

# The 52 Cetasikas at a Glance

## Ethically variable factors – 13

### *Aññasammāna cetasikas*

#### Universals – 7

##### *Sabbacitta Sādhāraṇa – 7*

- (1) 1. Contact – *Phassa*
- (2) 2. Feeling – *Vedanā*
- (3) 3. Perception – *Saññā*
- (4) 4. Volition – *Cetanā*
- (5) 5. One-pointedness – *Ekaggatā*
- (6) 6. Life faculty – *Jīvitindriya*
- (7) 7. Attention – *Manasasikāra*

#### Occasionals – 6

##### *Pakinnaka – 6*

- (8) 1. Initial application – *Vitakka*
- (9) 2. Sustained application – *Vicāra*
- (10) 3. Decision – *Adhimokkha*
- (11) 4. Effort – *Viriya*
- (12) 5. Joy – *Pīti*
- (13) 6. Desire – *Chanda*

## Unwholesome mental factors – 14

### *Akusala cetasikas / Papajatti*

#### Unwholesome universals – 4

##### *Akusala sabbacitta Sādhāraṇa – 4*

- (14) 1. Delusion – *Moha*
- (15) 2. Shamelessness – *Ahirika*
- (16) 3. Fearlessness of wrong – *Anottappa*
- (17) 4. Restlessness – *Uddhacca*

#### Unwholesome occasionals – 10

##### *Akusala pakinnaka*

##### **Greed group – *Lobha tri* – 3**

- (18) 1. Greed – *Lobha*
- (19) 2. Wrong view – *Diṭṭhi*
- (20) 3. Conceit – *Māna*

##### **Hatred group – *Dosa catukka* – 4**

- (21) 4. Hatred – *Dosa*
- (22) 5. Envy – *Issā*
- (23) 6. Stinginess – *Macchhariya*
- (24) 7. Worry – *Kukkucca*

##### **Dullness group – *End tri* – 3**

- (25) 8. Sloth – *Thīna*
- (26) 9. Torpor – *Middha*
- (27) 10. Doubt – *Vicikicchā*

## Beautiful mental factors – 25

### *Sobhana cetasikas / Kalayanajatika*

#### Beautiful universals – 19

##### *Sobhana sabbacitta Sādhāraṇa – 19*

- (28) 1. Faith/Confidence – *Saddha*
- (29) 2. Mindfulness – *Sati*
- (30) 3. Moral shame – *Hiri*
- (31) 4. Moral fear – *Ottappa*
- (32) 5. Non-attachment – *Alobha*
- (33) 6. Non-hatred – *Adosa*
- (34) 7. Equanimity – *Upekkha / Tatramajjhataṭṭā*
- (35) 8. Tranquillity of mental factors – *Kayapassaddhi*
- (36) 9. Tranquillity of consciousness – *Cittapassaddhi*
- (37) 10. Lightness of mental factors – *Kayalahutā*
- (38) 11. Lightness of consciousness – *Cittalahutā*
- (39) 12. Malleability of mental factors – *Kayamudutā*
- (40) 13. Malleability of consciousness – *Cittamudutā*
- (41) 14. Wioldiness of mental factors – *Kayakammaññatā*
- (42) 15. Wioldiness of consciousness – *Cittakammaññatā*
- (43) 16. Proficiency of mental factors – *Kayapāguññatā*
- (44) 17. Proficiency of consciousness – *Cittapāguññatā*
- (45) 18. Rectitude of mental factors – *Kayujjukatā*
- (46) 19. Rectitude of consciousness – *Cittujjukatā*

#### Abstinences – 3

##### *Virati – 3*

- (47) 1. Right speech – *Sammā vācā*
- (48) 2. Right action – *Sammā kammanta*
- (49) 3. Right livelihood – *Sammā ajīva*

#### Illimitables – 2

##### *Appamaññā – 2*

- (50) 1. Compassion – *Karuṇā*
- (51) 2. Sympathetic joy – *Muditā*

#### Wisdom faculty – 1

##### *Paññā – 1*

- (52) 1. Wisdom – *Paññindriya*

## Unfixed adjuncts – 11

### *Aniyatayogi*

- |                       |                          |
|-----------------------|--------------------------|
| 1. <i>Māna</i>        | 7. <i>Sammā vācā</i>     |
| 2. <i>Issā</i>        | 8. <i>Sammā kammanta</i> |
| 3. <i>Macchhariya</i> | 9. <i>Sammā ajīva</i>    |
| 4. <i>Kukkucca</i>    | 10. <i>Karuṇā</i>        |
| 5. <i>Thīna</i>       | 11. <i>Muditā</i>        |
| 6. <i>Middha</i>      |                          |