

TABLE 4.1
Five Jhāna Factors

FACTOR	DEFINITION	FUNCTION	HINDRANCES OVERCOME
<i>Vitakka</i>	Initial application of the mind	To direct attention to the object	Sloth and torpor
<i>Vicāra</i>	Sustained attention	To sustain attention on the object	Doubt
<i>Pīti</i>	Rapture, delight, pleasure	To refresh and invigorate consciousness	Aversion
<i>Sukha</i>	Happiness, contentment	To gratify and intensify associated states	Restlessness
<i>Ekaggatā</i>	One-pointedness, concentration, collectedness	To unify associated factors with the object; to eliminate distractions	Sensual desire