



INSIGHT  
4 TRUTHS  
SUFFERING  
IMPERMANENCE  
NOT-SELF

SUPRA- MUNDANE  
WISE  
UNDERSTANDING

SUPRA- MUNDANE  
WISE  
UNDERSTANDING

WISDOM

WISDOM

INSIGHT  
PRACTICE

INSIGHT  
PRACTICE

NEIGHBORHOOD  
ACCESS  
CONCENTRATION

FOURTH

EQUANIMITY

NO-THING-NESS

THIRD

HAPPINESS

SPHERE OF  
INFINITE  
CONSCIOUSNESS

SECOND

RAPTURE  
HAPPINESS

SPHERE OF  
INFINITE  
SPACE

FIRST  
JHANA

INITIAL  
APPLICATION  
SUSTAINED  
APPLICATION  
RAPTURE  
HAPPINESS

FORMLESS  
JHANAS

JHANAS

ONE  
POINTEDNESS

ABANDON/  
SET ASIDE  
HINDRANCES

FIVE  
HINDRANCES

MEDITATION  
OBJECT

UNTRAINED  
MIND CHAOS  
CONDITIONED  
INSTINCT

BREATH  
LOVING  
KINDNESS  
COMPASSION  
SYMPATHETIC  
JOY  
EQUANIMITY  
OTHER

SCEPTICAL  
DOUBT

SLOTH  
AND  
TORPOR

RESTLESSNESS  
AGITATION  
WORRY

AVERSION  
ILL WILL

SENSUAL  
DESIRE

WISE  
CONCENTRATION