

Brother Teoh's 14 May 2019 Tuesday Class outline Short Notes

Audio : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190514.mp3>

Whiteboard : <https://broteoh.com/wp-content/uploads/Teoh-Tue-190514.jpg>

Understanding the 5 Aggregate of Form & Mind Youtube Video : https://youtu.be/_tE6a14b6s0

Book Reference: The Buddha and His Teachings - What is it that is Reborn? (No-Soul) (Chapter 29, Page 456-465)

1. With **Technology advancement** came a distortion in our **planetary consciousness** where the **emphasis** on **thought based studies** are **very popular** and **rather dominating**. The “Awareness” based cultivation is somewhat side-lined (still strong only for those who are **spiritually inclined**.)
2. Thought with its mental intention is subject to karma
3. Thought is response to memory
4. A **Human Being** consists of the 5 Aggregates of **Form** and **Mind**. This is the **first aspect of the 5 aggregates of Form and Mind**. As a **human being** it has:
 - a. 4 Aggregates of **Mind** – to **understand** this we must inquire “What can our mundane mind do?” The mundane mind is like a tool for us to use and it can arise:
 - i. Vedana – Feeling (pleasant and unpleasant)
 - ii. Sanna – Perception (brings the external form into mind)
 - iii. Sankhara – content of consciousness (Mental states, mental activity, mental volition and mental formation, etc. The aggregates of Feeling, and Perception are also part of this sankhara aggregate.)
 - iv. Vinnanam - Consciousness (like a receptacle)
 - b. Aggregate of **Form (physical form)**
 - i. The physical body, karmically conditioned for our nature to arise in this existential world (the form is like a vehicle to take us around)
5. When the perception brings in the **external form** to mind then the mundane mind at the mental level also has the 5 aggregates of Form and Mind. This is how the 2nd aspect of the 5 aggregates of Form and Mind comes to be.
6. Sis Chwee describe that she views consciousness as having 2 levels.
7. Bro Teoh emphasised that the **True mind** is the **unconditioned** and it **cannot be described in words** or **come out** to live life. As far as the “5 mental aggregates of form and mind” is concerned, it is only about the mundane mind.
 - a. **Before enlightenment, the 5 aggregates are “grasping” in nature**

“Grasping” onto everything that arise via “Identification” with the 5 aggregates of form and mind

 - i. “Identification” creates the sense of self (personality/egoic entity)
 - Through name, gender, race, religion, marital status, family relationships, career etc.
 - ii. Self-delusion that cling/grasp/attach to the 5 aggregates of form and mind **is suffering**
 - Sankhara creates suffering when one cling, attach and grasp on to them.
 - b. **When enlightened, the aggregates are non-grasping in nature**

Non-grasping = not identifying with the form, feeling, perception, etc. as the self.

i. The human being experience pure aggregates because of the wisdom connected to it.

8. 3 phases of Dharma understanding:-

- a. **Pariyatti** – 1st phase of dharma (the learning of the teaching via reading and listening to the teaching).
- b. **Patipatti** – 2nd phase of dharma (the challenge / hard work via putting the teaching into practice including contemplation, reflection, inquiry and investigation) to develop the 1st, 2nd and 3rd turnings wisdom to insight into phenomena.
- c. **Pativedha** – 3rd phase of dharma (experiencing the fruit of your hard work. Able to use the Enlightenment's understanding to live the noble life of an enlightened one.

(Above outline short notes draft was prepared by Sis Soo Yee)