

Fifty-Two Mental Formations (*Cetasikas*)

Seven universals common to all consciousnesses:

phassa: contact
vedana: feeling
sañña: recognition, perception
cetana: volition
ekaggata: one-pointedness
ji-vitindriya: life faculty, psychic life
manasikara: bringing to mind, attention

Six particulars (occasionals) found only in certain consciousnesses:

vitakka: application of thought, initial application
vica-ra: examining, sustained application
adhimokkha: decision
viriya: vigor, energy, effort
piti: joy, zest
chanda: desire (to act), conation

Fourteen unwholesome mental factors (defilements):

Four found in all unwholesome consciousnesses:

moha: delusion
ahirika: lack of shame, shamelessness
anottappa: disregard for consequence, rashness
uddhacca: restlessness

Ten found only in certain unwholesome consciousnesses:

lobha: greed, attachment
ditthi: wrong view, misbelief
ma-na: conceit
dosa: hatred, aversion
issa: envy, jealousy
macchhariya: miserliness, avarice
kukkucca: regret, worry
thi-na: sloth
middha: torpor
vicikiccha: doubt

Twenty-five beautiful mental factors:

Nineteen found in all wholesome consciousnesses:

saddha: faith, confidence
sati: mindfulness
hiri: shame at doing evil, moral shame
ottappa: regard for consequence, moral dread
alobha: lack of greed, non-attachment
adosa: lack of hatred, goodwill
tatramajjhata: balance, neutrality of mind, equanimity
ka-yapassaddhi: tranquility of mental states
cittapassaddhi: tranquility of mind, tranquility of consciousness
ka-yalahuta: lightness of mental states
cittalahuta: lightness of mind, lightness of consciousness
ka-yamuduta: pliancy of mental states
cittamuduta: pliancy of mind, consciousness
ka-yakammaññata: readiness/wieldiness or adaptability of mental states
cittakammaññata: readiness/wieldiness or adaptability of mind or consciousness
ka-yapa-guññata: proficiency of mental states
cittapa-guññata: proficiency of mind or consciousness
ka-yujukata: rectitude of mental states
cittujukata: rectitude of mind, rectitude of consciousness

Three abstinences (virati):

samma-va-ca: right speech
samma-kammanta: right action
samma--a-ji-va: right livelihood

Two illimitables (appamañña):

karuna: compassion
mudita: sympathetic joy, appreciative joy

One faculty of understanding (*paññindriya*):

pañña: understanding, wisdom