

Cinquenta e Um Processos Mentais na Psicologia Budista

Five ever-present mental processes (Tib. ཀུན་འགོ་ལྔ་, *kun 'gro lnga*)

1. Feeling (Skt. *vedanā*; Tib. ཚོར་བ་, Wyl. *tshor ba*)
2. Recognition (Skt. *saṃjñā*; Tib. འདུ་ཤེས་, Wyl. *'du shes*)
3. Intentionality (Skt. *cetanā*; Tib. རེམས་པ་, Wyl. *sems pa*)
4. Contact (Skt. *sparśa*; Tib. རེག་པ་ or རེག་བྱ་, Wyl. *reg pa, reg bya*)
5. Attention (Skt. *manaskāra*; Tib. ཡིད་འདུན་, Wyl. *yid byed*)

Cinco processos mentais sempre presentes

1. Sentimentos / Sensações
2. Reconhecimento / Discriminação
3. Intencionalidade
4. Contato
5. Atenção

Five object-ascertaining mental processes (Tib. ཡུལ་ངེས་ལྔ་, *yul nges lnga*)

1. Aspiration (Skt. *chanda*; Tib. འདུན་པ་, Wyl. *'dun pa*)
2. Admiration (Skt. *adhimokṣa*; Tib. མོས་པ་, Wyl. *mos pa*)
3. Mindfulness (Skt. *smṛti*; Tib. དྲན་པ་, Wyl. *dran pa*)
4. Concentration (Skt. *samādhi*; Tib. ཉིང་ངེ་འཛིན་, Wyl. *ting nge 'dzin*)
5. Intelligence (Skt. *prajñā*; Tib. ཤེས་རབ་, Wyl. *shes rab*)

Cinco processos mentais de identificação de objetos

1. Aspiração
2. Admiração
3. Atenção Plena
4. Concentração
5. Inteligência

Eleven wholesome mental processes (Tib. དགོ་བའི་སེམས་བྱུང་བལྟ་གཅིག་, *dge ba'i sems byung bcu gcig*)

1. Faith (Skt. *śraddhā*; Tib. དད་པ་, Wyl. *dad pa*)
2. Sense of shame (Skt. *hrī*; Tib. རྩོམ་ཞེས་པ་, Wyl. *ngo tsha shes pa*)
3. Propriety (Skt. *apatrāpya*; Tib. ཁྲིལ་ཡོད་པ་, Wyl. *khrel yod pa*)
4. Nonattachment (Skt. *alobha*; Tib. མ་ཚགས་པ་, Wyl. *ma chags pa*)
5. Nonhatred (Skt. *adveṣa*; Tib. ཞེས་ལྡང་མེད་པ་, Wyl. *zhes sdang med pa*)
6. Nondelusion (Skt. *amoha*; Tib. གཉི་སྤྲུག་མེད་པ་, Wyl. *gti mug med pa*)
7. Enthusiastic perseverance (Skt. *vīrya*; Tib. བརྩོན་འགྲུས་, Wyl. *brtson 'grus*)
8. Pliancy or flexibility (Skt. *praśrabdhi*; Tib. ཤེན་ཏུ་སྦྱང་བ་, Wyl. *shin tu sbyang ba*)
9. Conscientiousness (Skt. *apramāda*; Tib. བག་ཡོད་པ་, Wyl. *bag yod pa*)
10. Impartiality (Skt. *upekṣā*; Tib. བཏང་སྟོམས་, Wyl. *btang snyoms*)
11. Nonviolence (Skt. *avihimsā*; Tib. རྩམ་པར་མི་འཚོ་བ་, Wyl. *rnam par mi 'tshes ba*)

Onze processos mentais virtuosos

1. Fé
2. Vergonha
3. Consideração (pelos outros)
4. Desapego
5. Não-ódio
6. Não-delusão
7. Perseverança entusiasmada
8. Maleabilidade ou flexibilidade
9. Conscienciosidade
10. Imparcialidade
11. Não-violência

Six primary mental afflictions (Tib. མ་ཉེན་བྱུག་, *rtsa nyon drug*)

1. Ignorance (Skt. *avidyā*; Tib. མ་རིག་པ་, Wyl. *ma rig pa*)
2. Attachment (Skt. *rāga*; Tib. འདོད་ཆགས་, Wyl. *'dod chags*)
3. Anger (Skt. *pratigha*; Tib. རྩོམ་ཚྭ་, Wyl. *khong khro*)
4. Pride (Skt. *māna*; Tib. འཇུག་པ་, Wyl. *nga rgyal*)
5. Doubt (Skt. *vicikitsā*; Tib. རྩེ་ཚམས་, Wyl. *the tshom*)
6. False views (Skt. *dṛṣṭi*; Tib. ལྟ་བུ་, Wyl. *lta ba*)

Seis aflições mentais principais

1. Ignorância
2. Apego
3. Raiva
4. Orgulho
5. Dúvida
6. Visões falsas

When the last factor of false views is divided into the five views, there are fifty-five mental factors in total. The five false views are: (1) views regarding the transient composites (*satkāyadrṣṭi*), (2) extreme views (*antagrāhadṛṣṭi*, i.e., eternalism and nihilism), (3) holding one's own view to be supreme (*dṛṣṭiparāmarśa*) (4) holding one's own ethical principles and disciplines to be supreme (*śilavrataparāmarśa*), (5) false views (*mithyādrṣṭi*)

Quando o último fator das visões falsas é dividido em cinco visões, há cinquenta e cinco fatores mentais no total. As cinco visões falsas são: (1) visões a respeito dos fenômenos compostos transitórios (*satkāyadrṣṭi*), (2) visões extremas (*antagrāhadṛṣṭi*, i.e, eternalismo e niilismo), (3) manter a própria visão como suprema (*dṛṣṭiparāmarśa*) (4) manter os próprios princípios éticos e disciplinas como supremos (*śilavrataparāmarśa*), (5) visões falsas (*mithyādrṣṭi*)

Twenty derivative mental afflictions (Tib. ཉེནོན་ཉི་ཤུ, nye nyon nyi shu)

1. Rage (Skt. *krodha*; Tib. ལྷོ་བ་, Wyl. *khro ba*)
2. Resentment (Skt. *upanāha*; Wyl. Tib. འཛོན་དུ་འཛོན་པ་, 'khon du 'dzin pa)
3. Spitefulness (Skt. *pradāsa*; Wyl. Tib. འཚོག་པ་, 'tshig pa)
4. Cruelty (Skt. *vihimsā*; Tib. རྣམ་པར་འཚོབ་, Wyl. *rnam par 'tshes ba*)
5. Envy (Skt. *īrśya*; Tib. སྐྱག་དོག་, Wyl. *phrag dog*)
6. Deception (Skt. *śāṭhya*; Tib. གཡོ་, Wyl. *g.yo*)
7. Pretension (Skt. *māyā*; Tib. ལྷུ་, Wyl. *sgyu*)
8. Lack of shame (Skt. *āhrīkyā*; Tib. རོ་ཚ་མེད་པ་, Wyl. *ngo tsha med pa*)
9. Disregard (Skt. *anapatatrāpya*; Tib. ལྷོ་བ་མེད་པ་, Wyl. *khrel med pa*)
10. Concealment (Skt. *mrakśā*; Tib. འཚབ་པ་, Wyl. 'chab pa)
11. Miserliness (Skt. *mātsarya*; Tib. ལེར་སྣ་, Wyl. *ser sna*)
12. Pomposity (Skt. *mada*; Tib. རྒྱགས་པ་, Wyl. *rgyags pa*)
13. Lack of faith (Skt. *āśraddhya*; Tib. མ་དད་པ་, Wyl. *ma dad pa*)
14. Laziness (Skt. *kausīdya*; Tib. ལེ་ལོ་, Wyl. *le lo*)
15. Carelessness (Skt. *pramāda*; Tib. བག་མེད་པ་, Wyl. *bag med pa*)
16. Forgetfulness (Skt. *muṣitasmṛtitā*; Tib. བརྗེད་ངས་, Wyl. *brjed ngas*)
17. Lack of introspection (Skt. *asamprajanya*; Tib. ཤེས་བཞིན་མེན་པ་, Wyl. *shes bzhin min pa*)
18. Lethargy (Skt. *styāna*; Tib. ལྷུག་པ་, Wyl. *rmug pa*)
19. Excitation (Skt. *auddhatya*; Tib. རྗོད་པ་, Wyl. *rgod pa*)
20. Distraction (Skt. *vikṣepa*; Tib. རྣམ་པར་གཡེང་པ་, Wyl. *rnam par g.yeng ba*)

Vinte aflições mentais derivadas

1. Ódio
2. Ressentimento
3. Malevolência
4. Crueldade
5. Inveja
6. Mentir / Enganar
7. Pretensão
8. Falta de vergonha
9. Desconsideração
10. Dissimulação
11. Mesquinhez
12. Arrogância
13. Falta de Fé
14. Preguiça
15. Descaso / Negligência
16. Esquecimento
17. Falta de Instrospecção
18. Letargia
19. Agitação / Excitação
20. Distração

Four variable mental processes (Tib. གཞན་འགྱུར་བཞི་, *gzhan 'gyur bzhi*)

1. Sleep (Skt. *middha*; Tib. གནིད་, Wyl. *gnyid*)
2. Regret (Skt. *kaukr̥tya*; Tib. འཇོད་པ་, Wyl. *'gyod pa*)
3. Coarse investigation (Skt. *vitarka*; Tib. རྫོག་པ་, Wyl. *rtog pa*)
4. Subtle analysis (Skt. *vicāra*; Tib. དམྱེད་པ་, Wyl. *dpvod pa*)

Quatro processos mentais variáveis

1. Sonolência
2. Arrependimento
3. Investigação grosseira
4. Análise sutil