

WHOLESOME MENTAL FACTORS

Mental Factors

Aspect of noble eightfold path

(least subtle)

- confidence
- optimism
- joy
- equanimity
- friendliness
- calmness
- mindfulness
- correct understanding of cause and effect

- right effort
- right action
- right speech
- right livelihood

- loving-kindness
- compassion
- altruism
- calm abiding
- constant mindfulness of body, speech and mind
- constant application to long-term goals

- right mindfulness
- right concentration

(most subtle)

- non-attachment
- non-hatred
- non-ignorance (wisdom)

- right thought
- right view