**37 Aspects of Enlightenment**

Both Theravada and Mahayana Buddhists recognize seven sets of qualities as complementary facets of the Buddhist path to awakening. Within these seven sets of Enlightenment qualities, there is a total of thirty-seven individual qualities.

**Four Frames of Reference**

1. Contemplation of the body
2. Contemplation of feelings
3. Contemplation of consciousness
4. Contemplation of mental qualities

**Four Right Exertions**

1. Exertion for the non-arising of unskillful states
2. Exertion for the abandoning of unskillful states
3. Exertion for the arising of skillful states
4. Exertion for the sustaining of skillful states

**Four Bases of Power**

1. Will
2. Energy
3. Consciousness
4. Discrimination

**Five Faculties**

1. Faith
2. Energy
3. Mindfulness
4. Concentration
5. Wisdom

**Five Powers**

1. Faith
2. Energy
3. Mindfulness
4. Concentration
5. Wisdom

**Seven Factors of Enlightenment**

1. Mindfulness
2. Investigation
3. Energy
4. Joy
5. Tranquillity
6. Concentration
7. Equanimity

**Noble Eightfold Path**

1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Energy
7. Right Mindfulness
8. Right Concentration

**Source**: http://en.wikipedia.org/wiki/Bodhipakkhiy%C4%81dhamm%C4%81