

The Buddha's Jhana Meditation Instructions from The Satipatthana Sutta as Restored by John (111123)

- **(Speaking Slowly)**
- **Ask those on zoom to please mute their microphones and stay on-screen during Dhamma class**
- We will be meditating for (X) minutes. If you find this overly uncomfortable, come out of mediation and sit quietly until you are ready to resume.
- The following is the Buddha's Jhana Meditation Instructions from The Satipatthana Sutta as Restored by John
- Now is the time to meditate. Now is the time to set mindfulness on the breath-in-the-body and do Jhana.
- We are sensitive and conscious beings. The purpose of Jhana meditation is to increase concentration while remaining independent of and not clinging to feelings or thoughts.
- Find your relaxed meditation posture.
- Sitting erect, gently close your eyes and gently close your mouth.
- Holding yourself softly, gently, lovingly. Allow yourself to settle into your room, settle onto your seat, settle into your body, and settle into your mind.

(Pause For One Complete Breath)

- Note the first three foundations of mindfulness are becoming mindful of your breath in your body and noting feelings and thoughts arising and passing away while returning your mindfulness to your breathing.
- Notice the sensation of breathing in your body. Become mindful of your inhalation and exhalation.

(Pause For One Complete Breath)

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- When you find that you are distracted by feelings or thoughts arising and passing away, gently acknowledge the distraction and return your mindfulness to your in-breath and out breath.

(Pause For One Complete Breath)

- Relaxing your thoughts, remaining mindful of the arising and the passing away of your breath-in-your-body.

(Pause For One Complete Breath)

- We will continue to meditate for (X) minutes, with call-backs every (5) or (10) minutes. (When newer students are present: 5 minutes)

Intermittent Callback:

- Noticing the arising and passing away of feelings and thoughts while remaining mindful of the arising and passing away of your breath-in-your-body.

Final Callback:

- Noticing the arising and passing away of feelings and thoughts while remaining mindful of the arising and passing away of your breath-in-your-body.
- We will continue to meditate for (x) more minutes.

Ending Jhana Practice

- The Fourth Foundation of Mindfulness is remaining mindful of the present quality of mind independent of and not clinging to anything in the world. Be at peace with the quality of your mind. It's your mind.
- When you are ready, you can gently open your eyes.