

The procedure of focusing at the Kasiṇa

1st STEP: Normal focusing

- 1.1 Focus at the kasiṇa device for 15 seconds
- 1.2 Close the eyes to figure out the image for 5 seconds

2nd STEP: Focusing quickly with effort

- 2.1 Focus at the kasiṇa device for 5 seconds
- 2.2 Close the eyes to figure out the image for 5 seconds

3rd STEP: Rapid focusing, like blinking

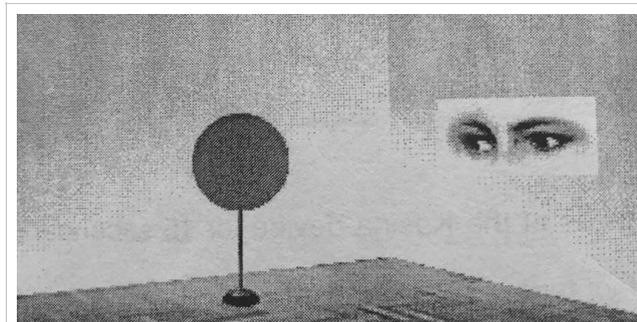
- 3.1 Focus at the kasiṇa device briefly like blinking the eyes.
- 3.2 Close the eyes to figure out the image for 3 seconds.

4th STEP: Focusing in jhāna (absorption)

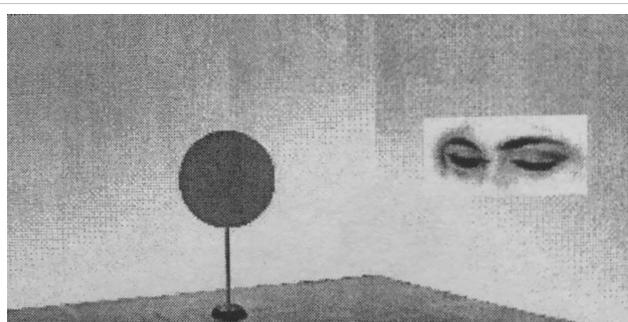
- 4.1 Focus at the kasiṇa device for 30 seconds
- 4.2 Close the eyes until you finish practicing

1st STEP: Normal focusing

- 1.1 Focus at the kasiṇa device for 15 seconds
- 1.2 Close the eyes to figure out the image for 5 seconds



Pic 1: Focus at the kasiṇa device for 15 seconds



Pic 2: Close the eyes to figure out the image for 5 seconds

How to focus: the 1st step.

The practitioner must focus at the middle of the kasiṇa device for 15 seconds and close the eyes to figure out the image 5-10 for seconds. Alternatively, until one stops practicing meditation. For new practitioners it is suggested to practice at least twice a day (in the morning and in the evening). One should practice for at least 15 minutes or about 50 times each time. It will be more effective if one practices repeatedly.

2nd STEP: Focusing quickly with effort

- 2.1 Focus at the kasiṇa device for 5 seconds
- 2.2 Close the eyes to figure out the image for 5 seconds

How to focus: the 2nd step.

This step is faster than the first one. The practitioner focuses at the kasiṇa device for 100 times in 15 minutes. Alternatively, use the first step and the second step. The practitioner must practice these two steps as much as possible because they will have an affect on the fourth step.

Anyway, when closing the eyes, try to figure out the image for 15 seconds. Don't rush to open the eyes to continue focusing. If one concentrates very well, the image that disappeared will appear again many times. If one cannot figure out the image, continue focusing at the device.

3rd STEP: Rapid focusing, like blinking

3.1 Focus at the kasiṇa device briefly like blinking the eyes.

3.2 Close the eyes to figure out the image for 3 seconds.

How to focus: the 3rd step.

This step is rushing to view the true color of the kasiṇa. The practitioner focuses at the device for 0.5 seconds (view it as a blink). Then close the eyes for 2-3 seconds and open them to view the device. Alternatively, practice according to the first step and the second step.

This step is used after one has practiced the first and second step for 2-3 months. It is enough to practice this step for 5 minutes each time. Then practice the other steps all together.

Don't practice this step while driving because the image might be very realistic and you may get the impression that your eyes are open when they are actually closed.

4th STEP: Focusing in jhāna (absorption)

4.1 Focusing at the kasiṇa device for 30 seconds

4.2 Close the eyes until you finish practicing.

How to focus: the 4th step.

This step is the method of training one's mind to figure out the image. The practitioners who train less in the first and second step may not figure out the true image so whoever wants to succeed in this step must practice the first step and second step with great effort.

Practitioners who are new at this step may not figure out the image after closing the eyes for 5-10 minutes. It is suggested to open the eyes to focus at the device for 30 seconds. Then, close the eyes again and try to figure out the image. After 5-10 minutes one can not figure it out again. It is suggested to repeat doing it again and again until one can figure out the image.

When practicing this step alone in one's house or a private place, it is suggested to place the kasiṇa device near a window, a door or a clear area that lets the sunlight in. Then focus at the device for 30 seconds and close the eyes while turning your face towards the window, the door or the clear area. The light will help to increase the brightness of the image.

If there is no light or it is nighttime, it is suggested to focus in the same direction that is used for focusing at the kasiṇa device for 30 seconds and closing the eyes to figure out the image continuously. Practitioners can accomplish this with strong concentration.

For the expert practitioners there is no need to focus at the kasiṇa device. They can figure out the image easily.

For the new practitioners who feel that it is difficult to visualize the image, they should practice the first step and the second step until they can see the bright and clear image. When one has strong concentration, one can make out the image easily.