



Athula Dassana Dhamma School- Junior part 2 Abhidhamma (note 2)



Unwholesome Mental Factors (Akusala Cetasika)

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|--------------------------------------------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Delusion (Moho) | } | These 4 Mental factors are associated with every unwholesome consciousness hence called “Sabbakusla Sadharana Cetasika”
Quadruple of Delusion |
| 2. Shamelessness (Ahirika) | | |
| 3. Fearlessness of wrong doing (Anottappa) | | |
| 4. Restlessness (Uddhachcha) | | |
| 5. Greed (Lobha) | } | Greed Triad |
| 6. Wrong view (Ditti) | | |
| 7. Conceit (Mana) | | |
| 8. Hatred (Dosa) | } | Quadruple of Hatred |
| 9. Envy (Issa) | | |
| 10. Avarice (Machchariya) | | |
| 11. Worry (Kukkuchcha) | | |
| 12. Sloth(Thina) | } | Sloth-Torpor Duel |
| 13. Torpor (Middha) | | |
| 14. Doubt (Vichikichcha) | | |

Wholesome (Beautiful) Mental Factors (Kusala/Sobhana Cetasika)

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| 1. Faith(Saddha) | } | Universal beautiful factors (Sobhana Sadharana), presence in all wholesome(beautiful) consciousnesses |
| 2. Mindfulness (Sati) | | |
| 3. Shame of Wrong doing (Hiri) | | |
| 4. Fear of Wrong doing (Ottappa) | | |
| 5. Non-greed/Charity (Alobha) | | |
| 6. Non-Hatred/Goodwill (Adosa) | | |
| 7. Neutrality of Mind (Tatramajjhata) | | |
| 8. Tranquillity(Passaddhi) -Kaya | | |
| 9. Tranquillity(Passaddhi) -Chitta | | |
| 10. Lightness (Lahuta) -Kaya | | |
| 11. Lightness (Lahuta) -Chitta | | |
| 12. Malleability (Muduta) -Kaya | | |
| 13. Malleability (Muduta) -Chitta | | |
| 14. Wieldiness(Kammannata) -Kaya | | |
| 15. Wieldiness(Kammannata) - Chitta | | |
| 16. Proficiency (Pagunnata)-Kaya | | |
| 17. Proficiency (Pagunnata)-Chitta | | |
| 18. Rectitude (Ujjukata) -Kaya | | |
| 19. Rectitude (Ujjukata) -Chitta | | |
| 20. Right speech | } | Three Abstinenes (Virathi) |
| 21. Right Action | | |
| 22. Right Livelihood | | |

- 23. Compassion (Karuna)
- 24. Appreciative Joy (Mudita)



Two Illimitables (Appamana)

- 25. Wisdom (Panna)

A table to remember for Sampayoganya(Analysis)

Name	Number of Consciousness
Unwholesome Consciousness	12
Rootless	18
Beautiful/Wholesome	59 (27+24+8)
Mahaggata	27 (15+12)
Sense Sphere wholesome/Beautiful	24
SupraMundane(Lokuttara)	8

- Consciousnesses that occur in Fine material Plane (15) and immaterial plane (12) are called Mahaggata Consciousnesses. They are belonging to 9 Jhana's.