

### The Five Skandhas

1. Form	<i>rupa</i>	11 Dharmas – the five organs and their objects plus <i>avijnapti-rupa</i> (element with no manifestation)
2. Feeling	<i>vedana</i>	1 dharma
3. Concept	<i>samjna</i>	1 dharma
4. Accumulations	<i>samskara</i>	all the other mental dharmas
5. Consciousness	<i>vijnana</i>	1 dharma

### The 12 Nidanas

1. Ignorance	<i>avidya</i>	
2. Formation	<i>samskara</i>	formation of karma
3. Consciousness	<i>vijnana</i>	
4. Name and Form	<i>nama-rupa</i>	The Five Skandhas
5. Six Sense Faculties	<i>sad-ayatana</i>	(the 6 organs and their objects, the 12 ayatanas)
6. Contact	<i>sparsha</i>	
7. Feeling	<i>vedana</i>	
8. Craving	<i>trsna</i>	
9. Grasping	<i>upadana</i>	
10. Becoming	<i>bhava</i>	
11. Birth	<i>jati</i>	
12. Old age and death	<i>jara marana</i>	

### The 12 Ayatanas – Sense Organ and Sense Object

Eyes	Visual object
Ears	Sound
Nose	Smell
Tongue	Taste
Body	Touch
Mind	Mental objects/event

### The 18 Dhatus – Sense Organ, Sense Object, and Sense Consciousness

Eyes	Visual object	Sight Consciousness
Ears	Sound	Sound Consciousness
Nose	Smell	Smell Consciousness
Tongue	Taste	Taste Consciousness
Body	Touch	Touch Consciousness
Mind	Mental objects/event	Mind Consciousness

### The Eight Consciousnesses

1. Visual (or eye) consciousness (Skt. *caṣur-vijñāna*; Tib. *mig gi rnam par shes pa*)
2. Auditory (or ear) consciousness (Skt. *śrotra-vijñāna*; Tib. *rna ba'i rnam par shes pa*)
3. Olfactory (or nose) consciousness (Skt. *ghrāṇa-vijñāna*; Tib. *sna'i rnam par shes pa*)
4. Gustatory (or tongue) consciousness (Skt. *jihva-vijñāna*; Tib. *lce'i rnam par shes pa*)
5. Tactile (or body) consciousness (Skt. *kāya-vijñāna*; Tib. *lus kyi rnam par shes pa*)
6. Mental (or mind) consciousness (Skt. *mano-vijñāna*; Tib. *yid kyi rnam par shes pa*)
7. Defiled mental consciousness (Skt. *kliṣṭo-mano vijñāna*; Tib. *nyon yid kyi rnam par shes pa*)
8. All-ground or storehouse consciousness (Skt. *Ālaya-vijñāna*; Tib. *kun gzhi rnam par shes pa*)
9. <https://youtu.be/FLwB9O1Zutw>