

The 37 Factors of Enlightenment Bodhipakkhiya Dhamma

1. Four Foundations of Mindfulness - Satipatthana
2. Four Supreme Efforts - Sammappadhana
3. Four Means to Accomplishment - Iddhipada
4. Five Faculties - Indriya
5. Five Powers - Bala
6. Seven Factors of Enlightenment - Bojjhanga
7. Eight Path Factors - Ariyo atthangiko maggo

Four Foundations of Mindfulness - Satipatthana

1. Mindfulness of the body - Sati
2. Mindfulness of feelings - Sati
3. Mindfulness of consciousness - Sati
4. Mindfulness of the Dhamma - Sati

Four Supreme Efforts - Sammappadhana

1. Effort for the non-arising of unwholesome states - Viriya
2. Effort for the abandoning of unwholesome states - Viriya
3. Effort for the arising of wholesome states - Viriya
4. Effort for the sustaining of wholesome states - Viriya

Four Means to Accomplishment - Iddhipada

1. Will - Chanda
2. Energy - Viriya
3. Consciousness - Citta
4. Discernment - Vimamsa / Panna

Five Faculties - Indriya

1. Faith - Saddha
2. Energy - Viriya
3. Mindfulness - Sati
4. Concentration - Ekagatta
5. Wisdom - Panna

Five Powers - Bala

1. Faith - Craving
2. Energy - Laziness
3. Mindfulness - Negligence
4. Concentration - Restlessness
5. Wisdom - Delusion

To suppress and instill firmness against hindrances and obstacles.

Seven Factors of Enlightenment - Bojjhanga

1. Mindfulness - Sati
2. Investigation - Dhamma vicaya / Panna
3. Energy - Viriya
4. Joy - Piti
5. Tranquillity - Passaddhi
6. Concentration - Ekagatta
7. Equanimity - Upekkha

Eight Path Factors - Ariyo atthangiko maggo

1. Right Understanding - Panna
2. Right Thought - Vitakka
3. Right Speech - Samma vacca
4. Right Action - Samma kammanta
5. Right Livelihood - Samma ajiva
6. Right Effort - Viriya
7. Right Mindfulness - Sati
8. Right Concentration - Ekagatta

Viriya - the state of a strong man (or woman).

Possessing : Energy and determination

Applying : Effort and diligence

What the Buddha said just before His Enlightenment :

"Skin, sinew and bone may dry up as they will, flesh and blood may dry up in my body;
But without attaining Enlightenment, I will not leave this seat."

What the Buddha said just before His final Nibbana :

"All conditioned things are subject to decay;
Strive on for your own salvation with diligence!"

Mundane Viriya - Lokiya Viriya

- Generosity, morality, etc.
- Benefits within Samsara.
- Supporting the Supramundane Path.

Supramundane Viriya - Lokuttara Viriya

- Learning/sharing/teaching the Dhamma.
- Practicing mindfulness and meditation.
- Progress on the Supramundane Path.

1. Viriya required to commence a task - Arambha-dhatu-viriya
2. Viriya required to sustain the task - Nikkama-dhatu-viriya
3. Viriya required to complete the task - Parakkama-dhatu-viriya