

The Thirty-Four Beautiful Mental Factors

Kusala 34

Consciousness (*citta*)

All mental factors arise together with consciousness

Consciousness	<i>Citta</i>
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Universal mental factors (*sabba citta sadharana cetasika*)

Arise in every citta, wholesome or unwholesome

Contact	<i>Phassa</i>
Feeling	<i>Vedana</i>
Perception	<i>Sanna</i>
Volition	<i>Cetana</i>
One-pointedness	<i>Ekagatta</i>
Life-faculty	<i>Jivitindriya</i>
Attention	<i>Manisikara</i>

Occasional mental factors (*pakinnaka cetasika*)

Arise in some citta, wholesome or unwholesome

Application	<i>Vitakka</i>
Sustainment	<i>Vicara</i>
Decision	<i>Adhimokka</i>
Effort	<i>Viriya</i>
Joy	<i>Piti</i>
Desire	<i>Chanda</i>

Beautiful universal mental factors (*sobhana sadharana cetasika*)

Arise in all wholesome citta and never in unwholesome citta

Faith	<i>Saddha</i>
Mindfulness	<i>Sati</i>
Conscience	<i>Hiri</i>
Shame	<i>Ottappa</i>

Beautiful universal mental factors (continued)

Non-greed	<i>Alobha</i>
Non-hatred	<i>Adosa</i>
Evenness of mind	<i>Tatramajjhata</i>
Tranquillity of mental body	<i>Kaya pasaddhi</i>
Tranquillity of consciousness	<i>Citta passadhi</i>
Lightness of mental body	<i>Kaya lahuta</i>
Lightness of consciousness	<i>Citta lahuta</i>
Malleability of mental body	<i>Kaya muduta</i>
Malleability of consciousness	<i>Citta muduta</i>
Wieldiness of mental body	<i>Kaya kammannata</i>
Wieldiness of consciousness	<i>Citta kammannata</i>
Proficiency of mental body	<i>Kaya pagunnata</i>
Proficiency of consciousness	<i>Citta pagunnata</i>
Uprightness of mental body	<i>Kay-ujjukata</i>
Uprightness of consciousness	<i>Citt-ujjukata</i>

Optional Beautiful Mental Factors

Not part of the standard Kusala 34 list, as they only arise in some wholesome citta under specific conditions. (See wholesome impulsion tables.)

Non-delusion (*amoha*)

Wisdom faculty	<i>Pannindriya</i>
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Abstinenes (*virati*)

Right speech	<i>Samma vaca</i>
Right action	<i>Samma kammannata</i>
Right livelihood	<i>Samma ajiva</i>

Immeasurables (*appammanna*)

Compassion	<i>Karuna</i>
Appreciative joy	<i>Mudita</i>