

37 Aspects of Enlightenment

Both Theravada and Mahayana Buddhists recognize seven sets of qualities as complementary facets of the Buddhist path to awakening. Within these seven sets of Enlightenment qualities, there is a total of thirty-seven individual qualities.

Four Frames of Reference

1. Contemplation of the body
2. Contemplation of feelings
3. Contemplation of consciousness
4. Contemplation of mental qualities

Four Right Exertions

1. Exertion for the non-arising of unskillful states
2. Exertion for the abandoning of unskillful states
3. Exertion for the arising of skillful states
4. Exertion for the sustaining of skillful states

Four Bases of Power

1. Will
2. Energy
3. Consciousness
4. Discrimination

Five Faculties

1. Faith
2. Energy
3. Mindfulness
4. Concentration
5. Wisdom

Five Powers

1. Faith
2. Energy
3. Mindfulness
4. Concentration
5. Wisdom

Seven Factors of Enlightenment

1. Mindfulness
2. Investigation
3. Energy
4. Joy
5. Tranquillity
6. Concentration
7. Equanimity

Noble Eightfold Path

1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Energy
7. Right Mindfulness
8. Right Concentration

Source:

<http://en.wikipedia.org/wiki/Bodhipakkhiy%C4%81dhamm%C4%81>