

The 51 Mental Events

(Triratna Order Convention 2001)

Sarvatraga Dharmas [1-5]

The Five Universal or Omnipresent Mental Events

1. Sparsa ::: Contact
2. Vedana ::: Feeling Tone
3. Samjna ::: Recognition or conceptualization
4. Cetana ::: Directionality of Mind
5. Manaskara ::: Attention, the “mind-moment” as a whole

Viniyata Dharmas [5-10]

The Five Specifying or Object-Determining Mental Events

6. Chanda ::: Interest, desire, urge, impulse
7. Adhimoksa ::: Resolve, commitment, conviction
8. Smrti ::: Recollection, mindfulness
9. Samadhi ::: Concentration
10. Prajna ::: Analytical appreciative discrimination

Aniyata Dharmas [11-14]

The Four Variables being either Kusala (Skillful) or Akusala (Unskillful)

11. Middha ::: Torpor, sleepiness, approaching sleep, mind shuts down
12. Kaukryta ::: Anxiety, remorse, regret
13. Vitarka ::: Initial Thought
14. Vicara ::: Sustained Thought

KUSALA DHARMAS

MULAKLESA DHARMAS

AKUSALA DHARMAS

15. Sraddha / Faith ↔ 16. Vicikitsa / Doubt ↔ 17. Asraddhya / Lack of Faith

18. Hri / Self-Respect ↔ ↔ ↔ 19. Ahrikya / Lack of Self-Respect

20. Apatrapya / Respect for Wise Opinion	↔ ↔ ↔	21. Anapatrapya / Lack of Respect for Wise Opinion		
22. Alobha / Non-Attachment	↔	23. Raga / Passionate Attachment	↔	24. Matsarya/Avarice 25. Mraksha/Slyness, concealment 26. Maya / Deceit 27. Sathya / Dishonesty
28. Advesa / Non-Hatred	↔	29. Pratigha / Enmity, Anger Aversion, Ill-will	↔	30. Krodha/Rage 31. Upanaha/Resentment 32. Pradasa/Spite, vindictiveness 33. Irsya/Envy
34. Amoha / Non-Delusion	↔	35. Avidya / Ignorance 36. Mana / Conceit 37. Drsti / Views	↔	38. Mada / Intoxication
39. Virya / Energy in pursuit of Good	↔ ↔ ↔	40. Kausidya / Laziness		
41. Prasrabdhi / Serenity	↔ ↔ ↔	42. Styana / Sloth		
43. Apramada / Heedfulness	↔ ↔ ↔	44. Anapramada /Heedlessness 45. Asamprajanya /Lack of purpose 46. Musitasmrta / Unmindfulness		
47. Upeksha / Equanimity	↔ ↔ ↔	48. Auddhatya / Mental restlessness 49. Viksepa / Distraction		
50. Avihimsa / Non-Cruelty	↔ ↔ ↔	51. Vihimsa / Cruelty		