

TABLE 10.1
Jhāna Potential of Meditation Subjects

MEDITATION SUBJECT	JHĀNA POTENTIAL
Breath	First, second, third, fourth jhānas
Four elements	Neighborhood or momentary concentration
Thirty-two parts of the body	Access to jhāna
<i>Ten kasinas</i> White, dark-colored (<i>nīla</i>), yellow, red, earth, water, fire, wind, light, limited space	First, second, third, fourth jhānas
<i>Immaterial Jhānas:</i> Infinite space Infinite consciousness Nothingness Neither-perception-nor-nonperception	Base of infinite space Base of infinite consciousness Base of nothingness Base of neither-perception-nor-nonperception
<i>Brahmaviharas:</i> Loving-kindness Compassion Appreciative joy Equanimity	First, second, third jhānas First, second, third jhānas First, second, third jhānas Fourth jhāna
Six reflections	Access to jhāna
Repulsive corpses	First jhāna
Death reflection	Access to jhāna