



ABHIDHAMMA

Junior Part 2

ATHULA DASSANA DHAMMA SCHOOL

Student Name: _____

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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.*

Mental Factors (Cetasikas)

Mental Factors (Cetasika) Category	Number of Mental Factors
Ethically variable factors:	13
Out of which : Universal's	(7)
Occasional's	(6)
Immoral's or Unwholesome (Akusla) Factors	14
Wholesome or Beautiful (Sobhana)factors	25
	52

Ethically Variable Factors (13)

Universal's (7)

common to all consciousnesses



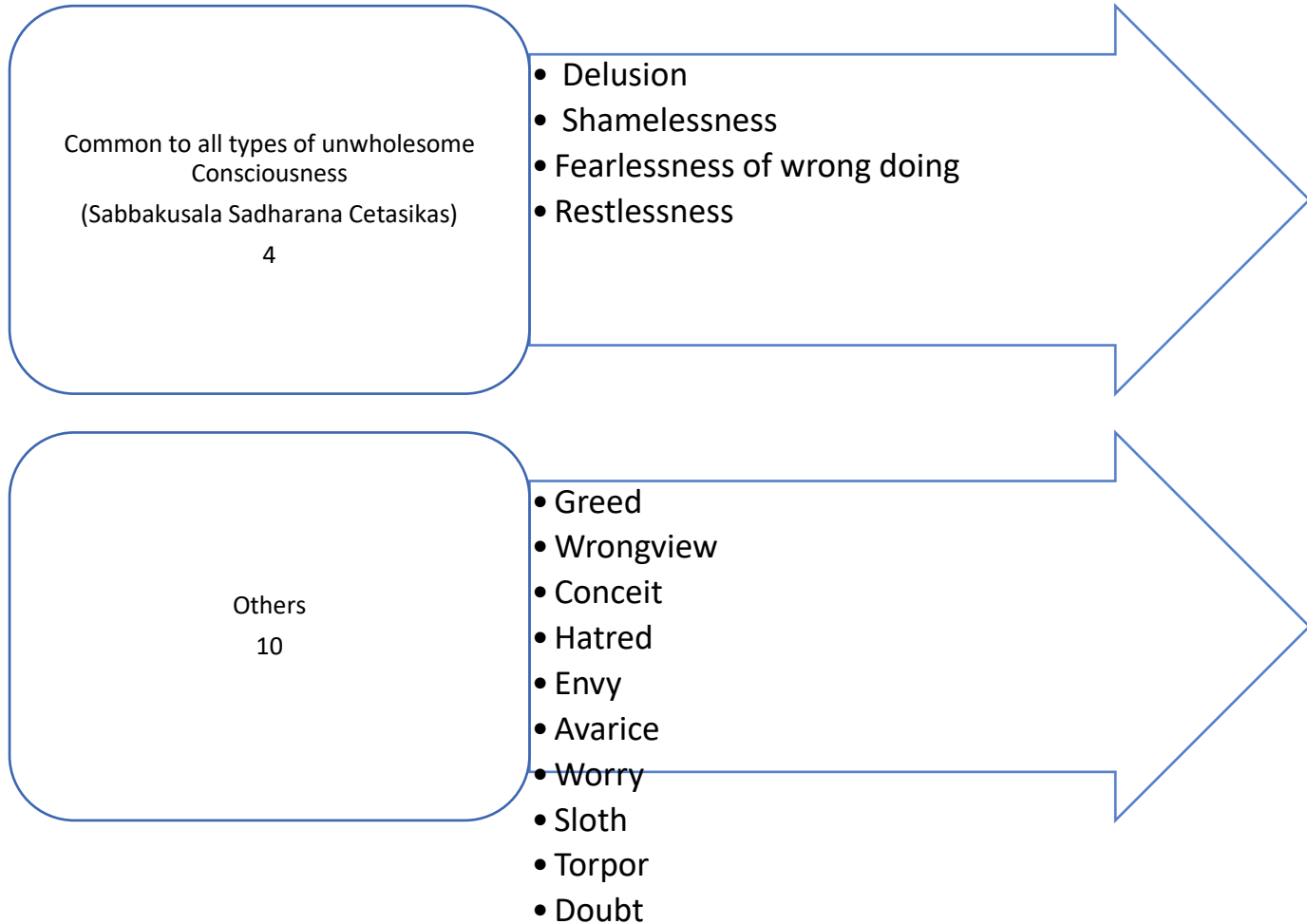
- Contact(Phassa)
- Feeling (Vedana)
- Perception (Sanna)
- Volition (Cetana)
- One pointedness (Ekaggata)
- Mental Life Faculty (Jivetindriya)
- Attention (Manasikara)

Occasional's(6)



- Initial Application (Vitakka)
- Sustained Application (Vichara)
- Decision (Adhimokkha)
- Energy (Viriya)
- Zest (Prithi)
- Desire (Chanda)

Unwholesome Factors (14)



Wholesome/Beautiful Mental Factors (25)

Beautiful Mental Factor Group Name	Number of Mental Factors
Universal Beautiful Factors (Sobhana Sadharana)	19
Abstinences (Virati)	3
Illimitables (Appramanna)	2
Nondelusion(Panna)	1
	25



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



Unwholesome Mental Factors (Akusala Cetasika)

- | | | |
|--|---|---|
| 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)

- | | | |
|---------------------------------------|---|---|
| 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.



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Analysis (Sampayoga naya) and Synthesis (Sangaha naya)

There are two distinct ways to classify and group consciousness and mental factors

- Sampayaganaya(Analysis) : Sampayoganaya means take each mental factor and analyse on which consciousness's they arise.
- Where as in Sangaha naya we take each consciousness and classify what mental factors associate with them.

Sampayaga naya Facts:

- Universals (7 out of 13 Ethically variables) associate with all 89 or 121 consciousness
- Occasionals (6) – Are associate with 89 /121 consciousness's where suitable
- Unwholesome Mental Factors (14) – Only associate with 12 unwholesome mental factors where appropriate
- Beautiful Factors – associate with 59 wholesome consciousness where appropriate. Not on other 30.
- 5 unwholesome resultant consciousness and 5 wholesome resultant consciousness (sense specific) have only 7 universal mental factors associate with them.

Sampayoganaya(analysis) of occasionals

Initial application (Vitakka) – associate in 44 Sense sphere + 11 1st Jhana -> 55 consciousness

Sustained application (Vichara) - associate in 44 Sense sphere + 11 1st Jhana + 11 2nd Jhana →66

Decision (Adhimokkha) - Adhimokkha don't associate with doubt (vichikichcha) -> 78

Energy (virya) – all except 16 rootless -> 73

Joy (Piti) -> 51

Chanda (desire) – excluding all 18 rootless and 2 rooted in ignorance -> 69

Sampayoganaya(analysis) of unwholesome mental factors

14 unwholesome mental factors are associated with 12 unwholesome consciousnesses.

Delusion/Ignorance quartet (moha Chatuskaya)

- 4 unwholesome mental factors are common to all 12 unwholesome consciousnesses. They are called Sabbakusala sadharana chetasika (Delusion ,shamelessness, fearlessness, restlessness)

Greed Triad (Lobha thrikaya)

- Greed(Lobha) is always present (niyatayogi)in 8 rooted in greed consciousness
- Wrong view only in 4 rooted in greed with wrong view consciousness
- Conceit (Mana) – only in 4 rooted in greed without wrong view consciousness, but not always (aniyatayogi)

Hatred/Anger quartet (Dosa Chatuskaya)

- Hatred/Anger always present only in rooted in anger consciousness
- Envy (Issa),Avarice (Machchariya) and worry (kukkuchcha) rooted in anger consciousness but only one at a time(nana-yogi) and not always

Sloth(Thina)-Torpor(Middha) Duel

- They present in 5 prompted consciousnesses but not definite. They always present together (saha-yogi)

Doubt (Vichikichcha)

- Only present in rooted in ignorance consciousness associated with doubts.

Sampayoganaaya(analysis) of wholesome(sobhana) mental factors

- There are 59 wholesome consciousness (24 in sense sphere plane , 15 in fine material plane , 12 in immaterial , 8 supramundane)

Universal beautiful factors (Sobhana Sadaharana)

- Out of 25 wholesome mental factors 19 Sobhana Sadaharana factors are associate with all 59 wholesome consciousness.

Abstinences (Virathi)

Present in 16 Consciousness as follows:

- Always present together in 8 Supramundane consciousness
- At times separately on 8 wholesome sense sphere consciousness

Illimitable

These 2 illimitable are present at times in 28 Consciousness

Wisdom

This factor presents in 47 Consciousness



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Synthesis (Sangaha naya)

In Sangaha naya we take each consciousness and classify what mental factors associate with them.

Sangraha naya Facts:

- Universals (7 out of 13 Ethically variables) associate with all 89 or 121 consciousness
- Occasionals (6) – Are associate with 89 /121 consciousness's where suitable
- Unwholesome Mental Factors (14) – Only associate with 12 unwholesome mental factors where appropriate
- Beautiful Factors 25 – associate with 59 wholesome consciousness where appropriate. Not on other 30.

Sangahanaya(Synthesis) of Supramundane(Lokuttara) Consciousness(8)

- Unwholesome Mental factors (14) do not occur in Supramundane consciousness
- Illimitable (2) do not occur in Supramundane consciousness.

Supramundane consciousness.	Number of Mental factors
1 st Jhana Supramundane consciousness	36 (52-16)
2nd Jhana Supramundane consciousness	35 (36 less Initial application/Vitakka)
3rd Jhana Supramundane consciousness	34 (36 less Initial Application and Sustained application(Vichara))
4th Jhana Supramundane consciousness	33 (36 less Initial Application and Sustained application and Joy(Piti))
5th Jhana Supramundane consciousness	33 (same as above but Upekkha(Equanimity) arises instead if happiness (Sukha)

Sangahanaya(Synthesis) of Mahaggata Consciousness(27)

- Unwholesome Mental factors (14) do not occur in Mahaggata consciousness
- 3 Abstinenes (Virathi) do not arise in Mahaggata Consciousness

Mahaggata consciousness.	Number of Mental factors
1 st Jhana Supramundane consciousness	35 (52-17)
2nd Jhana Supramundane consciousness	34 (35 less Initial application/Vitakka)
3rd Jhana Supramundane consciousness	33 (35 less Initial Application and Sustained application(Vichara))
4th Jhana Supramundane consciousness	32 (35 less Initial Application and Sustained application and Joy(Piti))
5th Jhana Supramundane consciousness	30 (35 less Initial Application and Sustained application, Joy and 2 Illimitables)

Sangahanaya(Synthesis) of Sense Sphere Beautiful (Kamavachara Sobhana) Consciousness(24)

- Unwholesome Mental factors (14) do not occur in Beautiful consciousness
- No Piti/Joy (Pleasant Feeling) in Upekkha/Equanimity(Neutral Feeling) Beautiful consciousness
- No Panna(Wisdom) in 4 Consciousnesses
- No Abstinenes (Virathi) in Functional Beautiful consciousnesses
- No Abstinenes (Virathi) and illimitables (Appamana) in resultant Beautiful consciousnesses

Wholesome Consciousness(8)	Mental Factors
1. Wholesome consc. assoc. with pleasant Feeling, wisdom and unprompted	38(52-14)
2. Wholesome consc. assoc. with pleasant F., wisdom and prompted	
3. Wholesome consc. assoc. with pleasant F.,no wisdom and unprompted	37(38-Wisdom)
4. Wholesome consc. assoc. with pleasant F., no wisdom and prompted	
5. Wholesome consc. assoc. with neutral F., wisdom and unprompted	37(38-Joy/Piti)
6. Wholesome consc. assoc. with neutral F., wisdom and prompted	
7. Wholesome consc. assoc. with neutral F.,no wisdom and unprompted	36(38-Wisdom- Joy/Piti)
8. Wholesome consc. assoc. with neutral F., no wisdom and prompted	

Beautiful functional Consciousness(8)	Mental Factors
1. Functional consc. assoc. with pleasant Feeling, wisdom and unprompted	35(52-14 - Abstinenes)
2. Functional consc. assoc. with pleasant F., wisdom and prompted	
3. Functional consc. assoc. with pleasant F.,no wisdom and unprompted	34(38-Wisdom- Abstinenes)
4. Functional consc. assoc. with pleasant F., no wisdom and prompted	
5. Functional consc. assoc. with neutral F., wisdom and unprompted	34(38-Joy/Piti- Abstinenes)
6. Functional consc. assoc. with neutral F., wisdom and prompted	
7. Functional consc. assoc. with neutral F.,no wisdom and unprompted	33(38-Wisdom- Joy- Abstinenes)
8 Functional consc. assoc. with neutral F., no wisdom and prompted	

Beautiful Resultant Consciousness(8)	Mental Factors
1. Resultant consc. assoc. with pleasant Feeling, wisdom and unprompted	33(52-14 – Abstinenes - Illimitables)
2. Resultant consc. assoc. with pleasant F., wisdom and prompted	
3. Resultant consc. assoc. with pleasant F.,no wisdom and unprompted	32(38-Wisdom- Abstinenes- Illimitables))
4. Resultant consc. assoc. with pleasant F., no wisdom and prompted	
5. Resultant consc. assoc. with neutral F., wisdom and unprompted	32(38-Joy/Piti- Abstinenes- Illimitables))
6. Resultant consc. assoc. with neutral F., wisdom and prompted	
7. Resultant consc. assoc. with neutral F.,no wisdom and unprompted	31(38-Wisdom- Joy- Abstinenes- Illimitables))
8 Resultant consc. assoc. with neutral F., no wisdom and prompted	

Sangahanaya(Synthesis) of unwholesome (Akusala) Consciousness(12)

- 25 Beautiful mental factors do not occur in unwholesome Consciousness.
- Quadruple of Hatred
- Quadruple of Delusion (Sabbakusla Sadharana Cetasika) are common to all 12 unwholesome consciousness
- 7 universals, 4 Sabbakusal factors , 3 occasionals (Initial application , sustained application ,Energy(Virya) are the 14 mental factors that always occur in unwholesome Consciousness.
- Greed(Lobha) and Anger (Dosa) are mutually exclusive
- Wrong view (Ditti) arises in only 4 consciousness

Unwholesome Consciousness(8)	Mental Factors
<i>Consc. accomp. by joy associated with wrong view and unprompted</i>	19 (13 Ethically variables + Quadruple of Delusion + Greed+Wrong view)
<i>Consc. accomp. by joy associated without wrong view and unprompted</i>	19 (13 Ethically variables + Quadruple of Delusion + Greed+ Conceit)
<i>Consc. accomp. by neutral F. assoc. with wrong view and unprompted</i>	18 (13 Ethically variables -Piti(Joy) Quadruple of Delusion + Greed+Wrong view)
<i>Consc. accomp. by neutral F. assoc. without wrong view and unprompted</i>	18 (13 Ethically variables -Piti(Joy)+ Quadruple of Delusion + Greed+ Conceit)
<i>Consc. accomp. with displeasure assoc. with aversion and unprompted</i>	20 (13 Ethically variables -Piti(Joy)+ Quadruple of Delusion + Quadruple of Hatred)
<i>Consc. accomp. by joy associated with wrong view and prompted</i>	21 (13 Ethically variables + Quadruple of Delusion + Sloth-Torpor Duel + Greed+ Wrong view)
<i>Consc. accomp. by joy associated without wrong view and prompted</i>	21 (13 Ethically variables + Quadruple of Delusion + Sloth-Torpor Duel +Greed+ Conceit)
<i>Consc. accomp. by neutral F. assoc. with wrong view and prompted</i>	20 (13 Ethically variables--Piti(Joy)+ + Quadruple of Delusion + Sloth-Torpor Duel +Greed +Wrong view)
<i>Consc. accomp. by neutral F. assoc. without wrong view and prompted</i>	20 (13 Ethically variables--Piti(Joy)+ + Quadruple of Delusion + Sloth-Torpor Duel+Greed+ Conceit)
<i>Consc. accomp. with displeasure assoc. with aversion and prompted</i>	22 (13 Ethically variables-Piti(Joy)+ Quadruple of Delusion + Quadruple of Hatred+ Sloth-Torpor Duel)
<i>Conc. accomp. By neutral F. assoc. with skeptic doubts</i>	15 (13 Ethically variables - Piti(Joy) - Decision(Adhimokkha)-Desire(Chanda) + Quadruple of Delusion +Doubt(Vichikiccha)
<i>Conc. accomp. By neutral F. assoc. with restlessness</i>	15 (13 Ethically variables - Piti(Joy) - Desire(Chanda) + Quadruple of Delusion)

Sangahanaya(Synthesis) of rootless(Ahethuka) Consciousness(18)

- Rootless consciousnesses are very weak.
- Thus only Ethically variable mental factors occur in rootless consciousnesses
- Out of 6 occasionals, Desire (Chanda) doesn't occur in rootless consciousnesses either.
- Both wholesome and unwholesome rootless consciousness's (5x2 – **duet Vinnana**) related to vision, hearing, smelling ,tasting and body tactile have only 7 universal mental factors on them
- Manodhatu Trikaya(Triad) : Five sense door adverting consciousness , and 2 Receiving consc. with neutral feeling.

Rootless Consciousness(18)	Mental Factors
<i>Duet Vinnana (10)</i>	<i>7(Universal mental factors only)</i>
<i>11. Wholesome rootless resultant Investigating consc. with neutral feeling</i> <i>12. Unwholesome rootless resultant Investigating consc. with neutral feeling</i>	<i>10(Universals + Initial application +Sustained application + Decision)</i>
<i>13. Rootless functional Five sense door adverting consciousness</i> <i>14. Wholesome rootless resultant Receiving consc. with neutral feeling</i> <i>15. Unwholesome rootless resultant Receiving consc. with neutral feeling</i>	<i>10(Universals + Initial application +Sustained application + Decision)</i> <i>Manodhatu Trikaya</i>
<i>16. Wholesome rootless resultant Investigating consc. with pleasant feeling</i>	<i>11(Universals + Initial application +Sustained application + Decision + Joy (piti))</i>
<i>17. Rootless functional Mind door adverting consciousness</i>	<i>11(Universals + Initial application +Sustained application + Decision + Energy (viriya))</i>
<i>18. Rootless functional Smile Producing Consciousness of Arahants with joy or pleasant feeling</i>	<i>12(Universals + Initial application +Sustained application + Decision + Energy (viriya) + Joy (piti))</i>



Athula Dassana Dhamma School- Junior part 2 Abhidhamma (note 5)



Nibbana/Nirvana

Nibbana means wipe out cravings and stop the multiple number of rebirths that brings endless amount suffering. Understanding of four noble truth is therefore essential part towards reaching Nibbana.

Four Noble Truth

1. The Noble truth of Suffering (Dukkha ariya sacca)
2. The Noble truth of the origin of Suffering (Dukkha Samudaya ariya sacca)
3. The Noble truth of Cessation of Suffering (Dukkha Nirodha ariya sacca)
4. The Noble truth of the path leading to Cessation of Suffering (Dukkha Nirodhagamini patipada ariya sacca)

Two fold of Nibbana

1. With the residue remaining (saupadisesa Nibbana)

When someone reaches perfect sainthood (Arhant), they are free from any mental sufferings. However, all physical pains due to aging, illness still remains. This is called Nibbana with residue remaining

2. Without the residue remaining (anupadisesa Nibbana)

Once Arhant passed away, the state they are in is called Nibbana without the residue remaining

Three fold of Nibbana

Nibbana also can be classified in to three depending on the way it achieved.

1. The Void (Sunnata) – Nibbana is void of all conditioned
2. Signless (Annimitta) -Nibbana is free of all signs
3. Desireless (Appanihita) – Nibbana is free from Desire