## **Handout 3: Mental Factors** Unwholesome

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1 Ethically-variable	Pāļi	Characteristic	Function	Manifestation	<b>Proximate Cause</b>		
Contact / Sense impression	Phassa	Mentally touching object	Impact / Impingement	Base + object + consciousness	Object in avenue of awareness		
Feeling / Sensation / Experience	Vedanā	Being felt	Experiencing object	Relishing of the Mental Factors	Tranquillity		
Perception / Recognition	Saññā	Perceiving object's qualities / Noting	Recognizing / Marking	Brief interpretation of object	Object as it appears		
<b>Volition</b> / Intention / Will	Cetanā	Coordinating	Accumulate kamma	Directing / Organizing	Consciousness / Mental Factors		
One-pointedness / Concentration	Ekagattā	Non-scattering / Non-distraction	Uniting Mental Factors	Peace	Happiness		
Attention / Reflection	Manasikāra	Driving Mental Factors to object	Joining Mental Factors to object	Facing object	Object		
<b>Life faculty</b> / Vitality	Jīvitindriya	Ceaseless watching	Maintaining life	Establishment	Consciousness / Mental Factors		
<i>Initial application</i> / Thought	Vitakka	Directing mind onto object	Striking at object	Leading of the mind to object	Object		
<b>Sustained application</b> Examination	<sup>/</sup> Vicāra	Continued presence on object	Sustained application on object	Anchoring of Mental Factors on object	Object		
<b>Determination</b> / Commitment	Adhimokkha	Conviction / Being convinced	Not groping	Decisiveness	A thing to be convinced about		
Energy / Effort / Exertion	Viriya	Supporting, exerting and marshalling	Supporting Mental Factors	Non-collapse	A sense of urgency		
<b>Zest</b> / Rapture / Enthusiasm	Pīti	Endearing	Refreshes mind & body	Elation	Mind & body ( <i>nāmarūpa</i> )		
Motivation / Desire / Zeal	Chanda	Desire to act	Searching for object	Need for object	Object		
<b>0</b>							
2 Unwholesome	Pāļi	Characteristic	Function	Manifestation	Proximate Cause		
<b>Delusion</b> / Ignorance	Moha	Mental blindness, unknowing	Concealment of object's nature	Absence of right understanding	Unwise attention		
Shamelessness / Immodesty	Ahirika	No disgust over misconduct	Doing evil without shame	Not shrinking away from evil	Lack of respect for self		
Recklessness / Lack of moral dread	Anottappa	No dread over misconduct	Doing evil without dread	Not shrinking away from evil	Lack of respect for others		
Restlessness / Distraction / Wavering	Uddhacca	Mental excitement / No mindfulness	Make the mind unsteady	Turmoil / Whirling	Unwise attention		
Attachment / Greed	Lobha	Grasping an object	Sticking	Not giving up	Attraction to what leads to bondage		
<b>Wrong view</b> / Evil opinion	Diţţhi	Unwise conviction	Pre-assume / Bias / Distort	Wrong belief	Unwillingness to listen to Dhamma		
Conceit / Pride	Māna	Haughtiness	Self-praise	Desire to advertise oneself	Greed disassociated from wrong view		
<b>Aversion</b> / Anger / Hatred / Fear	Dosa	Ferocity / Savageness	Burn up its own support (heart-base)	Persecuting / Injuring / Offending	A ground for annoyance		
<i>Envy</i> / Jealousy	Issā	Aversion to other's prosperity	Dissatisfied with other's success	Aversion towards other's success	Other's success		
Selfishness / Stinginess	Macchariya	Concealing one's success	Unwilling to share with others	Shrinking away from sharing	One's own success		
Remorse / Worry / Regret	Kukkucca	Subsequent regret, repentence	Sorrow over what has been done	Remorse / Regret	Past unskillful kamma		
Sloth / Sluggishness	Thīna	Lack of driving power / No striving	Destruction of energy	Sinking of the mind	Drowsiness		
Torpor / Laziness	Middha	Unwieldiness	Closing the doors of consciousness	Drooping, nodding & sleepiness	Drowsiness		
Doubt	Vicikicchā	Doubting / Shifting about	Mental wavering	Indecisiveness / Indecision	Unwise attention		

variable Mental Factors (Initial application, Sustained application, etc.)	
All Universal Unwholesome Mental Factors	

(Delusion. Shamelessness. etc.)

Thought Moments (1–12)

All Universal Ethically-

variable Mental Factors

(Contact, Feeling, etc.)

Some Occasional Ethically-

2 Some Occasional Unwholesome Mental Factors (Attachment, Wrong view, etc.) Pāli Characteristic

Saddhā

Sati

Hiri

Ottappa

Alobha

Adosa

Tatra-

majjhattatā

Passaddhi

Luhutā

Mudutā

Kammaññatā

Pāguññatā

Ujjukatā

Paññā

Karunā

Muditā

Vaci-duccarita

Virati

Varita

Varita

Legend Ethically-variable 2 Unwholesome **B** Beautiful

Placing faith /

Not floating away

Aspiring

from object

Disgust at

misconduct

Dread of evil

Not opposing

towards beings

disturbances

heaviness

rigidity

object

No attachment to

Promoting neutrality

Quietening mental

Opposing mental

Opposing mental

Opposing mental

unwieldiness

/ Competence

Mental uprightness

Penetrating intrinsic nature of object

Promoting removal

of other's suffering

Gladness at the

success of others

Non-transgression

by wrong speech

by wrong action

by wrong livelihood

Kāya-duccarita Non-transgression

Ājīva-duccarita Non-transgression

**Function** 

Not appropriating

Inhibiting partiality /

Seeing equality

Crushing mental

Crushing mental

Crushing mental

Crushing mental

unwieldiness

unhealthiness

crookedness

Unable to bear

other's suffering

other's success

evil deeds

evil deeds

evil deeds

Shrink back from

Shrink back from

Shrink back from

Crushing mental

Illuminate the object

Being unenvious at

disturbances

heaviness

rigidity

Healthiness / Fitness Crushing mental

Removing

annovanče

**Rootless (Ethically Neutral)** 

Thought Moments (13-30)

All Universal Ethically-

variable Mental Factors

(Contact, Feeling, etc.)

Some Occasional Ethically-

variable Mental Factors

Sustained application, etc.)

(Initial application,

(Initial application, Sustained application, etc.) All Universal Beautiful Mental Factors

Wholesome

Thought Moments (31-89)

All Universal Ethically-

variable Mental Factors

(Contact, Feeling, etc.)

Some Occasional Ethically-

variable Mental Factors

(Faith. Mindfulness. etc.) Some Occasional Beautiful Mental Factors (Understanding, Compassion, etc.)

Manifestation **Proximate Cause** A worthy object Firm remembrance

Non-fogginess / Lack of pollution Clarifying / Purifying Being "face to face" / Four foundations with object Shrinking away

Non-forgetfulness / Non-confusion Not doing evil because of modesty from evil Shrinking away Not doing evil because of dread from evil

resentment

Neutrality /

torpor

Peacefulness

and conceit

Oppose sense

(no disability)

Non-cruelty

aversion

evil deeds

evil deeds

evil deeds

Elimination of

Abstinence from

Abstinence from

Abstinence from

Oppose sloth and

Oppose wrong view

desire and aversion

Oppose lack of faith

Oppose hypocrisy

Non-bewilderment

and fraudulence

Self-respect

Respect for others Wise attention

Detachment

Being pleasing / Agreeableness

No approval or

Wise attention Wise attention

Consciousness / Mental Factors

Consciousness / Mental Factors

Consciousness /

Mental Factors Consciousness /

Consciousness /

Mental Factors

Consciousness /

Mental Factors

Wise attention

helplessness

Seeing the success

fewness of wishes

Faith, shame and

fewness of wishes

Faith, shame and

fewness of wishes

Seeing

of others Faith, shame and

Mental Factors

Beautiful Faith / Confidence / Conviction / Trust

Mindfulness /

Attentiveness

Conscience /

Shame / Scruples

Non-attachment /

Non-aversion /

Fear of blame /

Moral dread

Non-greed

Non-anger

Equanimity /

Mental balance

2 x Tranquillity

Lightness / Buoyancy

Elasticity / Malleability

2 x Adaptability /

2 x Proficiency /

2 x *Uprightness* / Rectitude

Understanding /

Compassion

Altruistic joy

Sympathetic joy /

Abstinence from

Abstinence from

Abstinence from

wrong livelihood

wrong speech

wrong action

Wisdom

Workabieness

2 x Agility /

2 x Pliancy /

0

	Pāļi	Characteristic	Function	Manifestation	Proximate Cause		Pāļi	Characteristic	Function	Manifestation	Proximate Cause
Contact / Sense impression	Phassa	Mentally touching object	Impact / Impingement	Base + object + consciousness	Object in avenue of awareness	Faith / Confidence / Conviction / Trust	Saddhā	Placing faith / Aspiring	Clarifying / Purifying	Non-fogginess / Lack of pollution	A worthy object
Feeling / Sensation / Experience	Vedanā	Being felt	Experiencing object	Relishing of the Mental Factors	Tranquillity	Mindfulness / Attentiveness	Sati	Not floating away from object	Non-forgetfulness / Non-confusion	State of facing object	Firm remembrance / Four foundations
Perception / Recognition	Saññā	Perceiving object's gualities / Noting	Recognizing / Marking	Brief interpretation of object	Object as it appears	Conscience / Shame / Scruples	Hiri	Disgust at misconduct	Not doing evil because of modesty	Shrinking away from evil	Self-respect
Volition /	Cetanā	Coordinating	Accumulate kamma	Directing / Organizing	Consciousness / Mental Factors	Fear of blame /	Ottappa	Dread of evil	Not doing evil because of dread	Shrinking away from evil	Respect for others
One-pointedness / Concentration	Ekagattā	Non-scattering / Non-distraction	Uniting Mental Factors	Peace	Happiness	Non-attachment / Non-greed	Alobha	No attachment to object	Not appropriating	Detachment	Wise attention
Attention / Reflection	Manasikāra	Driving Mental Factors to object	Joining Mental Factors to object	Facing object	Object	Non-aversion / Non-anger	Adosa	Not opposing	Removing annoyance	Being pleasing / Agreeableness	Wise attention
Life faculty / Vitality	Jīvitindriya	Ceaseless watching	Maintaining life	Establishment	Consciousness / Mental Factors	Equanimity / Mental balance	Tatra- majjhattatā	Promoting neutrality towards beings	Inhibiting partiality / Seeing equality	No approval or resentment	Wise attention
y						2 x Tranquillity	Passaddhi	Quietening mental disturbances	Crushing mental disturbances	Neutrality / Peacefulness	Consciousness / Mental Factors
						2 x <b>Agility</b> / Lightness / Buoyancy	Luhutā	Opposing mental heaviness	Crushing mental heaviness	Oppose sloth and torpor	Consciousness / Mental Factors
						2 x <b>Pliancy</b> / Elasticity / Malleability	, Mudutā	Opposing mental rigidity	Crushing mental rigidity	Oppose wrong view and conceit	Consciousness / Mental Factors
Initial application /	Pāļi	Characteristic	Function	Manifestation	Proximate Cause	2 x <b>Adaptability</b> / Workableness	Kammaññatā	Opposing mental unwieldiness	Crushing mental unwieldiness	Oppose sense desire and aversion	Consciousness / Mental Factors
<i>Initial application /</i> Thought	Vitakka	Directing mind onto object	Striking at object	Leading of the mind to object	Object	2 x Proficiency /	Pāguññatā	Healthiness / Fitness	Crushing mental	Oppose lack of faith	Consciousness /
Sustained application Examination	/ Vicāra	Continued presence on object	Sustained application on object	Anchoring of Mental Factors on object	Object	Skill 2 x <i>Uprightness</i> /		/ Competence	unhealthiness Crushing mental	(no disability) Oppose hypocrisy	Mental Factors Consciousness /
<b>Determination</b> / Commitment	Adhimokkha	Conviction / Being convinced	Not groping	Decisiveness	A thing to be convinced about	Rectitude	Ujjukatā	Mental uprightness	crookedness	and fraudulence	Mental Factors
Energy / Effort / Exertion	Viriya	Supporting, exerting and marshalling	Supporting Mental Factors	Non-collapse	A sense of urgency						
<b>Zest</b> / Rapture / Enthusiasm	Pīti	Endearing	Refreshes mind & body	Elation	Mind & body ( <i>nāmarūpa</i> )		Pāļi	Characteristic	Function	Manifestation	Proximate Cause
Motivation / Desire / Zeal	Chanda	Desire to act	Searching for object	Need for object	Object	<b>Delusion</b> / Ignorance	Moha	Mental blindness, unknowing	Concealment of object's nature	Absence of right understanding	Unwise attention
Doone / Zou						Shamelessness / Immodesty	Ahirika	No disgust over misconduct	Doing evil without shame	Not shrinking away from evil	Lack of respect for self
	Pāli	Characteristic	Function	Manifestation	Proximate Cause	Recklessness / Lack of moral dread	Anottappa	No dread over misconduct	Doing evil without dread	Not shrinking away from evil	Lack of respect for others
Attachment / Greed	Lobha	Grasping an object	Sticking	Not giving up	Attraction to what leads to bondage	Restlessness / Distraction / Wavering	Uddhacca	Mental excitement / No mindfulness	Make the mind unsteady	Turmoil / Whirling	Unwise attention
Wrong view / Evil opinion	Diţţhi	Unwise conviction	Pre-assume / Bias / Distort	Wrong belief	Unwillingness to listen to Dhamma						
Conceit / Pride	Māna	Haughtiness	Self-praise	Desire to advertise oneself	Greed disassociated from wrong view						
Aversion / Anger / Hatred / Fear	Dosa	Ferocity / Savageness	Burn up its own support (heart-base)	Persecuting / Injuring / Offending	A ground for annoyance		Pāļi	Characteristic	Function	Manifestation	Proximate Cause
Envy / Jealousy	Issā	Aversion to other's prosperity	Dissatisfied with other's success	Aversion towards other's success	Other's success	<b>Understanding</b> / Wisdom	Paññā	Penetrating intrinsic nature of object	Illuminate the object	Non-bewilderment	Wise attention
Selfishness / Stinginess	Macchariya	Concealing one's success	Unwilling to share with others	Shrinking away from sharing	One's own success	Compassion	Karuṇā	Promoting removal of other's suffering	Unable to bear other's suffering	Non-cruelty	Seeing helplessness
Remorse / Worry / Regret	Kukkucca	Subsequent regret, repentence	Sorrow over what has been done	Remorse / Regret	Past unskillful kamma	Sympathetic joy / Altruistic joy	Muditā	Gladness at the success of others	Being unenvious at other's success	Elimination of aversion	Seeing the success of others
Sloth / Sluggishness		Lack of driving power / No striving	Destruction of energy	Sinking of the mind	Drowsiness	Abstinence from wrong speech	Vaci-duccarita Virati	Non-transgression by wrong speech	Shrink back from evil deeds	Abstinence from evil deeds	Faith, shame and fewness of wishes
Torpor / Laziness	Middha	Unwieldiness	Closing the doors of consciousness	Drooping, nodding & sleepiness	Drowsiness			Non-transgression by wrong action	Shrink back from evil deeds	Abstinence from evil deeds	Faith, shame and fewness of wishes
Doubt	Vicikicchā	Doubting / Shifting about	Mental wavering	Indecisiveness / Indecision	Unwise attention	Abstinence from wrong livelihood		Non-transgression by wrong livelihood	Shrink back from evil deeds	Abstinence from evil deeds	Faith, shame and fewness of wishes