

Jhana Factors and Hindrances

Hindrance	Jhana Factor	Jhana in which each Factor is Predominant
Sense desire	Applied attention (<i>vitakka</i>)	First jhana
Ill will	Sustained attention (<i>vicāra</i>)	First jhana
Sloth and torpor	Joy (<i>piti</i>)	Second jhana
Restlessness and remorse	Bliss (<i>sukha</i>)	Third jhana
Doubt	One-pointedness (<i>Ekaggatā</i>) plus Equanimity (<i>Upekkha</i>)	Fourth jhana