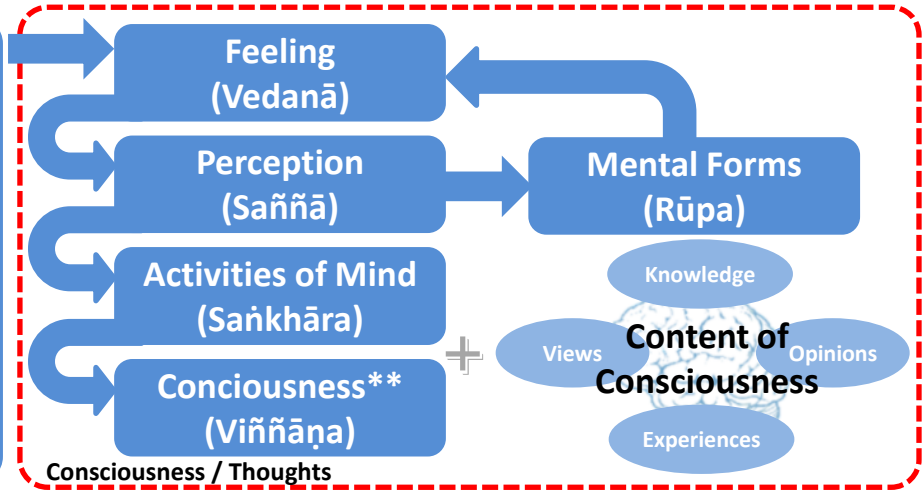
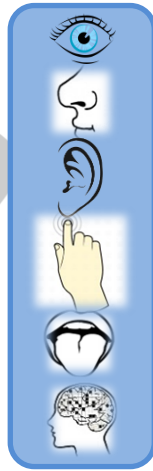


# UNDERSTANDING THE 5 AGGREGATES OF FORM AND MIND



Who Am I?  
What Am I?



External Forms / Phenomena  
Causes & Conditions

Six Sense Door  
Consciousness

Five Aggregates Of Form And Mind  
(Five Khandha)

Nature And Laws of Nature  
Utū Niyāma  
Bija Niyāma  
Kamma Niyāma  
Citta Niyāma  
Dhamma Niyāma

1<sup>st</sup> Aspect  
Existence As Human  
Being

3 Supporting Conditions  
Physical Body  
Consciousness  
Karmic Force

2<sup>nd</sup> Aspect Of Aggregates of Form And Mind  
Existence of "I" And "Me"  
Self-delusion (Sakkāyaditṭhi)

Craving      Clinging      Grasping

Veil Of Ignorance

Greed      Hatred      Delusion

Suffering State

## CULTIVATION

1<sup>st</sup> Turning    2<sup>nd</sup> Turning    3<sup>rd</sup> Turning



Suttamaya  
Paññā



Cintamaya  
Paññā



Bhavanamaya  
Paññā

Meditation  
• Silent your mind (Sati)  
• Straighten your views  
• Reflect, contemplate,  
inquire

Direct Seeing

Leading to  
Realisation

3 Universal Characteristics Of Nature  
(3 Marks Of Existence)

Suffering State (Dukkha)

Impermanence (Anicca)

Non-self (Anattā)

Pariyatti

Paṭipatti

Paṭivedha

There is no permanent unchanging entity called "Self"