

Seven Factors of Enlightenment

Insight Meditation South Bay

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Seven Factors of Enlightenment (*bojjhaṅgā*)

Key Ideas:

- These seven factors flow in a progression from one to the other as a path leading toward enlightenment. *Mindfulness* naturally opens to *investigation*, allowing awareness to expand. *Energy* develops from this deeper awareness, followed by *joy* arising from new insights into reality. Joyful insight brings confidence in the *dhamma*, and stability, encouraging the mind to rest in *tranquility*. The calm mind allows *concentration* to build, and finally, the result is *equanimity*, a balanced acceptance of each present moment experience, without clinging or resistance.
- *Mindfulness* enables one to remain aware of each energizing and calming factor and the relationships among all of them. Specifically, each pair is balanced as follows:
 - Investigation and Tranquility
 - Energy and Concentration
 - Joy and Equanimity
- When they are out of balance, mindfulness is needed to discern whether energy or calming is needed, and then which factor should receive more or less emphasis.

Factor Type	Factors in English	Factors in Pali	Notes
Neutral	Mindfulness	<i>sati</i>	
Energizing	Investigation—literally “discrimination of <i>dhammas</i> ”	<i>dhammavicaya</i>	This awakening factor is concerned with discernment of the psycho-physical events (<i>dhammas</i>) that constitute one’s experiential world. This factor is therefore directly related to wisdom, to understanding the Buddha’s teaching, the <i>Dhamma</i> . To understand the nature and interaction of the various groupings of <i>dhammas</i> that make up one’s experiential world is to understand the Buddha’s Teaching, <i>Dhamma</i> .
	Energy	<i>vīriya</i>	
	Joy (rapture)	<i>pīti</i>	
Calming	Tranquility	<i>passaddhi</i>	
	Concentration	<i>samādhi</i>	
	Equanimity	<i>upekkhā</i>	