

"The Mind" Chapter 8: Virtuous Mental Factors

119	Eleven Virtuous Mental Factors	
	1. faith	basis of aspiration of aiming for a purpose; that trusts, admires, or emulates a holy being <i>function the foundation of all good qualities; generates the diligence that is needed</i>
120	2. shame	shuns wrongdoing out of consideration for oneself <i>function acts as a basis for refraining from bad conduct and for engaging in good conduct</i>
	3. embarrassment	shuns wrongdoing out of consideration for others <i>function also a basis for engaging in good conduct and abandoning bad conduct</i>
	4. nonattachment	having observed samsaric existence, reverses attachment to samsara and its causes <i>function another basis for not engaging in bad conduct</i>
	5. nonhatred	upon perceiving any of the 3 objects that give rise to anger, destroys arising of anger, wish to harm, etc. [the 3 objects: sentient beings, suffering, & circumstances that give rise to suffering] <i>function another basis for not engaging in bad conduct</i>
121	6. nondelusion	non-confusion; fine investigation & wisdom, arisen from karmic ripening, study, contemplation, or realization two possible causes: innate or generated through training <i>function antidote to delusion, and a basis for not engaging in bad actions</i>
	7. diligence	a completely joyous mental state that is focused on virtuous activity <i>function causes the virtuous side to become established and complete</i>
122	8. pliancy	serviceability of the mind in focusing on virtuous object exactly as desired <i>function overcomes negative tendencies by interrupting the continuum of bodily and mental dysfunction</i>
	9. heedfulness	arising from a mind lacking the 3 poisons* & possessing diligence, heedfulness protects the mind from unfavorable factors [*three poisons: attachment, hatred, and delusion] [or "conscientiousness": a meticulous concern for what is to be engaged in and what is to be avoided] <i>function generates, maintains, or increases virtue; protects mind from unfavorable factors</i>
122-123	10. equanimity	spontaneous mental abiding without need to exert effort to apply antidotes [to laxity or excitation] <i>function prevents occasion for mental afflictions to arise</i>
123	11. nonviolence	on observing sentient beings, thinks with loving kindness & compassion, of their freedom from suffering <i>function restrains from harming</i>

106	REMINDER: Asaṅga's <i>Compendium of Knowledge</i> names fifty-one mental factors (other lists may differ)		
	Ch. 6	five omnipresent mental factors	Ch. 10 p 139 six root mental afflictions
	Ch. 7	five mental factors with a determinate object	Ch. 10 p 147 20 secondary mental afflictions
	Ch. 8	eleven virtuous mental factors	Ch. 11 four variable mental factors
	Ch. 9	Love & Compassion	