

THE FIFTY-ONE “MIND OWNED” DHARMAS

GENERAL or “dharma capable of going everywhere.” These five function together with all eight consciousnesses.

9. **Mental contact**—*or, contact, touch*:
Sense organs, sense objects, and consciousness function together.
10. **Attention**—*or, sensation, contact, mental attention*:
The mind actively works toward its object.
11. **Sensation**—*or, feeling, thought*:
The mind object registers as pleasure, pain, or neither, thus allowing attachment, rejection or indifference to arise.
12. **Conception**—*or, conceptualization, idea, cognition, perception*:
The mind object is an image capable of bearing a name.
13. **Volition**—*or, deliberation*:
The mind determines to act regarding its object.

SPECIAL or “dharma that arise for specific objects.” These five sometimes function together, sometimes independently, but only with the first six consciousnesses.

14. **Desire**—*or, yearning, zest*:
The mind wants/doesn't want its object.
15. **Resolve**—*or, confidence*:
The mind keeps *this* object (as good or bad), thus maintaining stability.
16. **Memory**—*or, remembrance*:
The mind has experienced *this* object before, keeps it clear, thus this dharma works as a foundation for concentration.
17. **Concentration**—*or, meditation*:
The mind stays with *this* object, thus this dharma works as a foundation for discernment.
18. **Discernment**—*or, insight, judgment, wisdom* (also functions with manas):
The mind discerns its object and cuts off doubt.

WHOLESOME or mental functions which work to liberate both self and others, now and in the future. These eleven function with mano and the 5 sense consciousnesses.

19. **Confidence**—*or, belief, faith*:
The mind recognizes Reality, aspires to follow the Way, fills with determination to practice for the benefit of others (that they may find the Way).
20. **Sense of shame**—*or, conscience, inner shame, shame*:
The mind bears respect for and values wisdom and wholesomeness.

21. **Sense of Integrity**—*or, remorse, dread of blame, sense of shame, bashfulness:*
The mind turns from violence and unwholesome deeds.
22. **Lack of greed**—*or, non-covetousness, absence of greed:*
The mind is not attached to self or possessions.
23. **Lack of aversion**—*or, lack of anger, non-anger, non-hatred, absence of hatred:*
The mind is not averse to persons or things.
24. **Lack of ignorance**—*or, non-delusion, non-ignorance, absence of ignorance:*
The mind is clear about Reality and phenomena.
25. **Vigor**—*or, zeal, diligence, energy, effort:*
The mind is courageous in doing what is wholesome and avoiding what is unwholesome.
26. **Tranquility**—*or, serenity, composure of mind, repose of mind, diligence:*
The mind is free from coarse and heavy conditions, peaceful and patient.
27. **Vigilance**—*or, carefulness, lack of self indulgence:*
The mind stays free of misdeeds while practicing what is wholesome.
28. **Equanimity**—*or, indifference, peacefulness:*
The mind is free of expectation and calculation.
29. **Non-injury**—*or, non-violence, harmlessness, non-harming:*
The mind is free of anger.

MAJOR UNWHOLESOME or afflictions which work to agitate and confuse the mind.

All six function with mano consciousness, but the first three also with the five sense consciousnesses. In addition, the first four false views, 35a–35d, function with manas consciousness.

30. **Greed**—*or, attachment, covetousness, craving, lust:*
The mind is attached to the notion of a self and the possessions of a self.
31. **Aversion**—*or, hatred, anger:*
The mind is averse to its object.
32. **Ignorance**—*or, confusion, delusion:*
The mind is confused about Reality and phenomena.
33. **Arrogance**—*or, conceit, pride:*
The mind values self while disparaging others.
34. **Doubt:**
The mind hesitates when encountering Truth and Reality.
35. **Improper views**—*or, false views, mistaken views, wrong views, views:*
The mind is inverted and fabricates a false picture of the world. There are six false views:

- a. **self-delusion**—clinging to the notion of a self.
- b. **self-view**—seeing self as apart from the five aggregates.
- c. **self-conceit**—clinging to one's own views and opinions.
- d. **self-love**—seeing self apart from other.
- e. **extreme views**—solid or one-sided views.
- f. **false views**—clinging to taboos and superstitions.

MINOR UNWHOLESOME or the basic afflictions. All 20 function with mano consciousness, but the last ten also with the five sense consciousnesses. In addition, the last eight function with manas consciousness.

36. **Anger**—*or, fury*:
The mind is primed to lash out verbally or physically.
37. **Enmity**—*or, hostility, malice*:
The mind harbors ill-will, is impatient.
38. **Dissimulation**—*or, concealment, hypocrisy*:
The mind is preoccupied with hiding fault, fearful of loss of fame or profit, and liable to falling into restlessness and regretfulness.
39. **Vexation**—*or, affliction, maliciousness, malice*:
The mind retains objects of anger and malice, or encounters objects contrary to its desires, and becomes noisy, fierce, ignoble, violent, and poisonous.
40. **Envy**:
Because of seeking after fame or profit, the mind cannot remain at peace when hearing of the success of others.
41. **Avarice**—*or, parsimony, selfishness, stinginess*:
Because of clinging to self and what it owns, the mind begrudges giving.
42. **Deception**—*or, deceitfulness, deceit*:
To say what is different from what is held in the mind, particularly in order to gain fame or profit.
43. **Duplicity**—*or, fraudulence, guile, hypocrisy*:
To flatter while deceiving others.
44. **Desire to harm**—*or, injury, harmfulness, violence*:
Trying to harm others, having no sympathy for others.
45. **Pride**—*or, self-esteem, mischievous exuberance, vanity*:
Clinging to one's own success, strength, superiority, and becoming arrogant.
46. **Shamelessness**—*or, lack of shame, lack of conscience*:
The mind lacks respect for self.
47. **Remorselessness**—*or, non-integrity, lack of dread of blame, non-bashfulness*:
The mind lacks respect for other.

48. **Restlessness**—*or, agitation, excitedness, deceitfulness:*
The mind lacks peacefulness and stability.
49. **Torpor**—*or, low spiritedness, mental fogginess, stupidity, dullness:*
Depression of mind which obstructs tranquility and insight.
50. **Lack of confidence**—*or, lack of faith, unbelief:*
The mind neither recognizes Truth nor respects the virtue of wise people, thus makes no effort to change, and thus provides a foundation for laziness.
51. **Laziness**—*or, sloth, indolence, sluggishness:*
The mind lacks the ability to rally in wholesome activity.
52. **Indolence**—*or, idleness, self indulgence, carelessness, negligence:*
The mind lacks the ability to refrain from what is unwholesome.
53. **Forgetfulness**—*or, loss of mindfulness:*
The mind drops what has been experienced before, thus obstructing mindfulness and forming a foundation for mental distraction.
54. **Distraction**—*or, distractedness:*
The mind lacks the ability to focus on one thing. This obstructs right concentration and allows mistaken views to arise.
55. **Inattentiveness**—*or, thoughtlessness, non-discernment, lack of recognition:*
The mind does not recognize its objects—that is, that they are dukkha, impermanent, and without self.

INDETERMINATE. These four function without a fixed nature—in other words, they could be wholesome or unwholesome.

56. **Remorse**—*or, regret, repentance, worry:*
Loss of peacefulness in the mind due to unwholesome past deeds.
57. **Drowsiness**—*or, sleepiness, torpor, sloth:*
The mind cannot control itself (stay present).
58. **Reflection**—*or, initial mental application, applied thought:*
The mind remains with shallow logical and intellectual thought.
59. **Investigation**—*or, subsequent discursive thought, sustained thought:*
The mind engages in deep logical and intellectual thought.