

THE FIFTY-ONE MENTAL FACTORS

†EVER-PRESENT FACTORS	OBJECT DETERMINING FACTORS	VIRTUOUS FACTORS	ROOT DISTURBANCES	SECONDARY DISTURBANCES	VARIABLES
1. Attraction 2. Feeling 3. Perception 4. Attention 5. Contact	6. Intention 7. Adherence 8. Recollection 9. Concentration 10. Discrimination	11. Faith 12. Heedfulness 13. Pliancy 14. Equanimity 15. Conscience 16. Shame 17. Nonattachment 18. Nonaggression 19. Nondelusion 20. Commiseration 21. Diligence	22. Ignorance 23. Attachment 24. Anger 25. Arrogance 26. Doubt 27. Beliefs‡ -In a Transitory Collection -Of Holding Extremes -Perverted (Wrong View) -Holding a Belief Paramount -Holding a Discipline or Ritual Paramount	28. Fury 29. Resentment 30. Spite 31. Hostility 32. Envy 33. Hypocrisy 34. Pretense 35. Lack of Conscience 36. Shamelessness 37. Concealment 38. Stinginess 39. Self-infatuation 40. Lack of Faith 41. Laziness 42. Heedlessness 43. Forgetfulness 44. Nonalertness 45. Lethargy 46. Excitement 47. Distraction	48. Sleep 49. Regret 50. Concept 51. Discernment

*Ten General Bases

All of these factors are considered to be concurrent formations as they are mental factors. Non-concurrent formations are neither completely associated with the mind, nor with matter. The Abhidharmkosa lists 14, the Abhidharmasamuccaya lists an additional 10 for a total of 24 described by Lama Mipham. These are formations such as time, speed, location, vows, attainment, non-attainment, conception-free absorption, absorption of cessation, vitality, the four characteristics of composites (arising, abiding, aging, and cessation), letters, names, and words.

(Mipham Rinpoche: Gateway to Knowledge; vol.1. P.32-33)

†According to Lama Mipham these first five *must* accompany any cognitive act or consciousness.

‡Some systems count the five beliefs separately, and thus delineate fifty-five mental factors.

*Dzogchen Ponlop Rinpoche describes these as the ten factors associated with our basic mind consciousness, the principal mind.