





The Five Aggregates Worksheet

This worksheet covers the main body of the lesson presentation.

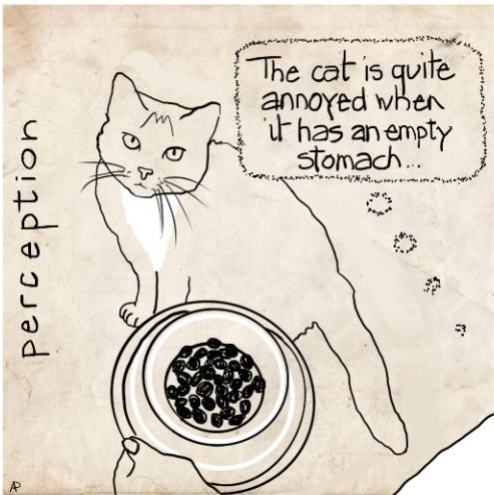
- Theravada Buddhists believe that the self is made up of what are called the **Five Aggregates** (called *khandhas* in Pali), meaning **collections** or **groups**).
- According to Buddhists the five aggregates/khandhas influence everything, because they **impact our whole experience** of life.

Aggregate/Khandha	Description	Example	Activity
<p>1 Form</p>	<p>This refers to our bodies, the sense organs (e.g., the ears and the nose), and the objects they perceive.</p>		<p>Where are “you” in your body? If you lost a leg, would you still be “you”?</p> <p>Do you believe you are more than your body?</p> <p>Do you believe you are more than your brain?</p>
<p><u>Your notes on the khandha of form</u></p>			



<p>2 Sensation</p>	<p>This is the experience of sensations and our response to them. It refers to:</p> <ul style="list-style-type: none"> • painful, pleasant and neutral physical sensations • and unpleasant, pleasant and neutral sensations in the mind. 		<p>Pinch yourself gently, notice the sensation and how you feel about it... Then give yourself a little hand massage, how does that feel...</p> <p>Make notes on how your body and mind responded to</p> <ol style="list-style-type: none"> 1) the pinching 2) and the massage. <p>Do you notice similarities and/or differences in the response?</p>
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Your notes on the khandha of sensation

<p>3 Perception</p>	<p>This is our recognition of what things are. It allows people to know and understand what things are. This can arise from previous experience and memory.</p>		<p>What is this (that your teacher is holding)? How do you know?</p>
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Your notes on the khandha of perception

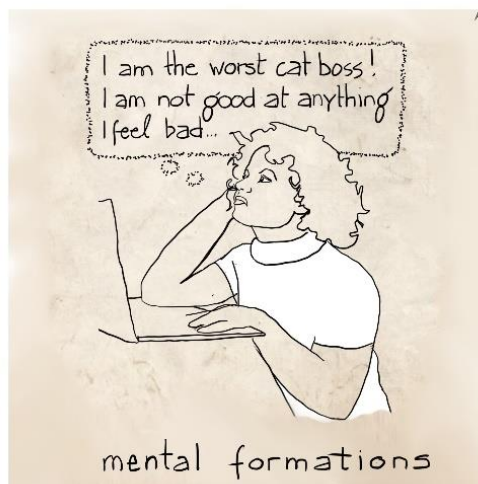
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Mental formations

This is a person's **thoughts and emotions**, the things that happen in their mind.

They shape or **form** our experience and interpretation of things.

They play an active role in determining perception, experience and reactions.

They include habits and karmic patterns.




Imagine a fruit, now a number, notice how quickly what was in your mind could change...

Think of a person you don't like, think about someone you like, notice again...

1. How would you describe what happens in your mind?
2. Can you make a list of all the types of things that happen in your mind?
3. What do you notice?

Your notes on the khandha of mental formations



<p>5 Consciousness</p>	<p>This is a person's general awareness of things, of thoughts, and of the wider world.</p>		<p>When you rest in meditation and notice your thoughts come and go, who is the watcher?</p>
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Your notes on the khandha of consciousness