsession	Begin to see Three Characteristics	Fight them, don't see them very clearly, mostly at physical level
3.2	1.4	The Three Characteristics	deconstructing		mod.		mod.	crude, fast, 3-10Hz	irritating	Shaking, sniffing, hot, stiff, sweating	Disconcerting, manageable, crying and sadness	See the Three Characteristics more directly, set up for deep insight into them	Mind not fast or precise enough yet
4.1	2.1	The Arising and Passing Away	immature	8 Hod	high	straight	mod.	fine, fast, cycling, middle of each pulse obvious	nice	Increased energy, longer sits, early Kundalini	Confidence, precision, fear, anticipation, jewel tone lights	Shift into direct observation, mind speeds up, deep insights begin	Like a kid moving from a bicycle to a car
4.2	2.2	The Arising and Passing Away	rapturous	7 Netzach	very high	straight	mod.	intense, cycling with breath,	extremes	Sleep need down, fine shaking, very little pain	Ecstasy, grandiosity, extreme faith, sensuality, sexual and spiritual dreams, meditation in dreams common	Ten Corruptions of Insight arise	Ten Corruptions of Insight not seen as they are, like a 16-year-old driving a Ferrari
4.3	2.3	The Arising and Passing Away	mature		high	open	high	clear, extremely fast, cycling with breath 2-40Hz	wondrous	Sleep much less, fine shaking, very little pain, energetic phenomena, late Kundalini	Easy confidence, mastery, visions, powers opening, bright white light common, sexual issues/energy arising	Ten Corruptions of Insight seen through, Peak Experience on spiritual path	Still holding back, precision not as all-encompassing as they think, arrogance, unbalanced evangelism
4.4	2.4	The Arising and Passing Away	The A & P Event	6 Tifaret	extreme	balanced	extreme	extreme	profound	Sleep need down, fine shaking, very little pain	Hints of the Ultimate, mimics Three Doors, may think they are enlightened	The Three Characteristics are hints of the Ultimate, Realization can be attained	They don't know as much or see as clearly as they think they do
5.1	3.1	Dissolution, beginning of Dark Night/Dukkha Nanas	early		low		mod.	decreasing strength, 5-7Hz steady, drum beat	hung over	Hunger, restlessness, irritation, mild pain returns	Withdrawal symptoms, frustration, exhaustion, raw lust, temptation	With highs come lows, with extreme highs come crashes	Attachment to A&P, long for past abilities, clarity and balance fade
5.2	3.1	Dissolution	late	5 Geburah	low	hard to say, diffuse	very low	falling away, vague	neutral	Kundalini and shaking stops, intentions less effective, cool	Rest, vagueness, couch potato	Hints of the implications of transience at a more mental level. In 3 <sup>rd</sup> vipassana jhana, center of attention vague, periphery open and more clear.	Effort must be more gentle and accepting, vagueness must be understood, insights now coming around to shake observer
6	3.2	Fear			mod.		mod.	endings obvious, faster	bad, touch of good	Energy returning, aversion to staying still, pain of sitting obvious	Fear, paranoia, anxiety, rapture	Acceptance difficult, Fear can be frightening and fun. Insights coming around at observer, violating	Fascination with fear, lost in the content
7	3.2	Misery			mod.		mod.	steady, mod. pace	bad, touch of good	Aversion to staying still, restlessness	Misery, sadness, rapture	Acceptance is difficult, Misery can be miserable and fun	Fascination with misery, lost in the content
8	3.2	Disgust			mod		mod.	edgy, 10-18+ Hz, chaotic	bad, touch of good	Aversion to staying still, restlessness	Disgust, renunciation, rapture	Acceptance is difficult, Disgust can be disgusting and fun	Fascination with disgust, lost in the content
9	3.3	Desire for Deliverance		4 Chesed	high		low	edgy, 10-18+ Hz, chaotic	disturbing	Aversion to staying still, restlessness, increased energy	Desire for deliverance, melodharmas, disenchantment with The World	Realization must be beyond reality, A Lack of Enlightenment is Unacceptable	Effort still made to create this, lost in the content
10.1	3.3	Re-observation	crisis	Dath/ Abyss	extreme	very tight	low	extremely edgy, very complex, irritating rhythms, fast	The Worst	Extreme aversion to staying still, painful neck and back tension, note similarity to #3	Primal frustration, madness, cult leader, dark "stuff", reactivity, anger, neurosis level high	The GREAT KICK in the ASS, You won't find the answer in any phenomena or reaction to them. Sense of observer shaking.	Basic acceptance of implications of previous insights low, large potential for messy bleedthrough into life
10.2	3.4	Re-observation	defeat/acceptance		mod.		mod.	not obvious, loosening	ok, like after tears	Release, exhaustion	Defeat, surrender	You can't do it, and so you completely give up and accept defeat	Exhaustion
11.1	4.1	Equanimity	Low Equanimity	3 Binah	mod.	open	high	chunky, increasing, full wave obvious	mildly bad and good	Mild pain when sitting	Confidence returning, weight has lifted, "in the pocket", odd mystical ways of looking at world	Realization can be attained, formations become obvious, begin to include full field of experience, name and form as integrated experience	Mind still speeding up, synchronizing, and recovering
11.2	4.2	Equanimity	Early Mastery		mod.	panoramic	very high	very Clear, formations clearer	good	Prolonged sitting easy	Mild fear of madness and death, anticipation, joy	Realization is imminent, the true nature of formations becomes obvious	Anticipation, over-confidence
11.3	4.3	Equanimity	High Mastery	2 Chokmah	low	panoramic	very high	broad, harmonics, formations	great	Feel great and healthy naturally	Great mastery, natural confidence, ease and bliss, "Near Misses", formless realms	Mastery of seeing the true nature of formations	Still holding back, center still seems to be that which masters
11.4	4.4	Equanimity	High Equanimity		low	panoramic	near perfect	ariable	peaceful, ordinary	None obvious	Boredom, forgetfulness, balance, Deep Wisdom seems very natural and ordinary	Attachment to mastery vanishes, effort to attain or do vanishes, it all happens by itself	Very few
12	4.4	Conformity			+	complete	perfect	one complete pulse	depends on door			Effortless conformity of perception with the Three Characteristics of Full Formations.	None
13	4.4	Change of Lineage			+	complete	perfect	one complete pulse	depends on door			This is realization/changes made in relationship to phenomena	None
14	4.4	Path		1 Kether	+	complete	perfect	one complete pulse	depends on door			The first/next Path is Attained	None
15	N/A	Fruition (Nirvana)		0 Ain	N/A	N/A	N/A	N/A	N/A	N/A	N/A	This is the non-experience of Nirvana beyond space, time and the universe	N/A
16.1	0.1	Review	First Passes		very	varies by jhana	high	cycles	cycles	Cycles 4-11, then 15	Cycles 4-11, then 15	The Path has been attained, hints of limitations shown soon enough	Mind too powerful to really be stable or balanced, aftershocks of realization
16.2	0.2	Review	Stabilizing		=		moderate	cycles	cycles	Cycles	Cycles	The stages of the path can be mastered and integrated	Still working on mastery and integration
16.3	0.3	Review	Mastery		-		even	cycles	cycles	Cycles	Cycles	The stages of the Path are Mastered	Integration is lifelong, Dualities May Remain if this not the Last Path
16.4	0.4	Review	Time to Move on		-		low	hard to map		Very hard to map	very hard to map	Integration lifelong, limits of level of realization/integration become clear in cycles, time to look more closely	May not clearly see what to look for/do next