

Class Notes
February 2, 2017

The Five Skandhas

1. Form
2. Feeling
3. Perception, Impulse, Discernment
4. Compositional Factors, Mental Factors, Samskara
5. Consciousness

This talk is about the fourth of these, Samskara.

The 51 Mental Factors

A. The five ever-present factors

1. Interest
2. Contact
3. Feeling
4. Attention
5. Discernment

B. The five object-ascertaining factors (factors 6-10)

1. Aspiration
2. Appreciation
3. Recollection (mindfulness)
4. Absorption
5. Understanding

C. The eleven wholesome factors (factors 11-22)

1. Faith
2. Self-respect
3. Respect for others
4. Non-attachment
5. Non-hatred
6. Non-bewilderment
7. Joyful perseverance
8. Suppleness (shinjang)
9. Conscientiousness
10. Equanimity
11. Non-violence

D. The six root factors of emotional obscuration (factors 23-28)

1. Desire
2. Anger
3. Pride
4. Ignorance
5. Doubt
6. Erroneous views

E. The 20 secondary afflictions (factors 28-47)

1. Rage
2. Rancor
3. Concealment
4. Animosity
5. Jealousy
6. Avarice
7. Duplicity
8. Deceit
9. Self-satisfaction
10. Maliciousness
11. Lack of self-respect
12. Lack of respect for others
13. Dullness
14. Wildness
15. Lack of confidence
16. Laziness
17. Carelessness
18. Confused memory
19. Lack of discernment
20. Distraction

F. The four variable factors (factors 48-51)

1. Regret
2. Sleep
3. Reasoning
4. Investigation