

There are 2 kinds of Bhavana (meditation)

- Samatha (concentration) - by experiencing the jhana, gain physic power
- Vipassana (inside) - meditation leads to enlightenment

There are 3 characteristics of people:

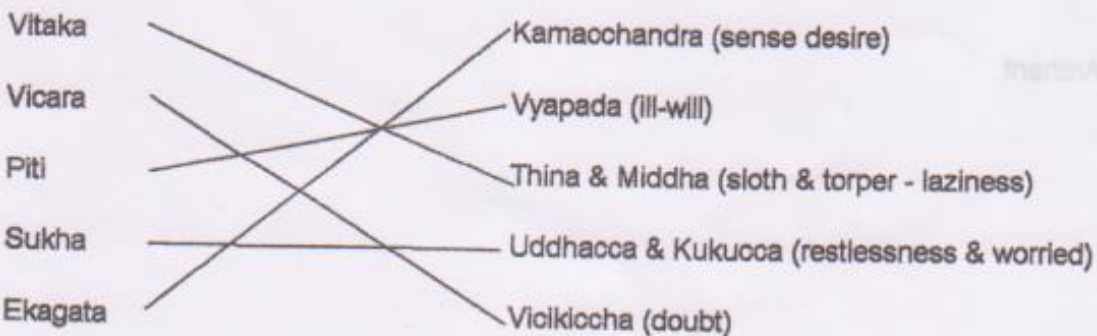
- 1) Impermanence
- 2) Sufferings
- 3) No soul

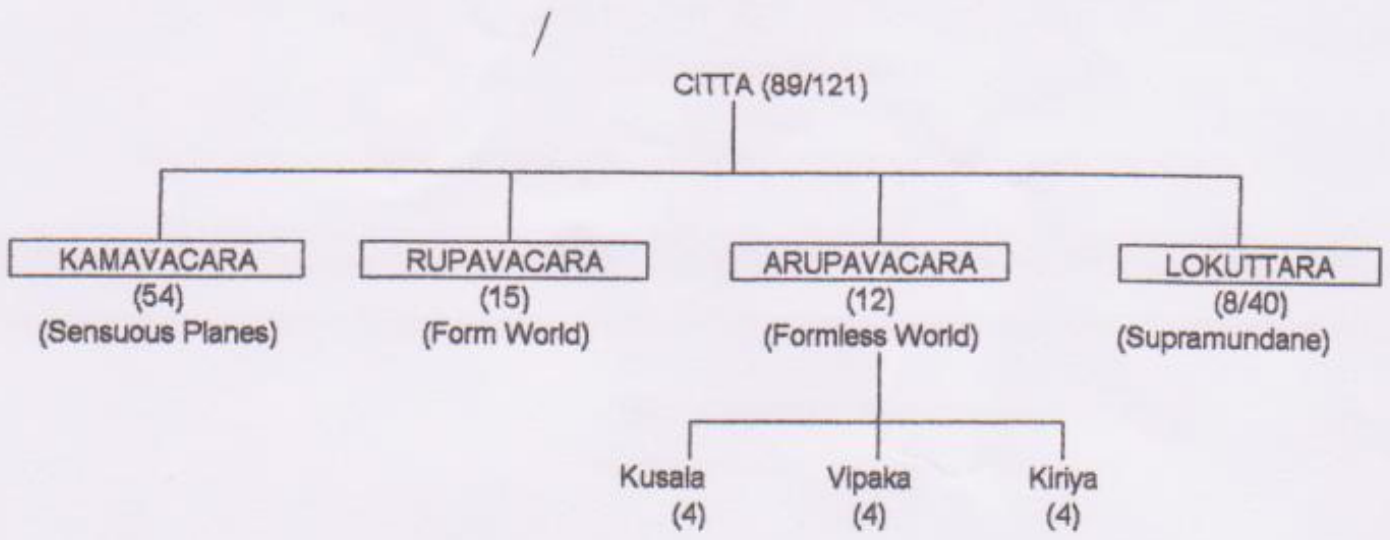
<u>Factors</u>	<u>Kusala</u>	(Initial Appin) <u>Vitaka</u>	(Sustain Appin) <u>Vicara</u>	(Joy) <u>Piti</u>	(Happiness) <u>Sukha</u>	(One-pointedness) <u>Ekagata</u>	
5	1st Jhana	x	x	x	x	x	
4	2nd Jhana		x	x	x	x	
3	3rd Jhana			x	x	x	
2	4th Jhana				x	x	
2	5th Jhana					x	
16	6th Jhana	Arupavacara (Upekkha + Ekagata)					Upekkha

In Rupavacara, there are 16 jhana factors each in the Kusala, Vipaka and Kiriya. Therefore there are altogether 48 (16 x 3) jhana factors in Rupavacara.

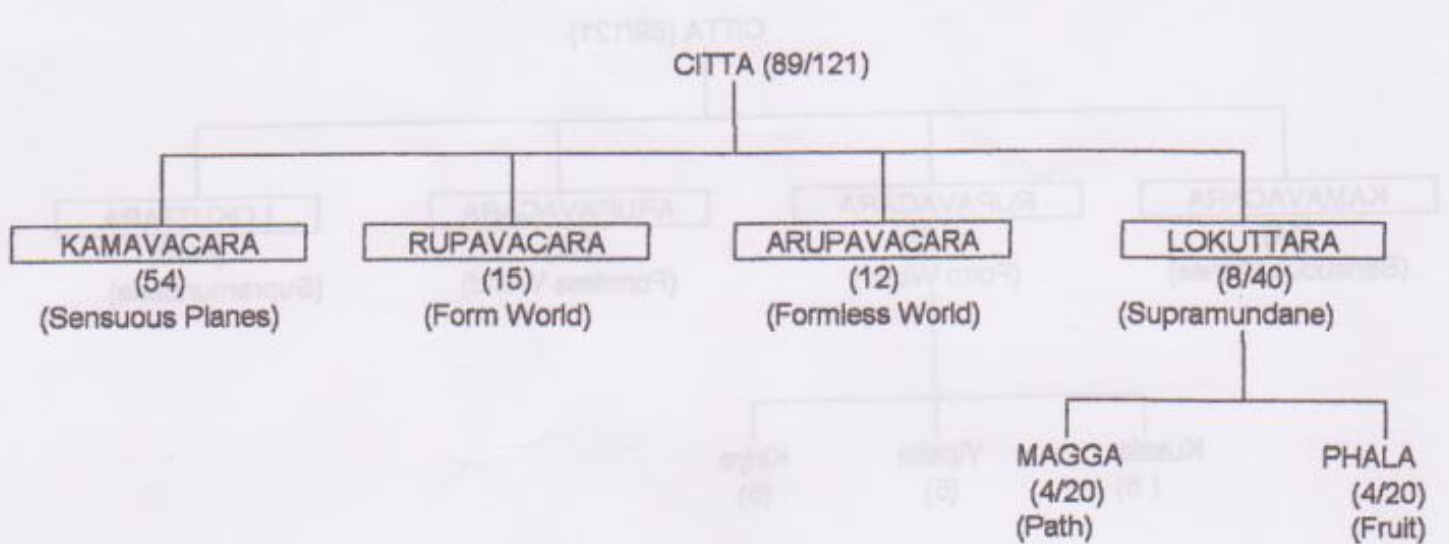
Jhana Factors

5 Hindrances





- | | | |
|---|---|---|
| 1) Akasanancayatana kusalacittam
(Infinity of Space) |) |) |
| 2) Vinnanancayatana kusalacittam
(Infinity of Consciousness) |) |) |
| 3) Akincannayatana kusalacittam
(Nothingness) |) |) |
| 4) N'evasanna' asannayatana kusalacittam
Neither Perception nor Non-Perception |) |) |
-) Same for Vipaka and Kiriya



Lokuttara leads you to enlightenment. Seeing things as they truly are.

Supramundane is a process of transcending the world consisting of 5 aggregates:

- Vinnana
- Vedana
- Sanna
- Sankhara
- Rupa

Leads to liberation from samsara and to the attainment of Nibbana and cessation of sufferings.

Path is the function of eradicating defilements.

Fruit is the function of experiencing the degree of liberation.

Magga {moral supramundane consciousness (kusala)}:

- 1) Sotapattimaggacittam (sotapatti - path consciousness) - Stream Entry (Come back 7 times)
1st stage of sainthood (no more working (puthujjana) but an ariya (noble))
- 2) Sakadagamimaggacittam - Once Returner (Come back once)
2nd stage of sainthood
- 3) Anagamimaggacittam - Non Returner
3rd stage of sainthood
- 4) Arahattamaggacittam - Arahant
4th stage of sainthood