

Stages of Jhâna (Chan, Zen: Meditation)

Stage	vitakka (reflection)	vicâra (contemplation)	pîti (joy)	sukha (comfort)	eka-aggatâ (one-pointedness)
1st	○	○ (five coverings * have already ceased)	○	○	○
2nd			○ (four fluxes ** have already ceased)	○	○
3rd				○ (upekkhako, detached)	○
4th					○ (upekkhâ, equipoise) (the mind is freed, there is no rebirth, nibbâna)

*Kâma-chanda (lust-desire), abhijjhâ-vyâpâda (covetousness-malevolence),
 thîna-middha (sloth-drowsiness), uddhacca-kukkucca (agitation-worry), vikkicchâ (doubt)
 ** Kâma (lust), bhava (becoming), ditthi (view), avijjâ (nescience)

From **No Self - A New Systematic Interpretation of Buddhism** by Rosan Osamu Yoshida