

The Tour Guide through Jhana-Topia (by Stephanie Nash)

Enter bright, overly cheerful, hostess. Something between a grade school teacher & a Stepford wife....as Carol Burnett might play her.

“Welcome aboard the JHANATOPIA EXPRESS!

Please fasten your seat belts and adjust your seat to the upright position.

My name is Stephanie, and I’ll be your Hostess through Jhanatopia today. I’ll do all I can to make your journey less confusing and more comfortable (and if it doesn’t work for you – there is the Insight Wing just down the hall to the left.)

For those joining us for the first time, we do require that you view our ACCESS CONCENTRATION VIDEO. Today’s video is entitled: “Two Nostrils Breathing”. (Should be good!)

For those who have already viewed that video – please follow me to the Rupa Jhana Elevator. All Aboard. Watch the closing door. Now focus on something PLEASANT, as we go UP to the 1st Floor.

And here we are on the 1st JHANA FLOOR. They keep it bright in here and yes, the fireworks display is continuous. The trampolines and electrical outlets are to the left, the Orgasmatron & Piti Master are in the center of the room. We’ve soundproofed the “Scream of Ecstasy Room” in the back. You’ll notice it feels like there’s an earthquake happening in the room – just allow the vibrations to go up the spine and out the top of the head and you’ll be fine.

And over here on our way out – are the cold showers – that are highly recommended before going to the 2nd floor.

Ok, please watch the closing door, and take a deep breath in & out – as we move DOWN to the 2nd FLOOR.

Ah here we are. *(big smile)* Good times here! (This floor as the best parties!) This is also a bright room, but more in the yellow tone. Notice the happy faces, flowers & bright feathers (for tickling.) In the back is the practice “Just Giggling”. We have a Sukha Fest once a week that’s a lot of fun.

Now over there – if you go through the big red heart – and the dangling red beads – is the optional LOVING KINDNESS BLAST. (We find that one is usually at cruising altitude for Metta here – so you can opt to take a slight detour to pick up Extra Karma Points – which are redeemable at the end of the tour.)

The Sukha Snacks are over here. All food seems to taste better on this floor. (And we put peanut butter on everything!)

And on the way out are the luke-warm-to-cool showers for when you’re ready to go to 3.

Please watch the closing door. Take a deep breath in and out.

And here we are on the 3rd JHANA FLOOR.

This may be our Favorite Floor. Everyone leaves Satisfied.

Notice the soothing, contented color scheme.

This wall is lined with smiling Buddhas and the Mona Lisa is in the back.

(suddenly sharply critical) What is this laughing Buddha doing here?

Would someone please take him back to the 2nd floor?!

(You know the mind just goes for some people with this work.)

(Cheerful again) And on the way out over here, you’ll notice an assortment of blankets and ankle weights for the journey down to 4. It’s quite a drop.

All in? Deep breath in and out.Now, you’ll notice that we are *still* going down. Oh, just a note – it’s going to get dark down here and no, we don’t allow flashlights.

Ok, now before I open the doors, I want everyone to stop smiling. They take things pretty seriously down here.

(whispering) Okay! Now we're down at the bottom – on the 4th JHANA FLOOR. You'll notice the Neutral Color Scheme. Here are individual wells for dropping down further.

It's very Restful here – nothing pleasant or unpleasant to disturb you. I know it's dark, but you'll get used to it.

And for those advanced meditators who are especially concentrated – you'll see sheets hanging on the hooks outside the door to the open field. You can do your Casper number there.

(back to full voice) Ok. That concludes this 1st part of the Tour, of the Rupa Jhanas. For those who would like to continue on – please put on these sensa-around goggles & ear buds so you'll hear my voice – as you....step into the Arupa pods to be beamed into the IMMEASURABLE STATES.

First, as we head towards JHANA #5 (not to be confused with Chanel – *smile*) now you'll notice Expanding.... Expanding.... Expanding... no we're not there yetExpanding – ah! There it is! Infinite Space! My Goodness! It's really awesome, isn't it? Much better than the Grand Canyon. You could get lost out there! (which is kind of the point – *giggles*)

Ok, now.....when you're ready, leave all limits at the door and get ready to BLOW YOUR MIND – literally. *(giggle)* As we move to the 6th JHANA – Please allow your consciousness to become or fill that infinite space – yes, let it be limitless – splatter it all over everything & beyond.Wow! Now that's really all-encompassing, isn't it? (Yes, you could get some grandiose ideas from this one – but you'll notice the “God Complex” corner over there where we deal with those.)

Leigh says they used to confuse this 6th Jhana with “Becoming One with Atman.” I say, *(thrilled)* “Atman, move over! My Consciousness has this covered!!” *(suddenly quieter, under breath)* Yes, I spent some

time in the corner.... *(instant smile)* but I'm better now – and ready to take you on to the 7th!

Ok, so, after all that Infinity – you can come chill in ROOM #7.
Not much happens in there. Most people find it restful.
Please observe the SIGN on the DOOR:

“NO THING IN HERE”

So please only bring Nothing with you –and yes, that includes you.
(And it is strongly enforced – so don't try to slip anything in.)

And in here....you'll see...Nothing over here. Nothing over there.
Nothing above or below. And the décor is pretty Nothing, too.

Ok, now...if you're feeling ambitious – you can go to the 8th SUITE
– but they are pretty exclusive. *(Said quickly & confidentially:)* First you
have to get the “nothing of the 7th Room to Collapse in front of
your face.”It's a kind of initiation thing.)

HOWEVER, once you've become a Frequent 8th Suite Visitor
--you are ELIGIBLE to be considered for the FINAL 9th FLOOR.
But that is by INVITATION ONLY.

(People on the 1st floor aren't sure the 9th floor really exists....but
then they don't really *care!*) *(Big smile)*

Well, I hope you've enjoyed your visit to JHANATOPIA – and if not
– let me recommend that you revisit the first 3 Floors.

Now, to continue on your tour – the INSIGHT WING is that way.
We're having a special Buddhist Buffet today:
“Build your Own Meditation.”
Lots of selection. Eat ALL you want – and leave EMPTY!”

(smile wave)