

THE SEVEN FACTORS OF AWAKENING

Within The Context of the 8 Fold Path of Practice

Energizing Factors

Effort <i>(Viriya)</i>
<p>Role: Supports mindfulness, other factors & skillful practice</p> <p>Characteristic: Sustained application of energy</p> <p>Qualities: Endurance and perseverance</p>

Investigation <i>(Dhamma Vicaya)</i>
<p>Role: Leads to experiential understanding and Wisdom / Insight</p> <p>Characteristic: Penetrating examination</p> <p>Qualities: Interest, curiosity , fearlessness which generates energy</p>

Rapture <i>(Piti)</i>
<p>Role: Nourishes mind and body</p> <p>Characteristic: Enthusiasm, happiness, satisfaction and joyful interest</p> <p>Qualities: Lightness and renewed energy</p>

Balancing Factor

Mindfulness <i>(Sati)</i>
<p>Role: The Gatekeeper of balance among energetic and stabilizing factors which sees into the <i>process</i> of experience unfolding in <i>consecutive</i> moments of experience</p> <p>Characteristic: Full, relaxed attention which connects with and attends to experience</p> <p>Qualities: Non-judgment, impartiality and flexibility</p>

Stabilizing Factors

Concentration <i>(Samadhi)</i>
<p>Role: Collects dispersed energies of mind and body and protects mindfulness</p> <p>Characteristic: One pointed attention</p> <p>Qualities: Stability, calmness, quietness</p>

Tranquility <i>(Passaddhi)</i>
<p>Role: Settles mind and body from all forms of agitation</p> <p>Characteristic: Steady calmness</p> <p>Qualities: Ease, restfulness and well-being</p>

Equanimity <i>(Upekkha)</i>
<p>Role: Maintains mindfulness free from attachment, identification and other obstacles and hindrances</p> <p>Characteristic: Unshakeable balance in presence of all experience</p> <p>Qualities: Clarity, spaciousness and neutrality</p>

