

**TABLE 13.6**  
**First Jhāna Cognitive Process with Associated Mental Formations**

ASSOCIATED MENTAL FACTORS	TYPE OF CONSCIOUSNESS						
	Mind-door adverting	Preparatory	Access	Conformity	Change of lineage	Jhāna impulsion	
1. Consciousness ( <i>citta</i> )							
2. Contact ( <i>phassa</i> )							
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> )							
9. Initial application ( <i>vitakka</i> )							
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> )							
15. Faith ( <i>saddhā</i> )							
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 formations ( <i>kāyapassaddhi</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](http://www.imsb.org) for more resources.

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ASSOCIATED MENTAL FACTORS	TYPE OF CONSCIOUSNESS	Mind-door adverting	Preparatory	Access	Conformity	Change of lineage	Jhāna impulsion
23. Tranquility of consciousness ( <i>cittapassaddhi</i> )							
24. Lightness of mental formations ( <i>kāyalahutā</i> )							
25. Lightness of consciousness ( <i>cittalahutā</i> )							
26. Malleability of mental formations ( <i>kāyamudutā</i> )							
27. Malleability of consciousness ( <i>cittamudutā</i> )							
28. Workability of mental formations ( <i>kāyakammaññatā</i> )							
29. Workability of consciousness ( <i>cittakammaññatā</i> )							
30. Proficiency of mental formations ( <i>kāyapāguññatā</i> )							
31. Proficiency of consciousness ( <i>cittapāguññatā</i> )							
32. Uprightness of mental formations ( <i>kāyujjukatā</i> )							
33. Uprightness of consciousness ( <i>cittujjukatā</i> )							
34. Wisdom, nondelusion ( <i>paññā</i> )							