

**TABLE 12.6**  
**Sixty-Three Rūpas of the Mind Door (mano dvāra)**

FEATURE		KALĀPAS	Heart Decad ( <i>Hadaya Dasaka Kalāpas</i> )	Body Decad ( <i>Kāya Dasaka Kalāpas</i> )	Sex Decad ( <i>Bhāva Dasaka Kalāpas</i> )	Life Nonad ( <i>Jivita Navaka Kalāpas</i> )	Mind-Produced Octad ( <i>Cittaja Ojattṭhamaka Kalāpas</i> )	Temperature-Produced Octad ( <i>Utuja Ojattṭhamaka Kalāpas</i> )	Nutrient-Produced Octad ( <i>Āhāraja Ojattṭhamaka Kalāpas</i> )
Rūpas	1. Earth ( <i>pathavī</i> )								
	2. Water ( <i>āpo</i> )								
	3. Fire ( <i>tejo</i> )								
	4. Wind ( <i>vāyo</i> )								
	5. Color ( <i>vaṇṇa</i> )								
	6. Odor ( <i>gandha</i> )								
	7. Flavor ( <i>rasa</i> )								
	8. Nutriment ( <i>ojā</i> )								
	9. Life faculty ( <i>jīvitindriya</i> )								
	10. Heart-base ( <i>hadayavatthu</i> )								
Body-sensitivity ( <i>kāyapasāda</i> )									
Sex-determining ( <i>bhāvarūpa</i> )									
Origin	Kamma								
	Mind								
	Temperature								
	Nutrient								
Translucent									

Adapted from *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā* by Shaila Catherine (Wisdom Publications, 2011) Visit [www.imsb.org](http://www.imsb.org) for more resources.