

# Handout 3. Mental Factors

## Ethically Variable Mental Factors

### Universal Ethically Variable Mental Factors

	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
<b>Contact</b> / Sense impression	<i>Phassa</i>	Mentally touching object	Impact/ impingement	Base + object + consciousness	Object in avenue of awareness
<b>Feeling</b> / Sensation/Experience	<i>Vedanā</i>	Being felt	Experiencing object	Relishing of the Mental Factors	Tranquillity
<b>Perception</b> / Recognition	<i>Saññā</i>	Perceiving object's qualities/ Noting	Recognizing/ Marking	Brief interpretation of object	Object as it appears
<b>Volition</b> / Intention/Will	<i>Cetanā</i>	State of willing	Accumulate kamma	Directing/ Organizing	Consciousness/ Mental Factors
<b>One-pointedness</b> / Concentration	<i>Ekagattā</i>	Non-scattering/ Non-distraction	Uniting Mental Factors	Peace	Happiness
<b>Attention</b> / Reflection	<i>Manasikāra</i>	Driving Mental Factors to object	Joining Mental Factors to object	Facing object	Object
<b>Life faculty</b> / Vitality	<i>Jīvitindriya</i>	Ceaseless watching	Maintaining life	Establishment	Consciousness/ Mental Factors

### Occasional Ethically Variable Mental Factors

	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
<b>Initial application</b> / Thought	<i>Vitakka</i>	Directing mind onto object	Striking at object	Leading of the mind to object	Object
<b>Sustained application</b> / Examination	<i>Vicāra</i>	Continued pressure on object	Sustained application on object	Anchoring of Mental Factors on object	Object
<b>Certainty</b> / Commitment	<i>Adhimokkha</i>	Conviction/ Being convinced	Not groping	Decisiveness	A thing to be convinced about
<b>Energy</b> / Effort/Exertion	<i>Viriya</i>	Supporting, exerting and marshalling	Supporting Mental Factors	Non-collapse	A sense of urgency
<b>Zest</b> / Rapture/Enthusiasm	<i>Pīti</i>	Endearing	Refreshes body & mind	Elation	Mind & body ( <i>nāmarūpa</i> )
<b>Wish to do</b> / Desire/Zeal	<i>Chanda</i>	Desire to act	Searching for object	Need for object	Object

# Unwholesome Mental Factors

## Universal Unwholesome Mental Factors

	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
<b>Delusion/</b> Ignorance	<i>Moha</i>	Mental blindness, unknowing	Concealment of object's nature	Absence of right understanding	Unwise attention
<b>Shamelessness/</b> Immodesty	<i>Ahirika</i>	No disgust over misconduct	Doing evil without shame	Not shrinking away from evil	Lack of respect for self
<b>Recklessness/</b> Lack of moral dread	<i>Anottappa</i>	No dread over misconduct	Doing evil without dread	Not shrinking away from evil	Lack of respect for others
<b>Restlessness/</b> Distraction/Wavering	<i>Uddhacca</i>	Excitement/ No mindfulness	Make the mind steady	Turmoil/ Whirling	Unwise attention

## Occasional Unwholesome Mental Factors

	Pāḷi	Characteristic	Function	Manifestation	Proximate Cause
<b>Attachment/</b> Greed	<i>Lobha</i>	Grasping an object	Sticking	Not giving up	Seeing enjoyment in what leads to bondage
<b>Wrong view/</b> Evil opinion	<i>Diṭṭhi</i>	Unjustified interpretation	Pre-assume/ Misapprehend	Wrong interpretation	Unwillingness to listen to Dhamma
<b>Conceit/</b> Pride	<i>Māna</i>	Haughtiness	Self-praise	Desire to advertise oneself	Greed disassociated from <b>Wrong view</b>
<b>Aversion/</b> Anger/Hatred/Fear	<i>Dosa</i>	Ferocity/ Savageness	Burn up its own support ( <b>Heart-base</b> )	Persecuting/ Injuring/ Offending	A ground for annoyance
<b>Envy/</b> Jealousy	<i>Issā</i>	Aversion to other's success	Dissatisfied with other's success	Uncomfortable with other's success	Other's success
<b>Selfishness</b>	<i>Macchhariya</i>	Concealing one's success	Unwilling to share with others	Shrinking away from sharing	One's own success
<b>Remorse/</b> Worry/Regret	<i>Kukkucca</i>	Subsequent regret, repentance	Sorrow over what has been done	Remorse/ Regret	Past unskillful kamma
<b>Sloth/</b> Sluggishness	<i>Thīna</i>	Resistance to trying/No striving	Destruction of energy	Sinking of the mind	Unwise attention to drowsiness
<b>Torpor/</b> Laziness	<i>Middha</i>	Unwieldiness	Closing the doors of consciousness	Drooping, nodding & sleepiness	Unwise attention to drowsiness
<b>Doubt</b>	<i>Vicikicchā</i>	Doubting/ Shifting about	Mental wavering	Indecisiveness/ Indecision	Unwise attention

# Wholesome Mental Factors

## Universal Wholesome Mental Factors

	Pāṇi	Characteristic	Function	Manifestation	Proximate Cause
<b>Faith/</b> Confidence/Conviction	<i>Saddhā</i>	Placing faith/ Aspiring	Clarifying/ Purifying	Non-fogginess/ Lack of pollution	A worthy object
<b>Mindfulness/</b> Attentiveness	<i>Sati</i>	Not floating away from object	Non- forgetfulness/ Non-confusion	Being “face to face” with object	Firm remembrance/ Four foundations
<b>Conscience/</b> Shame/Scruples	<i>Hiri</i>	Disgust at misconduct	Not doing evil because of modesty	Shrinking away from evil	Self-respect
<b>Fear of blame/</b> Moral dread	<i>Ottappa</i>	Dread of evil	Not doing evil because of dread	Shrinking away from evil	Respect for others
<b>Non-attachment/</b> Non-greed	<i>Alobha</i>	No attachment to object	Not appropriating	Detachment	Wise attention
<b>Non-aversion/</b> Non-anger	<i>Adosa</i>	Not opposing	Removing annoyance	Being pleasing/ Agreeableness	Wise attention
<b>Equanimity/</b> Mental balance	<i>Tatra- majjhataṭṭā</i>	Promoting neutrality towards beings	Inhibiting partiality/ Seeing equality	No approval or resentment	Wise attention
2 x <b>Tranquillity</b>	<i>Passaddhi</i>	Quieting mental disturbances	Crushing mental disturbances	Neutrality/ Peacefulness	Consciousness/ Mental Factors
2 x <b>Agility/</b> Lightness/Buoyancy	<i>Lahutā</i>	Opposing mental heaviness	Crushing mental heaviness	Oppose <b>Sloth &amp; Torpor</b>	Consciousness/ Mental Factors
2 x <b>Pliancy/</b> Elasticity/Malleability	<i>Mudutā</i>	Opposing mental rigidity	Crushing mental rigidity	Oppose <b>Wrong view &amp; Conceit</b>	Consciousness/ Mental Factors
2 x <b>Adaptability/</b> Workableness	<i>Kammaññatā</i>	Opposing mental unwieldiness	Crushing mental unwieldiness	Oppose Sense desire & <b>Aversion</b>	Consciousness/ Mental Factors
2 x <b>Proficiency/</b> Skill	<i>Pāguññatā</i>	Healthiness/ Fitness/ Competence	Crushing mental unhealthiness	Oppose lack of <b>Faith</b> (no disability)	Consciousness/ Mental Factors
2 x <b>Uprightness/</b> Rectitude	<i>Ujjukatā</i>	Mental uprightness	Crushing mental crookedness	Oppose hypocrisy & fraudulence	Consciousness/ Mental Factors

## Occasional Wholesome Mental Factors

	Pāṭi	Characteristic	Function	Manifestation	Proximate Cause
<b>Understanding/Wisdom</b>	<i>Paññā</i>	Penetrating intrinsic nature of object	Illuminate the object	Non-bewilderment	Wise attention
<b>Compassion</b>	<i>Karuṇā</i>	Promoting removal of other's suffering	Unable to bear other's suffering	Non-cruelty	Seeing helplessness
<b>Sympathetic joy/Altruistic joy</b>	<i>Muditā</i>	Gladness at the success of others	Being unenvious at other's success	Elimination of aversion	Seeing the success of others
<b>Abstinence from wrong speech</b>	<i>Vaci-duccarita Virati</i>	Non-transgression by wrong speech	Shrink back from evil deeds	Abstinence from evil deeds	<b>Faith</b> , shame and fewness of wishes
<b>Abstinence from wrong action</b>	<i>Kāya-duccarita Virati</i>	Non-transgression by wrong action	Shrink back from evil deeds	Abstinence from evil deeds	<b>Faith</b> , shame and fewness of wishes
<b>Abstinence from wrong livelihood</b>	<i>Ājīva-duccarita Virati</i>	Non-transgression by wrong livelihood	Shrink back from evil deeds	Abstinence from evil deeds	<b>Faith</b> , shame and fewness of wishes

## Composition of Mind Moments<sup>1</sup>

### Composition of Unwholesome Mind Moments (Mind Moments 1–12)

All of the Universal Ethically Variable Mental Factors: <b>Contact,</b> <b>Feeling</b> , etc.	Some of the Occasional Ethically Variable Mental Factors: <b>Initial application,</b> <b>Sustained application</b> , etc.	All of the Universal Unwholesome Mental Factors: <b>Delusion,</b> <b>Shamelessness</b> , etc.	Some of the Occasional Unwholesome Mental Factors: <b>Attachment,</b> <b>Wrong view</b> , etc.
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### Composition of Ethically-neutral Mind Moments (Mind Moments 13–30)

All of the Universal Ethically Variable Mental Factors: <b>Contact,</b> <b>Feeling</b> , etc.	Some of the Occasional Ethically Variable Mental Factors: <b>Initial application,</b> <b>Sustained application</b> , etc.
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### Composition of Wholesome Mind Moments (Mind Moments 31–89)

All of the Universal Ethically Variable Mental Factors: <b>Contact,</b> <b>Feeling</b> , etc.	Some of the Occasional Ethically Variable Mental Factors: <b>Initial application,</b> <b>Sustained application</b> , etc.	All of the Universal Wholesome Mental Factors: <b>Faith,</b> <b>Mindfulness</b> , etc.	Some of the Occasional Wholesome Mental Factors: <b>Understanding,</b> <b>Compassion</b> , etc.
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<sup>1</sup>See Handout 4 for details.