

### 3 ASPECTS OF SUFFERING (DUKKHA)

#### 1 Suffering of Suffering (Dukkha-dukkha)

Physical and mental suffering associated with birth, growing old, illness and dying.

#### 2 Suffering of Change (Vipariṇāma-dukkha)

The anxiety or stress of trying to hold on to things that are constantly changing.

#### 3 Pervasive Suffering (Saṃkhāra-dukkha)

A basic unsatisfactoriness pervading all forms of existence, because all forms of life are changing, impermanent and without any inner core or substance. On this level, the term indicates a lack of satisfaction, a sense that things never measure up to our expectations or standards.

### 8 TYPES OF SUFFERING

1 birth

2 sickness

3 old age

4 death

5 separating from / losing love ones

6 meeting what we dislike

7 not getting what we want

8 our own existence (5 Skandha)

### 5 SKANDHA / AGGREGATES

the five functions or aspects that constitute the sentient being.

1 **form** (matter)

*rūpa*

2 **sensation** (feeling)

*vedanā*

3 **perception** (conception, apperception\*)

*saṃjñā*

4 **volition** (mental formation)

*saṃskāra*

5 **consciousness**

*vijñāna*

Phyllis' NOTE:

**apperception =**

*the mental process by which a person makes sense of an idea by assimilating it to the body of ideas he or she already possesses.*

**volition =**

*the power of choosing or determining*