

LEVELS OF SAMADHI

REALM	LEVEL OF SAMADHI		FREEDOM FROM
FORMLESS	Absorption of Cessation		Coarse feelings & discriminations
	THE FOUR ABSORPTIONS (SAMAPATTI)	4. Peak of Cyclic Existence	Discrimination of nothingness
		3. Nothingness	Discrimination of consciousness
		2. Infinite Consciousness	Discrimination of space
		1. Infinite Space	Discrimination of obstructive form
FORM	Absorption without Discrimination		Coarse feelings & discriminations
	THE FOUR CONCENTRATIONS (DHYANA)	4. Fourth Dhyana	Happiness feeling
		3. Third Dhyana	Mental happiness
		2. Second Dhyana	Suffering feeling
		1. First Dhyana	Mental unhappiness
	THE SEVEN PREPARATIONS (FOR 1ST DHYANA)	7. Final training	3 small levels of mental afflictions
		6. Analysis	All levels abandoned?
		5. Joy-withdrawal	3 middle levels of mental afflictions
		4. Thorough isolation	3 great levels of mental afflictions
		3. Arisen from belief	Union of shamatha & vipashyana
		2. Individual knowledge	Seeing form realm as peace
		1. Shamatha	Mere beginner
	DESIRE	THE NINE MENTAL ABIDINGS (LEADING TO SHAMATHA)	9. Setting in equipoise
8. Making one-pointed			Power of effort
7. Thorough pacifying			
6. Pacifying			Power of introspection
5. Disciplining			
4. Close setting			Power of mindfulness
3. Resetting			
2. Continuous setting			Power of thinking
1. Setting the mind			Power of hearing