

Fundamental Knowledge of Abhidhamma
&
Discussion

**(Unwholesome & Wholesome
Courses of Actions)**

Collected By Ven.Pyinnyardhikalinkara

Threefold actions

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- *Kamma*, (translated as action,) is to be performed.
 - Doors (*dvāra*) are media through which kamma is performed.
1. **Bodily action** (*Kāyakamma*) – (the door of the body (*Kāyadvāra*)
= bodily intimation (*Kāyaviññatti*) – a type of mind-produced **material phenomenon**
by which a person expresses. {through the medium of the body, a volition arisen in the mind}
 2. **Verbal action** (*Vacīkamma*) – (the door of speech(*Vacīdvāra*)
= bodily intimation (*Kāyaviññatti*) – a type of mind-orginated **material phenomenon**
by means of which volition is expressed verbally}
 3. **Mental action** (*Manokamma*) – (*Manodvāra*) only in the mind (*Manasmīm yeva*),
without reaching intentional expression through body or speech.

Ten Unwholesome causes of action

(*Akusala-kamma*patha)

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1. *Pāṇātipāta* – killing
2. *Adinnādāna* – stealing
3. *Kāmesu micchācāra* – sexual misconduct

Bodily actions (*Kāyakamma*) – as they generally occur through the door of the body(*Kāyadvāra*)

4. *Musāvāda* – false speech
5. *Pisuṇavācā* – slandering
6. *Pharusavācā* – harsh speech
7. *Samphappalāpavācā* – frivolous talk

Verbal actions (*Vacīkamma*) – as they generally occur through the door of speech(*Vacīdvāra*)

8. *Abhijjhā* – Covetousness
9. *Byāpāda* – ill will
10. *Micchādiṭṭhi* – Wrong view

Mental actions (*Manokamma*) – as they generally occur only in the mind without (bodily or vocal) intimation (*Viññatti*)

Ten Unwholesome courses of action

(*Akusalakammamapatha*)

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1. *Pāṇātipāta* – killing
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4. *Musāvāda* – false speech
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6. *Pharusavācā* – harsh speech
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8. *Abhijjhā* – Covetousness
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10. *Micchādiṭṭhi* – Wrong view

The **first seven courses** are identified with the **volition** initiating an effort to accomplish the respective action.

Such **volition** is an unwholesome kamma (whether or not it completes the action, **but if it does reach completion of the action and achieves its aim then it becomes a full course of action.** (e.g. the death of the intended victim, the appropriation of another's property, etc.)

The characteristic of a full course of action is being a kamma **with the potency** to take on the rebirth-generating role.

The Roots of Ten Unwholesome causes of action

and

Twelvefold unwholesome consciousness

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(1) Three actions spring from the root of **hatred**.

1. *Pāṇātipāta* – killing (1)
2. *Pharusavācā* – harsh speech (6)
3. *Byāpāda* – ill will (9)

(2) Three actions spring from the root of **greed**.

1. *Kāmesu micchācāra* – sexual misconduct (3)
2. *Abhijjhā* – Covetousness (8)
3. *Micchādiṭṭhi* – Wrong view (10)

(3) Four actions spring from the two roots of **greed** and **hatred**.

1. *Adinnādāna* – stealing (2)
2. *Musāvāda* – false speech (4)
3. *Pisunavācā* – slandering (5)
4. *Samphappalāpavācā* – frivolous talk (7)

Either **greed** or **hatred**.

According to the classes of consciousness
– this unwholesome kamma is
altogether twelvefold.

Twelvefold unwholesome consciousness

Delusion (**Moha**) – is common base
for all unwholesome kamma

Ten Wholesome courses of action (*Kusalakammappatha*)

1. *Pāṇātipātā verāmaṇi* – abstinence from **killing**
 2. *Adinnādānā verāmaṇi* – abstinence from **stealing**
 3. *Kāmesu micchācārā verāmaṇi* – abstinence from **sexual misconduct**
 4. *Musāvādā verāmaṇi* – abstinence from **false speech**
 5. *Pisūṇavācā verāmaṇi* – abstinence from **slandering**
 6. *Pharusavācā verāmaṇi* – abstinence from **harsh speech**
 7. *Samphappalāpavācā verāmaṇi* – abstinence from **frivolous talk**
 8. *Anabhijjhā* – Non-covetousness
 9. *Byāpāda* – Non-ill will
 10. *Sammādiṭṭhi* – Right view
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- The diagram illustrates the ten wholesome courses of action grouped into three categories:
- Bodily actions (*Kāyakamma*)** – Includes items 1, 2, and 3.
 - Verbal actions (*Vacīkamma*)** – Includes items 4, 5, 6, and 7.
 - Mental actions (*Manokamma*)** – Includes items 8, 9, and 10.

Ten Bases Of Meritorious Deeds (*Puññakiriyavatthu*)

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1. *Dāna* – giving

2. *Sīla* – virtue

3. *Bhāvanā* – meditation

Three main bases of
Meritorious Deeds

4. *Apacāyana* – reverence

5. *Veyyāvacca* – service

– former two are considered as pertaining to the
actions of virtue

6. *Pattidāna* – transference of merit

7. *Pattānumodana* – rejoicing in (others') merit

– middle two are considered as pertaining to
the actions of giving

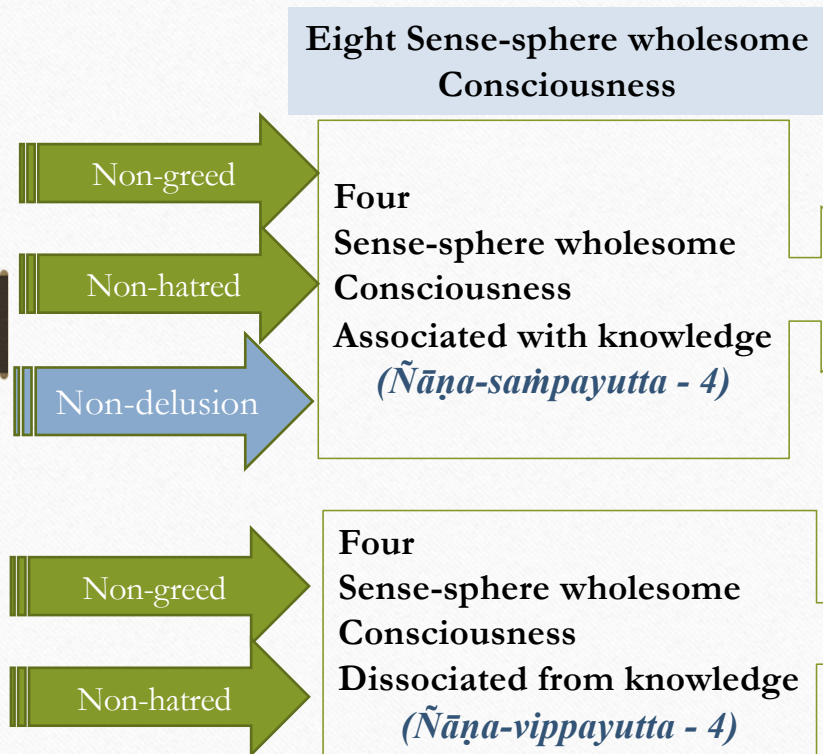
8. *Dhammasavana* – Hearing the Dhamma

9. *Dhammadesanā* – Teaching the Dhamma

10. *Diṭṭhijjukamma* – Straightening out one's views

– they are considered as pertaining to
the actions of meditation

Roots – Consciousness – Actions



1. *Dāna* – giving
2. *Sīla* – virtue
3. *Bhāvanā* – meditation
4. *Apacāyana* – reverence
5. *Veyyāvacca* – service
6. *Pattidāna* – transference of merit
7. *Pattānumodana* – rejoicing in (others') merit
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Twenty kinds of Sense-sphere Kamma (Unwholesome and Wholesome)

- 1)– 12 unwholesome consciousness
- 2)– 8 wholesome consciousness

The Mental factors of volition (*Cetanā*) associated with 20 types of consciousness



20 Sense-sphere *Kamma*.

Twelvefold unwholesome consciousness – Ten unwholesome courses of actions.
Eight wholesome sense-sphere consciousness – Ten bases of meritorious deeds.

Two Types of Resultants

- *Paṭisandhi-vipāka* – resultants at rebirth-linking
- *Pavatti-vipāka* – resultants in or during life

The characteristic of a full course of action is being a **kamma** with the potency to take on the rebirth-generating role. (CMA- P.207)

If it becomes a full course of kamma, it can give results as rebirth.

Otherwise it will give results in and during life, not at relinking. (Handbook-II 189)

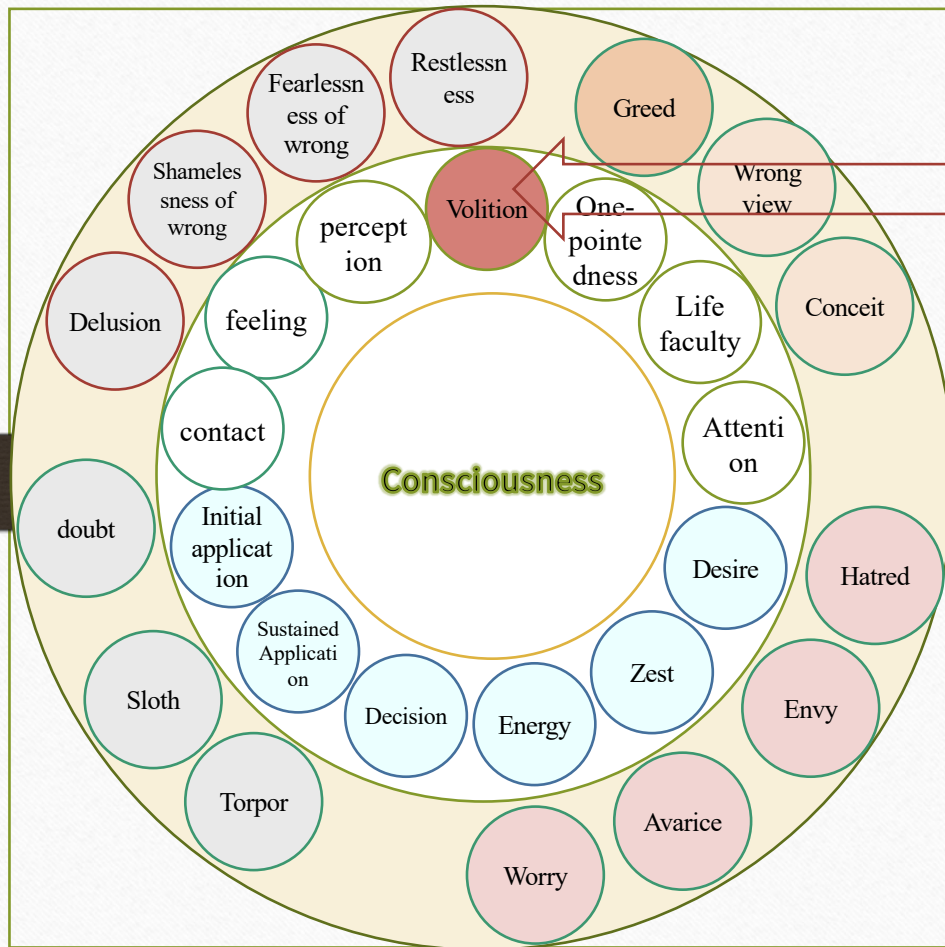
The cause (*Kamma*) is – the mental factor of **volition** (*Cetanā*) –
arisen along with the unwholesome or wholesome roots.

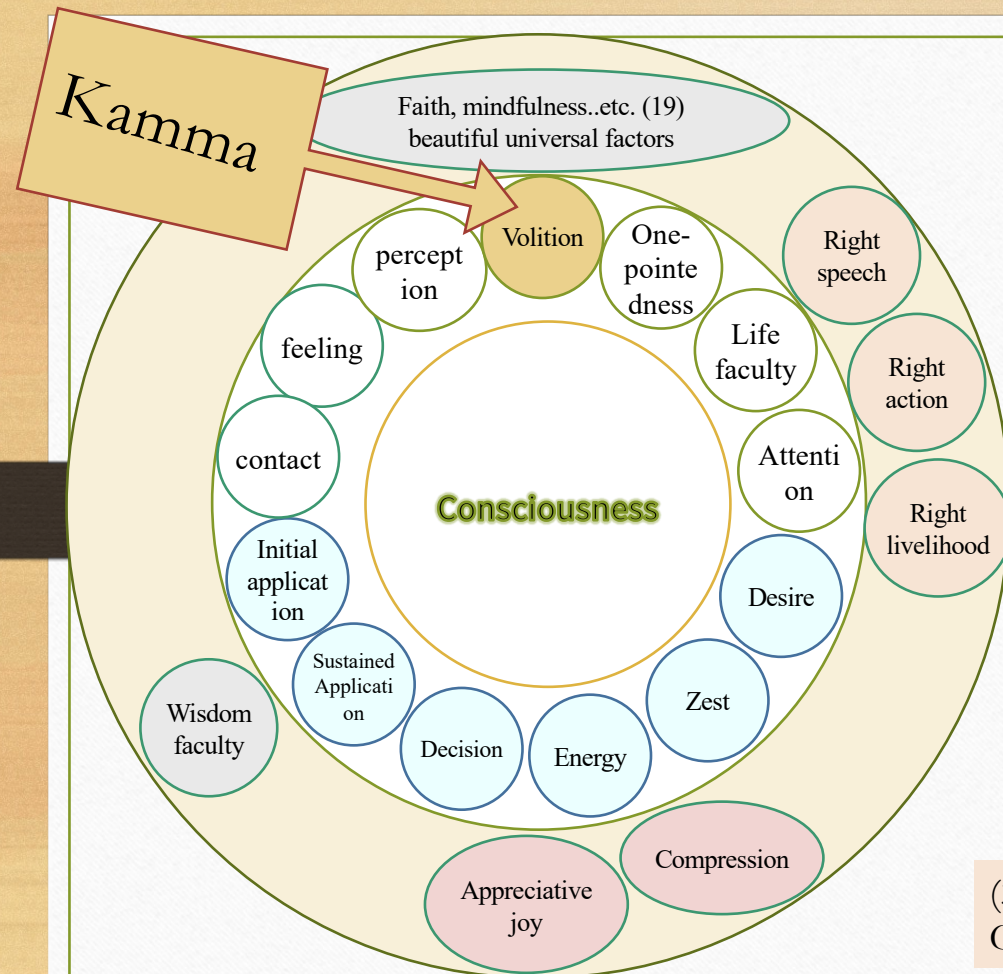
{“*Cetanāham, bhikkhave, kammam vadāmi. Cetayitvā kammam karoti – kāyena vācāya manasā*” – “It is volition, bhikkhu, that I call kamma. For having willed, one acts by body, speech, or mind. AN-VI- Sutta-63}

The Volition drives to commit the unwholesome courses of actions, and to perform ten bases of meritorious deeds and ten wholesome courses of actions.

The Kamma – produces two types of resultants
 (*Paṭisandhi-vipāka*) resultants at rebirth-linking
 (*Pavatti-vipāka*) resultants in or during life

Kamma





Beautiful Universals – 19

Faith (Saddhā), Mindfulness (Sati)
 Moral shame (hiri), Fear of wrong (Ottappa)
 Non-greed (Alobha), Non-hatred (Adosa)
 Neutrality of mind (Tatramajjattatā)
 Tranquillity of mental body (Kāya-passadhi)
 Tranquillity of consciousness (Citta-passadhi)
 Lightness of mental body (Kāya-lahutā)
 Lightness of consciousness (Citta-lahutā)
 Malleability of mental body (Kāya-mudutā)
 Malleability of consciousness (Citta-mudutā)
 Wieldiness of mental body (Kāya-kammaññatā)
 Wieldiness of consciousness (Citta-kammaññatā)
 Proficiency of mental body (Kāya-pāguññatā)
 Proficiency of consciousness (Citta-pāguññatā)
 Rectitude of mental body (Kāyujukatā)
 Rectitude of consciousness (Cittujukatā)

(2) Abstinenes – 3

Right speech, Right action, Right livelihood

(3) Illimitables – 2

Compassion, Appreciative joy

(4) Non-delusion – 1

Wisdom faculty

(19) Consciousnesses of Rebirth-linking

- Of them, **nineteen** types of consciousness perform the functions of rebirth-linking, life-continuum, and death. They are: two types of investigating consciousness accompanied by equanimity; eight great resultants; and nine fine-material-sphere and immaterial-sphere resultants ($2 + 8 + 9 = 19$). (CMA-p.125)

| Types of rebirth | 19- rebirth-linking Cittas | |
|------------------------|---|----------------------------|
| Rootless | two types of investigating consciousness accompanied by equanimity – 2 (Wholesome-resultant-1 and unwholesome-resultant-1) | Sense-sphere rebirth-10 |
| Sense-sphere beautiful | Eight great resultants – 8 | |
| Fine-material-sphere | Fine-material-sphere resultants – 5 | Sublime rebirth-9 |
| Immaterial-sphere | Immaterial-sphere resultants – 4 | |

| Causes (<i>Kamma</i>) | | Effects (Resultants) |
|-------------------------|------------------------------------|---|
| Unwholesome – 12 | | Unwholesome-resultants - 7 |
| Mundane Wholesome – 17 | Sense-sphere wholesome - 8 | Wholesome rootless resultants – 8 Sense-sphere resultants with roots - 8 |
| | Fine-material-shpere wholesome - 5 | Fine-material-shpere resultants - 5 |
| | Immaterial-sphere wholesome - 4 | Immaterial-sphere resultants - 4 |

Kamma

1. Unwholesome – 12
2. Mundane Wholesome – 17

Rebirths in 31 planes of existences

Results during the course of existence

Unwholesome *Kamma* , Wholesome *Kamma* and Wholesome but not *kamma*

- 1) Unwholesome *Kamma* (only sense-sphere)
- 2) Wholesome *Kamma* – Sense-sphere-(8),
fine-material-sphere-(5),
immaterial-sphere-(4),
- 3) Wholesome but not *kamma*
(supramundane wholesome (*Magga*) – (4)