

TABLE 13.10
Mental Formations in Wholesome Mind-Door Cognitive Processes

ASSOCIATED MENTAL FACTORS	TYPE OF CONSCIOUSNESS	Impulsion (x7)					Registration (x2) ¹		Life Continuum
		Mind-Door Adverting	Right speech	Right action	Right livelihood	Compassion (not jhāna)	Appreciative joy (not jhāna)	Right speech, right action, and right livelihood	
1. Consciousness (<i>citta</i>)									
<i>Ethically Variable Universals (7)</i>									
2. Contact (<i>phassa</i>)								No Registration	
3. Feeling (<i>vedanā</i>)									
4. Perception (<i>saññā</i>)									
5. Volition (<i>cetanā</i>)									
6. One-pointedness (<i>ekaggatā</i>)									
7. Life faculty (<i>jīvitindriya</i>)									
8. Attention (<i>manasikāra</i>)									
<i>Ethically Variable Occasionals (6)</i>									
9. Initial application (<i>vitakka</i>)								No Registration	
10. Sustained application (<i>vicāra</i>)									
11. Decision (<i>adhimokkha</i>)									
12. Energy (<i>viriya</i>)									
13. Rapture (<i>pīti</i>)		*	*	*	*	*	*		*
14. Desire (<i>chanda</i>)									

* These factors are variable—they may or may not be present where indicated. Their presence or absence accounts for the variable number of factors for some of the Consciousnesses. If a variable factor is present at the start of the series, it will be present for the remainder of the series—if absent at the start of the series, it will continue to be absent.

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		Right speech	Right action	Right livelihood	Compassion (not jhāna)	Appreciative joy (not jhāna)	Right speech, right action, and right livelihood	Compassion (not jhāna) and appreciative joy (not jhāna)		
<i>Beautiful Universals (19)</i>										
15. Faith (<i>saddhā</i>)									No Registration	
16. Mindfulness (<i>sati</i>)										
17. Shame of wrongdoing (<i>hiri</i>)										
18. Fear of wrongdoing (<i>ottappa</i>)										
19. Nongreed (<i>alobha</i>)										
20. Nonhatred (<i>adosa</i>)										
21. Evenness of mind (<i>tatramajjhataṭṭā</i>)										
22. Tranquility of mental body (<i>kāyapassaddhi</i>)										
23. Tranquility of consciousness (<i>cittapassaddhi</i>)										
24. Lightness of mental body (<i>kāyalahutā</i>)										
25. Lightness of consciousness (<i>cittalahutā</i>)										
26. Malleability of mental body (<i>kāyamudutā</i>)										
27. Malleability of consciousness (<i>cittamudutā</i>)										
28. Workability of mental body (<i>kāyakammaññatā</i>)										
29. Workability of consciousness (<i>cittakammaññatā</i>)										

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

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		Right speech	Right action	Right livelihood	Compassion (not jhāna)	Appreciative joy (not jhāna)	Right speech, right action, and right livelihood	Compassion (not jhāna) and appreciative joy (not jhāna)	
30. Proficiency of mental body (<i>kāyapāguññatā</i>)		■	■	■	■	■			■
31. Proficiency of consciousness (<i>cittapāguññatā</i>)		■	■	■	■	■			■
32. Uprightness of mental body (<i>kāyujjukatā</i>)		■	■	■	■	■			■
33. Uprightness of consciousness (<i>cittujjukatā</i>)		■	■	■	■	■			■
<i>Beautiful Occasionals (6)</i>									
34. Right speech (<i>sammāvācā</i>)		■							
35. Right action (<i>sammākammanta</i>)			■						
36. Right livelihood (<i>sammājīva</i>)				■					
37. Compassion (<i>karuṇā</i>)					■				
38. Appreciative joy (<i>muditā</i>)						■			
39. Wisdom faculty (<i>paññā</i>)		*	*	*	*	*		*	■
Total	12	33– 35	33– 35	33– 35	33– 35	33– 35	11 or 12	32– 34	34

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