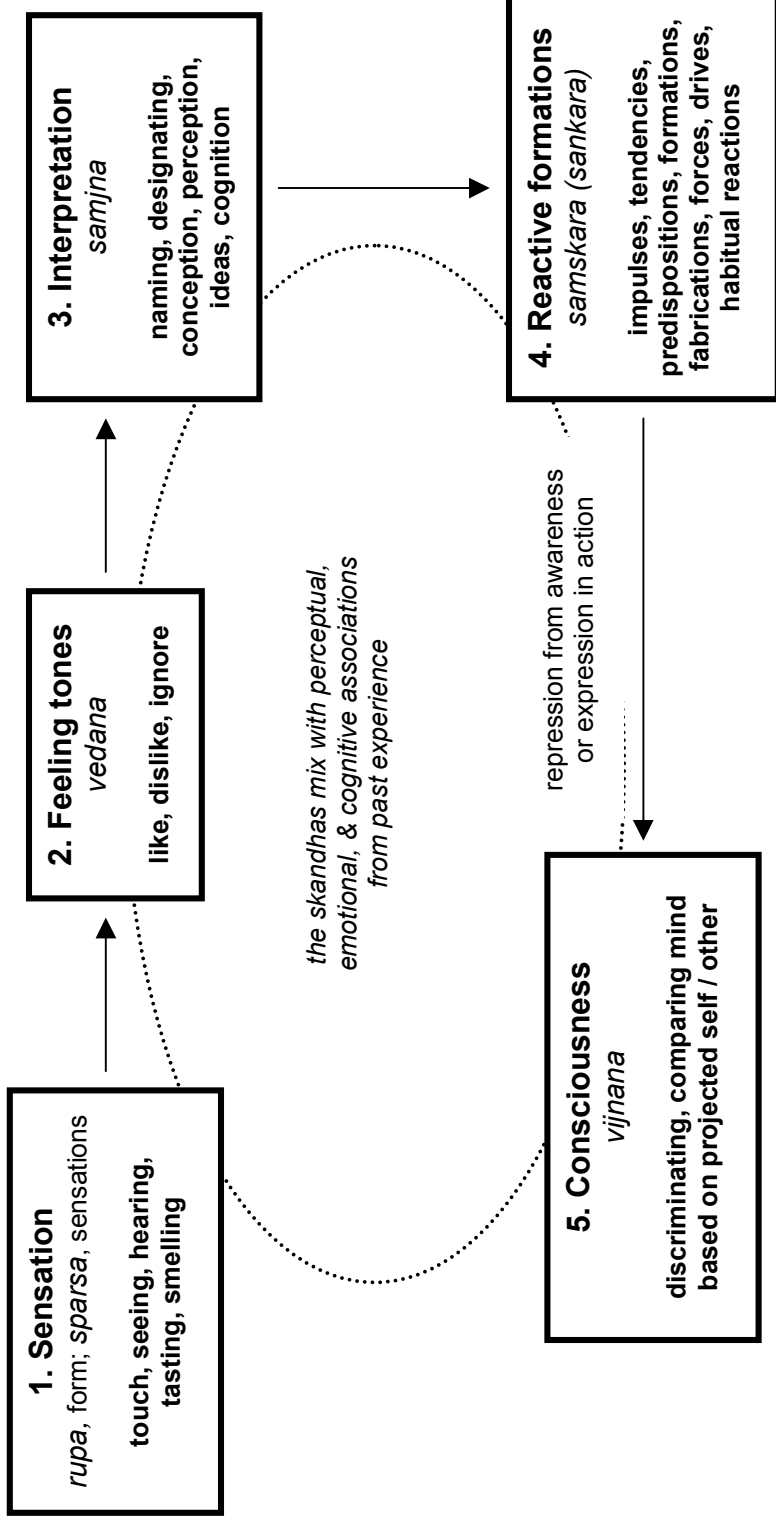


Reactivity and the 5 groups (skandhas) of experience



Experience is comprised of sensations, feelings, thoughts and emotions, impulses, and consciousness.

The sense of self is a projection of continuity and independence onto the five groups (skandhas) of experience -- experiences which are actually impermanent and dependent because they arise and disappear depending on causes and conditions.

The reactive emotions that lead to suffering are part the self's habitual emotional and behavioral attempts to cling to pleasant experiences, push away threatening experiences, and ignore neutral experiences. Attachment, aversion, and ignoring are the traditional three poisons that push the cycle of reactivity.

Reactive patterns, since they are based on false projections of independence, permanence, and control, never deliver the satisfaction they seek.

Fully experiencing sensations, feelings, emotions and thoughts, and impulses in attention, knowing them to be experiences and not facts, is what breaks the cycle of reactivity and eventually dismantles the sense of self that is the basis for dualistic perception and the resulting cycles of suffering.

