

# The Fifty-One Mental States according to *Gateway to Knowledge and Mind in Buddhist Psychology*

## EVER-PRESENT FACTORS (SARVATRAGA)

	SANSKRIT	TIBETAN	GATEWAY TO KNOWLEDGE	MIND IN BUDDHIST PSYCHOLOGY
1.	<i>vedanā</i>	<i>tshor ba</i>	sensation	feeling-tone
2.	<i>saṃjñā</i>	<i>'du shes</i>	perception	conceptualization
3.	<i>cetanā</i>	<i>sems pa</i>	attraction	directionality
4.	<i>sparsā</i>	<i>reg pa</i>	contact	rapport
5.	<i>manasikāra</i>	<i>yid la byed pa</i>	attention	demanding

## OBJECT-DETERMINED FACTORS (*VIṢAYANIYATA*)

	SANSKRIT	TIBETAN	GATEWAY TO KNOWLEDGE	MIND IN BUDDHIST PSYCHOLOGY
1.	<i>chanda</i>	<i>'dun pa</i>	intention	interest
2.	<i>adhimokṣa</i>	<i>mos pa</i>	interest	intensified interest
3.	<i>smṛti</i>	<i>dran pa</i>	recollection	inspection
4.	<i>samādhi</i>	<i>ting nge 'dzin</i>	concentration	concentration
5.	<i>prajñā</i>	<i>shes rab</i>	discrimination	appreciative discrimination

## WHOLESOME FACTORS (*KUŚALA*)

	SANSKRIT	TIBETAN	GATEWAY TO KNOWLEDGE	MIND IN BUDDHIST PSYCHOLOGY
1.	<i>śraddhā</i>	<i>dad pa</i>	faith	confidence/trust
2.	<i>hrī</i>	<i>ngo tsha</i>	conscience	self-respect
3.	<i>apatrapā</i>	<i>khrel yod pa</i>	shame	decorum
4.	<i>alobha</i>	<i>ma chags pa</i>	nonattachment	nonattachment
5.	<i>adveṣa</i>	<i>zhe sdang med pa</i>	nonaggression	nonhatred
6.	<i>amoha</i>	<i>gti mug med pa</i>	nondelusion	nondeludedness
7.	<i>vīrya</i>	<i>brtson grus</i>	diligence	diligence
8.	<i>praśrabdhi</i>	<i>shin tu sbyangs pa</i>	pliancy	alertness
9.	<i>apramāda</i>	<i>bag yod</i>	conscientiousness	concern
10.	<i>upekṣā</i>	<i>btang snyoms</i>	equanimity	equanimity
11.	<i>avihiṃsa</i>	<i>rnam par mi 'tshes ba</i>	nonviolence	nonviolence

## PRIMARY FACTORS OF UPSET (*MULAKLEŚA*)

	SANSKRIT	TIBETAN	GATEWAY TO KNOWLEDGE	MIND IN BUDDHIST PSYCHOLOGY
1.	<i>rāga</i>	<i>dod chags</i>	attachment	cupidity-attachment
2.	<i>pratigha</i>	<i>khong khro</i>	anger	anger
3.	<i>māna</i>	<i>nga rgyal</i>	arrogance	arrogance
4.	<i>avidyā</i>	<i>ma rig pa</i>	ignorance	lack of awareness
5.	<i>vicikitsā</i>	<i>the tshoms</i>	doubt	indecision
6.	<i>dr̥ṣṭi</i>	<i>lta ba</i>	belief	opinionatedness

## SECONDARY FACTORS OF UPSET (*UPAKLEŚA*)

	<b>SANSKRIT</b>	<b>TIBETAN</b>	<b>GATEWAY TO KNOWLEDGE</b>	<b>MIND IN BUDDHIST PSYCHOLOGY</b>
1.	<i>krodha</i>	<i>khro ba</i>	fury	indignation
2.	<i>upanāha</i>	<i>khon du 'dzin pa</i>	resentment	resentment
3.	<i>mrakṣa</i>	<i>'chab pa</i>	concealment	slyness-concealment
4.	<i>pradāśa</i>	<i>'tshig pa</i>	spite	spite
5.	<i>īrṣyā</i>	<i>phrag dog</i>	envy	jealousy
6.	<i>mātsarya</i>	<i>ser sna</i>	stinginess	avarice
7.	<i>māyā</i>	<i>sgyu</i>	pretense	deceit
8.	<i>śāṭhya</i>	<i>g·yo</i>	hypocrisy	dishonesty
9.	<i>mada</i>	<i>rgyags pa</i>	self-infatuation	mental inflation
10.	<i>vihīṃsā</i>	<i>rnam par 'tshé ba</i>	hostility	malice
11.	<i>āhrīkyā</i>	<i>ngo tsha med pa</i>	lack of conscience	shamelessness
12.	<i>anapatrapā</i>	<i>khrel med pa</i>	shamelessness	lack of propriety
13.	<i>styāna</i>	<i>rmugs pa</i>	lethargy	gloominess
14.	<i>auddhatya</i>	<i>rgod pa</i>	excitement	ebullience
15.	<i>aśrāddhya</i>	<i>ma dad pa</i>	lack of faith	lack of trust
16.	<i>kausīdya</i>	<i>le lo</i>	laziness	laziness
17.	<i>pramāda</i>	<i>bag med</i>	heedlessness	unconcern
18.	<i>muṣitasmṛti</i>	<i>brjed ngas pa</i>	forgetfulness	forgetfulness
19.	<i>vikṣepa</i>	<i>shes pa bzhin ma yin</i>	nonalertness	inattentiveness

<b>20.</b>	<i>asamprajanya</i>	<i>rnam pa g-yengs ba</i>	distraction	desultoriness
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## VARIABLE FACTORS

	<b>SANSKRIT</b>	<b>TIBETAN</b>	<b>GATEWAY TO KNOWLEDGE</b>	<b>MIND IN BUDDHIST PSYCHOLOGY</b>
<b>1.</b>	<i>middha</i>	<i>gnyid</i>	sleep	drowsiness
<b>2.</b>	<i>kaukr̥tya</i>	<i>'gyod</i>	regret	worry
<b>3.</b>	<i>vitarka</i>	<i>rtog pa</i>	conception	selectiveness
<b>4.</b>	<i>vicāra</i>	<i>dpyod pa</i>	discernment	discursiveness