



Right Concentration: A Practical Guide to the Jhanas

Leigh Brasington

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The jhanas are eight progressive altered states of consciousness that can be identified with the aspect of the Buddha's Eightfold Path called Right Concentration. Training in concentration leads to these states, each of which yields a deeper and subtler state of awareness than the previous one. The jhanas are not in themselves awakening, but they are a skillful means for stilling the mind in a way that leads in that direction, and they are attainable by anyone who devotes the time and sincerity of practice necessary to realize them. Leigh Brasington's guide to navigating the jhana path is deeply informed by the view of them transmitted to him by his teacher, Ven. Ayya Khema, a view based on the Pali suttas.

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