

Handout 3: Mental Factors

① Ethically-variable	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
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
Volition / 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
Life faculty / Vitality	Jvitindriya	Ceaseless watching	Maintaining life	Establishment	Consciousness / Mental Factors
Initial application / Thought	Vitakka	Directing mind onto object	Striking at object	Leading of the mind to object	Object
Sustained application / Examination	Vicāra	Continued presence on object	Sustained application on object	Anchoring of Mental Factors on object	Object
Determination / 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
Zest / Rapture / Enthusiasm	Pīti	Endearing	Refreshes mind & body	Elation	Mind & body (nāmarūpa)
Motivation / Desire / Zeal	Chanda	Desire to act	Searching for object	Need for object	Object

② Unwholesome	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
Delusion / 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
Wrong view / Evil opinion	Diṭṭhi	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
Envy / 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, repentance	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

Unwholesome Thought Moments (1–12)

- ① All Universal Ethically-variable Mental Factors (**Contact**, **Feeling**, etc.)
- ① Some Occasional Ethically-variable Mental Factors (**Initial application**, **Sustained application**, etc.)
- ② All Universal Unwholesome Mental Factors (**Delusion**, **Shamelessness**, etc.)
- ② Some Occasional Unwholesome Mental Factors (**Attachment**, **Wrong view**, etc.)

Rootless (Ethically Neutral) Thought Moments (13–30)

- ① All Universal Ethically-variable Mental Factors (**Contact**, **Feeling**, etc.)
- ① Some Occasional Ethically-variable Mental Factors (**Initial application**, **Sustained application**, etc.)

Legend

- ① Ethically-variable
- ② Unwholesome
- ③ Beautiful

Wholesome Thought Moments (31–89)

- ① All Universal Ethically-variable Mental Factors (**Contact**, **Feeling**, etc.)
- ① Some Occasional Ethically-variable Mental Factors (**Initial application**, **Sustained application**, etc.)
- ③ All Universal Beautiful Mental Factors (**Faith**, **Mindfulness**, etc.)
- ③ Some Occasional Beautiful Mental Factors (**Understanding**, **Compassion**, etc.)

③ Beautiful	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
Faith / Confidence / Conviction / Trust	Saddhā	Placing faith / Aspiring	Clarifying / Purifying	Non-fogginess / Lack of pollution	A worthy object
Mindfulness / Attentiveness	Sati	Not floating away from object	Non-forgetfulness / Non-confusion	Being "face to face" with object	Firm remembrance / Four foundations
Conscience / Shame / Scruples	Hiri	Disgust at misconduct	Not doing evil because of modesty	Shrinking away from evil	Self-respect
Fear of blame / Moral dread	Ottappa	Dread of evil	Not doing evil because of dread	Shrinking away from evil	Respect for others
Non-attachment / Non-greed	Alobha	No attachment to object	Not appropriating	Detachment	Wise attention
Non-aversion / Non-anger	Adosa	Not opposing	Removing annoyance	Being pleasing / Agreeableness	Wise attention
Equanimity / Mental balance	Tatra-majjhataṭṭā	Promoting neutrality towards beings	Inhibiting partiality / Seeing equality	No approval or resentment	Wise attention
2 x Tranquillity	Passaddhi	Quieting mental disturbances	Crushing mental disturbances	Neutrality / Peacefulness	Consciousness / Mental Factors
2 x Agility / Lightness / Buoyancy	Luhutā	Opposing mental heaviness	Crushing mental heaviness	Oppose sloth and torpor	Consciousness / Mental Factors
2 x Pliancy / Elasticity / Malleability	Mudutā	Opposing mental rigidity	Crushing mental rigidity	Oppose wrong view and conceit	Consciousness / Mental Factors
2 x Adaptability / Workableness	Kammaññatā	Opposing mental unwieldiness	Crushing mental unwieldiness	Oppose sense desire and aversion	Consciousness / Mental Factors
2 x Proficiency / Skill	Pāguññatā	Healthiness / Fitness / Competence	Crushing mental unhealthiness	Oppose lack of faith (no disability)	Consciousness / Mental Factors
2 x Uprightness / Rectitude	Ujjukatā	Mental uprightness	Crushing mental crookedness	Oppose hypocrisy and fraudulence	Consciousness / Mental Factors
Understanding / Wisdom	Paññā	Penetrating intrinsic nature of object	Illuminate the object	Non-bewilderment	Wise attention
Compassion	Karuṇā	Promoting removal of other's suffering	Unable to bear other's suffering	Non-cruelty	Seeing helplessness
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
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
Abstinence from wrong action	Kāya-duccarita Varita	Non-transgression by wrong action	Shrink back from evil deeds	Abstinence from evil deeds	Faith, shame and fewness of wishes
Abstinence from wrong livelihood	Ājiva-duccarita Varita	Non-transgression by wrong livelihood	Shrink back from evil deeds	Abstinence from evil deeds	Faith, shame and fewness of wishes

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