

Under junior part 1 curriculum, we've learnt about Consciousness last year. As we know now, consciousness is awareness of an object. In this year we learn about mental factors.

Mental factors determine the quality of the associated consciousness.

### Quality of mental factors: Analogy of a fire



Imagine firewood fire.




- As long as firewood is available it keeps burning.
- Once firewood burns out fire eliminates
- Fire stays on firewood

Similarly there are 4 key characteristics of mental factors

1. Ekuppada – Mental factor arises with Consciousness
2. Ekanirodha- Mental factors perish with Consciousness
3. Ekavattuka – They cling on to the same object
4. Ekalambana – Both mental factors and consciousness have same base

*Some ingredients are not healthy and make the drink unhealthy. E.g Sugar. Similarly **unwholesome** mental factors occurs in unwholesome consciousness.*

### Grouping mental factors: Analogy of a “Drink”

Drink	Ingredient 1	Ingredient 2	Ingredient 3
	Water	Sugar	Carbon-dioxide
	Water	Orange	Vitamins
	Water	Tea	

*Some ingredients such as water is common to all drinks. Similarly some mental factors are common to all consciousness's and are called "**universal**" mental factors*

*Some ingredients are healthy and make the drink healthy. e.g Vitamins. Similarly **wholesome** mental factors occurs in wholesome consciousness.*