

The Fifty-One Mental States/Factors (sems byung Inga bcu nga gcig**)**

Five Ever-Present Factors (kun `gro Inga**)**

1. Sensation (**tshor ba**)
2. Perception (**`du shes**)
3. Intention (**sems pa**)
4. Attention (**yid byed**)
5. Contact (**reg pa**)

Five Object-Determining Factors (yul nges Inga**)**

1. Interest (**`dun pa**)
2. Appreciation (**mos pa**)
3. Mindfulness (**dran pa**)
4. Concentration (**ting nge `dzin**)
5. Intelligence (**shes rab**)

Eleven Virtuous States (dge ba'I sems byung bcu gcig**)**

1. Faith (**dad pa**)
2. Conscientiousness (**bag yod pa**)
3. Flexibility (**shin tu sbyang ba**)
4. Evenness/equanimity (**btang snyoms**)
5. Self-control/shame (**ngo tsha shes pa**)
6. Respect/sense of decency (**khrel yod pa**)
7. Nonattachment (**ma chags pa**)
8. Nonaggression (**zhes sdang med pa**)
9. Nondelusion (**gti mug med pa**)
10. Nonviolence (**rnam par mi `tshe ba**)
11. Diligence (**brtson `grus**)

Six Root Disturbing Emotions (rtsa nyon drug**)**

1. Ignorance (**ma rig pa**)
2. Desire (**`dod chags**)
3. Anger (**khong khro ba**)
4. Pride (**nga rgyal**)
5. Doubt (**the tshom**)
6. Beliefs/views (**lta ba**), which comprise:

View of the transitory collection (**`jig tshogs la lta ba**)

View of extremes (**mthar dzin pa'i lta ba**)

Wrong view (**log par lta ba**)

View of doctrinal superiority (**lta ba mchog `dzin**)

View of ethical superiority (**tshul khrim dang brtul zhugs mchog `dzin**)

Twenty Subsidiary Disturbing Emotions (nye nyon nyi shu**)**

1. Rage (**khro ba**)
2. Resentment (**`khon du `dzin pa**)
3. Spitefulness (**`tshig pa**)
4. Cruelty (**rnam par `tshe ba**)
5. Envy (**phrag dog**)
6. Deception (**g.yo**)
7. Pretension (**sgyu**)
8. Shamelessness/lack of self-control (**ngo tsha med pa**)
9. Disrespect (**khrel med pa**)
10. Concealment (**`chab pa**)
11. Miserliness (**ser sna**)
12. Self-satisfaction (**rgyags pa**)
13. Lack of faith (**ma dad pa**)
14. Laziness (**le lo**)
15. Carelessness (**bag med pa**)
16. Forgetfulness (**brjed ngas**)
17. Inattention (**shes bzhin min pa**)
18. Lethargy (**rmug pa**)
19. Excitement (**rgod pa**)
20. Distraction (**rnam par g.yeng ba**)

Four Variables (gzhan `gyur bzhi**)**

1. Sleep (**gnyid**)
2. Regret (**`gyod pa**)
3. Conception (**rtog pa**)
4. Discernment (**dpyod pa**)