

THE ALL

SENSE EXPERIENCES

SIGHTS
colors, shapes, sizes

SOUNDS
*tinkling, rattling,
talking*

TASTES
sour, sweet, bitter

SMELLS
*pungent, fragrant
delicate*

**BODILY
PERCEPTIONS**
soft, itchy, warm

**THOUGHTS,
FEELINGS**
*emotions,
images, ideas*

MENTAL STATES

COMMON MENTAL STATES
such as memory, stability,
feeling tone (pleasant or
unpleasant), will, and life force

plus either

UNHEALTHY STATES
The 3 roots of:
**grasping, aversion, and
delusion**
give rise to
worry, envy, rigidity, agitation,
greed, self-centeredness, hate,
avarice, shamelessness,
dullness, closed-mindedness,
confusion, misperception,
recklessness, and others.

or

HEALTHY STATES
The 3 roots of:
**wisdom, love, and
generosity**
give rise to
mindfulness, confidence,
graciousness, modesty, joy,
insight, flexibility, clarity,
equanimity, adaptability,
kindness, and others

SENSE CONSCIOUSNESSES

**EYE
CONSCIOUSNESS**
seeing

**EAR
CONSCIOUSNESS**
hearing

**TONGUE
CONSCIOUSNESS**
tasting

**NOSE
CONSCIOUSNESS**
smelling

**BODY
CONSCIOUSNESS**
sensing

**MIND
CONSCIOUSNESS**
thinking, feeling, intuiting