

## The Seven Factors of Awakening

1. mindfulness, awareness, remembering (*sati*)  
*Leads to*
2. investigating, examining, looking into (*vicaya*)  
*Leads to*
3. enthusiasm, energy, effort (*virya*)  
*Leads to*
4. pleasure, delight, joy (*piti*)  
*Leads to*
5. calming, ease, flexibility (*passaddhi*)  
*Leads to*
6. stable, collected, unified awareness (*samadhi*)  
*Leads to*
7. equanimity, steady, balance (*uppekka*)

The seven factors are sometimes said to unfold in that sequence. But it's likely that over time, you'll find yourself developing particular factors, while other factors will be elusive.

- Too much calming, stability, and equanimity lead to dullness and passivity.
- Too much investigation, energy, and joy lead to busyness and tripping.

So try balancing the three arousing factors and the three stabilizing factors:

- **Investigation** and **calming** balance each other.
- **Enthusiasm** and **unified awareness** balance each other.
- **Joy** and **equanimity** balance each other.

Mindfulness	
Investigation	Calm
Enthusiasm	Unified awareness
Joy	Equanimity