

Fundamental Knowledge of Abhidhamma
&
Discussion
(The Study of *Citta*)

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The Nature of Mind

- “Bhikkhus, I do not see even one other thing that changes so quickly as the mind. It is not easy to give a simile for how quickly the mind changes.” (AN I.10)

Dūraṅgamaṃ ekacaraṃ¹ asarīraṃ guhāsayaṃ².

Ye cittaṃ saṃyamissanti mokkhanti mārabandhanā. (Dhammapada Verse 37)

Verse 37: The mind wanders far and moves about alone: it is non-material; it lies in the cave (chamber) of the heart. Those who control their mind will be free from the bonds of *Māra*.

1. *ekacaraṃ*: wandering alone, moves about alone, it means conceiving one thought at a time, i.e., one thought arises only when another ceases. Two thought moments cannot arise at a particular time.
2. *guhāsayaṃ*: lit., lying, or sleeping in a cave; mind lies and arises continually in the cave (chamber) of the heart (*hadayavatthu*), the seat of consciousness.

Cittaniyāma – the fixed order of consciousness

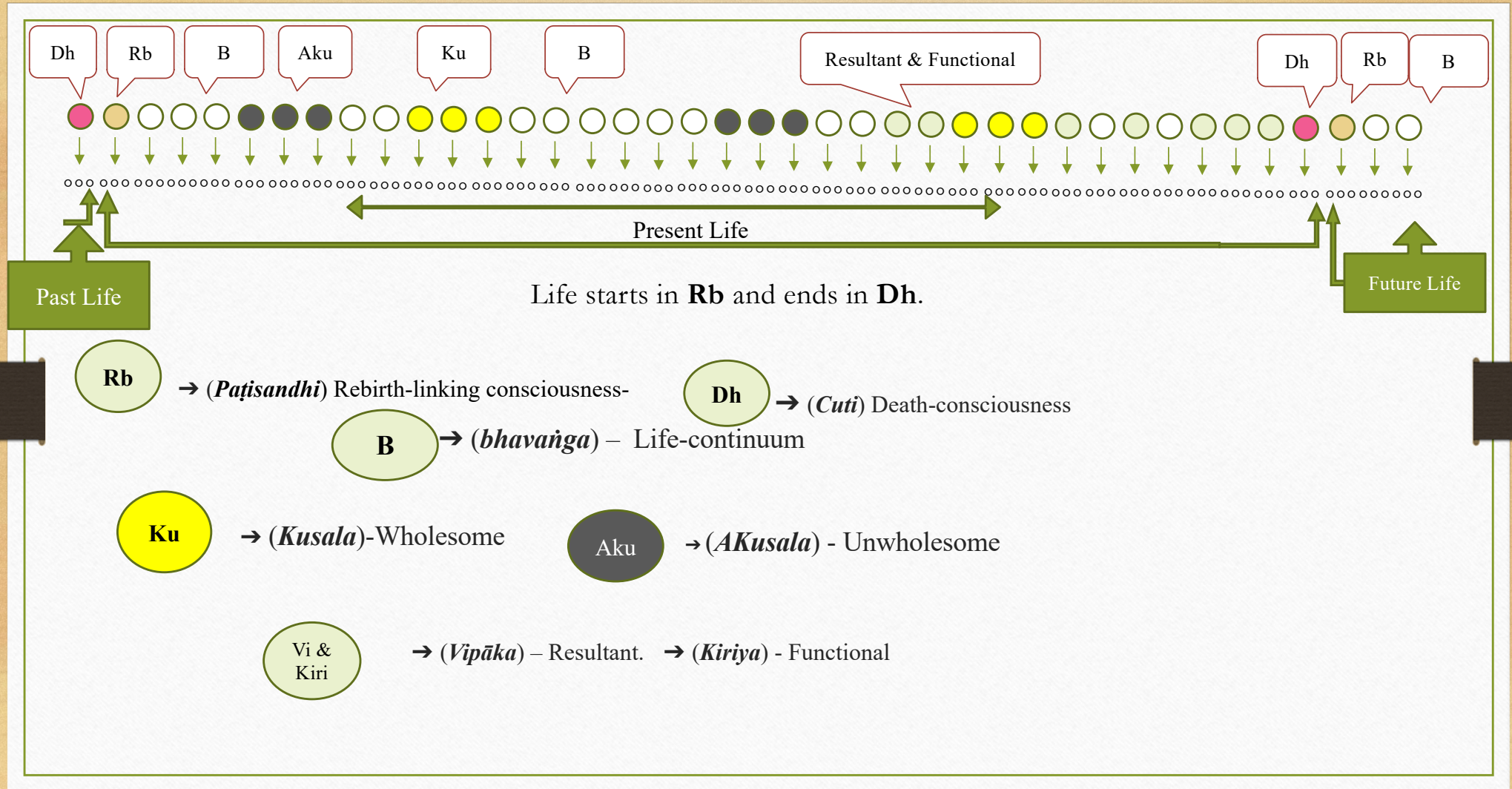
When cittas arise cognizing an object at **the sense doors** or **the mind door**, they do not occur at random or in isolation, but as phases in a series of discrete cognitive events leading one to the other in a regular and uniform order. This order is called *cittaniyāma*, the fixed order of consciousness. (CMA- P.151)

Six Doors (<i>Cha Dvārāṇi</i>)	
1- (<i>Cakkhuvāra</i>) Eye-door	Five sense doors
2- (<i>Sotadvāra</i>) Ear-door	
3- (<i>Ghānavāra</i>) Nose-door	
4- (<i>Jivhadvāra</i>) Tongue-door	
5- (<i>Kāyadvāra</i>) Body-door	
6- (<i>Manodvāra</i>) Mind-door	Mind door

Seven Consciousness Elements (*Satta viññāṇadhātu*) – CMA -P. 146

1. (*Cakkhu-viññāṇadhātu*) Eye-Consciousness -2 { performs the function of **seeing**}
2. (*Sota-viññāṇadhātu*) Ear-Consciousness -2 { performs the function of **hearing**}
3. (*Ghāna-viññāṇadhātu*) Nose-Consciousness -2 { performs the function of **smelling**}
4. (*Jivhā-viññāṇadhātu*) Tongue-Consciousness -2 { performs the function of **tasting**}
5. (*Kāya-viññāṇadhātu*) Body-Consciousness -2 { performs the function of **touching**}
6. *Manodhātu* – Mind element - 3
7. *Manoviññāṇadhātu* – Mind-consciousness element - 76

Introduction to The process of mentality



***Loka* (The world)** – consisting of the five aggregates of clinging
Lokiya Citta — *Consciousness that pertains to the three worlds (81)* (***upādānakkhandha***)

Saṃsāra – the cycle of rebirth and death ← (in the 31 planes of existences)
{Full of suffering}

Nibbāna – the cessation of suffering ← (out of the 31 planes of existences)
{liberation from suffering}

Lokuttara Citta – the Consciousness that pertains to the process
- 8 - of transcending (***Uttara***) the world (***Loka***)

This type of consciousness leads to liberation from ***saṃsāra*** and
to the attainment of ***Nibbāna***

Classification by way of plane **Four Types Of consciousness**

1. ***Kāmāvacara Citta*** – the consciousnesses that have their domain in the sensuous plane of existence, though they may arise in other planes as well. (54)
2. ***Rūpāvacara Citta*** – the consciousnesses that have their domain in the fine-material sphere of existence, though they may arise in other planes as well. (15)
3. ***Arūpāvacara Citta*** – the consciousnesses that have their domain in the immaterial sphere of existence, though they may arise in other planes as well. (12)
4. ***Lokuttara Citta*** – supramundane consciousness (8)

Loka – world &

Uttara – beyond, transcendent to (the word directly refers to the unconditioned element, *Nibbāna*)

- The types of consciousness that directly accomplish the realization of *Nibbāna* are called ***Lokuttara Citta***. (p.31)

Avacara – consciousness which moves about in, or frequents, a particular locality

Kāma – subjective sensuality, i.e. craving &

objective sensuousness, i.e. the five external sense-objects – form, sounds, smells, tastes, and tangibles

(CMA-p.30)

Classification - With respect to its kind or nature (*Jāti*)

Four Types Of consciousness

1. **Akusala Citta** – Unwholesome consciousnesses – which is mentally unhealthy, morally blameworthy (*Sāvajja*) and productive of painful result (*dukkhaviṭṭhā*) - accompanied by any of the three unwholesome roots (greed, hatred, or delusion).
2. **Kusala Citta** – Wholesome consciousnesses – which is mentally healthy, morally blameless (*Anavajja*) and productive of pleasant results (*Sukhaviṭṭhā*) – accompanied by wholesome roots (non-greed, non-hatred, or non-delusion).
3. **Vipāka Citta** – Resultant consciousness – which arises through the ripening of *Kamma*
(*Kamma* = Volitional action)
4. **Kiriya Citta** – Functional consciousness – neither kamma nor kamma resultant, mere activity – which is a mental activity, but not capable of producing kammic results.

1.	Unwholesome	– 12	←
2.	Wholesome	– 21	←
3.	Resultant	– 36	} ←
4.	Functional	– 20	
		(89)	

Resultant consciousness and functional consciousness are neither wholesome nor unwholesome. They are classified as indeterminate (*Abyākata*).

Two types of *Kamma* and Two types of *Resultants*

Kamma , volitional activity is twofold – ➡ The result of *Kamma* is also twofold –

- | | |
|---|---|
| 1. (<i>Kusala-Kamma</i>) – volitional activity associated with wholesome consciousness | 1. (<i>Kusala-vipāka citta</i>) – the resultant consciousness of wholesome <i>kamma</i> |
| 2. (<i>Akusala-Kamma</i>) – volitional activity associated with unwholesome consciousness | 2. (<i>Akusala-vipāka</i>) – the resultant consciousness of unwholesome <i>kamma</i> . |

(*Kiriya Citta*) Functional consciousness is neither wholesome nor unwholesome and non-productive (unproductive).

Consciousness – 89 / 121

Sobhana-Citta- (Beautiful) - 59	6- Lokuttara (Supra-mundane)- 8 / 40 = (<i>Magga</i> (path, wholesome)- 4 + <i>Phala</i> (Fruition, resultant) – 4)	✗	4 / 20	4 / 20	✗	Lokuttara - 8
	5- Arūpāvacara (Immaterial-sphere) – 12 <i>Ku-</i> (wholesome) – 4 + <i>Vi</i> (Resultant) - 4 + <i>Kri</i> (Functional) – 4)	✗	9	9	9	Mahaggata -27 (sublime)
	4- Rūpāvacara (Fine-material-sphere) – 15 <i>Ku-</i> (wholesome) – 5 + <i>Vi</i> (Resultant) - 5 + <i>Kri</i> (Functional) – 5)					
	3- Kāmāvacara.Sobhana (Sense-sphere Beautiful) – 24 <i>Ku</i> (wholesome) – 8 + <i>Vi</i> (Resultant) - 8 + <i>Kri</i> (Functional) – 8)	Unwholesome - 12	Wholesome - 8	Resultant - 23	Functional - 11	Kāmāvacara-Citta-54 (Sense-sphere)
Asobhana-Citta (not beautiful)- 30	2- Ahetuka (Rootless)– 18 <i>Akusala-vipāka</i> (unwholesome resultant) - 7 + <i>Ahetuka kusala-vipāka</i> (Rootless wholesome resultant) – 8 + <i>Ahetuka kiriya</i> (Rootless functional – 3)	12	21/ (37)	36/ (52)	20	Lokiya-Citta -81 (mundane)
	1- Akusala (Unwholesome)– 12 <i>Lobha-Mūla</i> (greed-rooted)-8 + <i>Dosa-Mūla</i> (Hatred-rooted) -2 + <i>Moha-Mūla</i> (Delusion-rooted)-2					