

# **The Relevance of the Analysis of Five Aggregates in Buddhist Meditation**

**Korean Bhikkhuni ANULA<sup>1</sup>**

The theme of my thesis is to understand the true meaning of existence through the analysis of the five aggregates. As the Buddha declared in his first sermon, Dhammacakkapavattana Sutta the Five Aggregates are the core of Dukkha. Analyzing, understanding and putting these five factors into practice-then realization of the true nature of existence here and now.

For the Arahants who have completely eliminated suffering too still have five aggregates. We are advised to search for the word upādāna in the pācupādānakkhandhā. It is the clinging on the 6 kinds of objects appearing at the 6 sense organs with the arising of 6 kinds of consciousness that cause suffering. This process is really daily life itself. Therefore the five aggregates are the state of each and every kind of experience in daily life. As the Buddha said that the world lies on the six it complies with this.

When there is clinging the world and I and life appear. Therefore suffering too is there. In this point the instruction in Satipatthana Sutta is much more significant. It teaches to observe the arising and disappearing of each and every phenomenon. The more we observe the disappearing of the object the more we are detached from the things automatically. Why? Because to something which has disappeared we can't attach. Something which is not there we can't grasp. When there is no more grasping and clinging then there will be no more the world and I and the life with suffering.

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<sup>1</sup> Postgraduate Institute of Pali and Buddhist Studies  
Email: Email: anulametta@hanmail.net

All of these should be done in daily life itself at every moment. So the Buddha's teaching which teaches the way leading to the cessation of suffering should be proved in the present time as the only way to overcome all kinds of problems.

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