

TABLE 13.8
Mental Formations in Wholesome Five-Door Cognitive Processes

ASSOCIATED MENTAL FACTORS	TYPE OF CONSCIOUSNESS											
	Five-door adverting	Sense-door	Receiving	Investigating	Determining	Impulsion (x7)	Registration (x2)	Life-Continuum	Mind-door adverting ¹	Impulsion (x7) ²	Registration (x2) ³	
1. Consciousness (<i>citta</i>)												
<i>Ethically Variable Universals (7):</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>)												
<i>Ethically Variable Occasionals (6):</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>)												

* 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.

- 1 Factors present in the mind-door adverting process must match those in determining consciousness.
- 2 Factors present in the second set of seven impulsion consciousnesses must match those in the previous set of seven impulsion consciousnesses.
- 3 Factors present in the second set of two registration consciousnesses must match those in the previous set of two registration consciousnesses.

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<i>Beautiful Universals (19):</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 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>)							■	■	■		■	■
30. Proficiency of mental body (<i>kāyapāguññatā</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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31. Proficiency of consciousness (<i>cittapāguññatā</i>)													
32. Uprightness of mental body (<i>kāyaujukatā</i>)													
33. Uprightness of consciousness (<i>cittujukatā</i>)													
<i>Beautiful Occasional (1):</i>													
34. Wisdom faculty (<i>paññā</i>)						*	*			*	*		
Total	11	8	11	11 or 12	12	32- 34	11- 12	32- 34	34	12	32- 34	11- 12	32- 34

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