

THE SEVEN FACTORS OF ENLIGHTENMENT

ENLIGHTENMENT FACTOR	DESCRIPTION IN SUTTAS	PRINCIPAL CONDITION (SUTTAS)	OTHER CONDITIONS (COMMENTARIES)
Mindfulness (<i>sati</i>)	“One recollects (<i>anussarati</i>) that dhamma & thinks it over” (SN 46:3). “Unmuddled mindfulness is established in him” (SN 54:13).	Giving careful attention to things that are a basis for the enlightenment factor of mindfulness (SN 46:2, 51)	(1) mindfulness and clear comprehension (2) avoiding muddled persons (3) associating with mindful people (4) suitable inclination
Investigation of phenomena (<i>dhammavicaya</i>)	“He discriminates that dhamma with wisdom, examines it, investigates it” (SN 46:3, 54:13).	Giving careful attention to wholesome and unwholesome states, blameless and faulty states, bright and dark states	(1) inquiring about aggregates, etc. (2) personal cleanliness (3) balancing spiritual faculties (4) deep reflection (5) associating with wise people (6) suitable inclination
Energy (<i>virīya</i>)	“His energy is aroused without slackening.”	Giving careful attention to the three elements of energy: the element of arousal, the element of endeavor, the element of unstoppable advance	(1) reflection on dangers in samsara (2) seeing benefits in energy (3) reflecting on greatness of Dhamma (4) avoiding lazy persons (5) associating with diligent people (6) suitable inclination
Rapture (<i>pīti</i>)	“Spiritual rapture arises in him.”	Giving careful attention to things that are a basis for the enlightenment factor of rapture	(1) recollection of Three Jewels (2) pure moral practice (3) avoiding bad people (4) associating with good people (5) suitable inclination
Tranquility (<i>passaddhi</i>)	“The body becomes tranquil and the mind becomes tranquil.”	Giving careful attention to tranquility of body and tranquility of mind	(1) avoiding restless people (2) associating with calm people (3) suitable inclination
Concentration (<i>samādhi</i>)	“For one whose body is tranquil and who is happy, the mind is concentrated.”	Giving careful attention to the sign of serenity, the sign of non-dispersion	(1) balancing the faculties (2) skill in meditation (3) avoiding restless people (4) associating with concentrated people (5) suitable inclination
Equanimity (<i>upekkhā</i>)	“He closely looks on with equanimity at the mind thus concentrated.”	Giving careful attention to things that are a basis for the enlightenment factor of equanimity	(1) non-attachment (2) avoiding egotistical people (3) associating with impartial people (4) suitable inclination