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[Amal Jayawardena](#) \*

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# The Meaning of Life: A Perspective from Buddhist Philosophy and the Agganna Sutta

Amal Jayawardena

Independent Researcher, Australia; amaljay94@gmail.com

**Abstract:** What is the meaning of life? This timeless question has captivated humanity for millennia, inspiring diverse interpretations across cultures, religions, and philosophies. Buddhist philosophy, particularly as articulated in the Agganna Sutta, offers a profound perspective: life is a cyclical process, governed by **tanha** (attachment) to the physical and material world. This craving perpetuates an eternal loop of birth, death, and rebirth. Liberation from this cycle is achieved through **detachment**, culminating in spiritual freedom. In this Perspective, we explore the concept of life as a circular journey, the implications of attachment, and the transformative power of detachment in attaining liberation (nirvana).

**Keywords:** detachment; liberation; meaning of life; nirvana; rebirth; sansara; tanha

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## Introduction

Buddhism, one of the world's oldest philosophical traditions, originated in ancient India over 2,500 years ago [1–3]. Rooted in the teachings of Siddhartha Gautama, the Buddha, it is preserved in the Tripitaka (or Pali Canon), a vast collection of scriptures divided into three main categories: the Vinaya Pitaka (monastic code), the Sutta Pitaka (discourses), and the Abhidhamma Pitaka (philosophical treatises) [4]. Among these, the Sutta Pitaka contains the Nikayas, collections of teachings and stories, including the Agganna Sutta, which offers profound insights into existence and societal structures [5–7].

Unlike religions centered on a deity, Buddhism is often described as a philosophy or a way of life [2,3,8]. It focuses on understanding the nature of existence and the causes of suffering, emphasizing practical insights rather than divine worship. Central to Buddhist thought is the recognition of impermanence and the cyclical nature of life, encapsulated in the concept of sansara, the cycle of birth, death, and rebirth [8]. This cycle is fueled by tanha [8–11], the craving for material and sensory pleasures that binds the soul to the physical world. Liberation, known as nirvana [12,13], lies in detaching from these cravings and realizing the truth of existence.

Understanding life's cyclical nature has profound implications. If everything in nature follows cycles from the seasons to the water cycle to planetary orbits [14] it is illogical to view life as linear. Linear timelines, often depicted in modern thought, clash with the cyclical patterns evident in most phenomena [15]. This dissonance may even underpin the challenges in reconciling quantum mechanics with continuum theories. By adopting a circular perspective, as proposed in Buddhist philosophy, we gain deeper insights into the nature of existence and our place within it [16].

The Agganna Sutta is particularly illuminating in this context. It narrates the origins of society, explaining how human desires and attachments led to the formation of social structures and the deterioration of human lives [6]. This craving for material and sensory pleasures binds the soul to a physical body, perpetuating the cycle of rebirth. The discourse encourages understanding the roots of attachment and striving for detachment, thus breaking free from the cyclical trap of existence. Mathematically and conceptually, the circular nature of existence challenges modern linear timelines. Time, as experienced in quantum phenomena and natural cycles, defies strict linearity, suggesting that a circular interpretation aligns more closely with reality. Recognizing existence as circular rather

than linear provides a framework for addressing fundamental questions about the universe and our role within it.

The teachings of the Agganna Sutta hold timeless relevance, offering a pathway to liberation through understanding and detachment. By acknowledging the cyclical nature of life and existence, we can align our perspectives with the broader truths of the universe and strive for ultimate freedom.

## **The Circular Nature of Life**

Buddhism describes existence as a cyclical journey. Unlike Western philosophies that often perceive life as a linear path toward a defined end, Buddhist teachings frame life as a recurring process without a fixed beginning or end. This concept of *samsara* underscores the repetitive nature of existence, where death is not an endpoint but a transition into the next cycle.

Central to this philosophy is the understanding that life's continuity is driven by *tanha*. Craving binds the soul to the physical realm, necessitating rebirth. This attachment manifests in various forms: the pursuit of wealth, sensory pleasures, relationships, and even the desire for existence itself. Thus, life becomes a circle where unfulfilled desires propel us into new cycles of birth and death.

## **Tanha: The Root of the Cycle**

*Tanha* is the cornerstone of the cycle of *samsara* [17,18]. This craving creates a persistent attachment to the physical world, reinforcing the need for a physical form to satisfy these desires. The Agganna Sutta teaches that this attachment extends beyond material possessions to include emotional and psychological dependencies.

Modern psychology echoes this perspective. Craving, whether for tangible objects or intangible experiences, leads to dissatisfaction and unfulfilled longing. The parallels between *tanha* and psychological concepts like addiction and hedonic adaptation demonstrate how attachment perpetuates a cycle of suffering.

The Agganna Sutta emphasizes that as long as one remains attached to the physical and material world, the soul is bound to this cycle. It is only by recognizing the impermanence of all things and cultivating detachment that one can begin the journey toward liberation.

## **Detachment: The Path to Liberation**

Detachment, or *viraga* [8], is the antidote to *tanha*. In Buddhist philosophy, detachment does not mean abandoning life's responsibilities or pleasures but understanding their transient nature. By recognizing that all things are impermanent, one can release the craving that binds the soul to *samsara* [8].

The Agganna Sutta explains that when craving ceases, the soul no longer requires a physical vessel. This state of detachment leads to *nirvana*, a liberation from the cycle of birth and death. *Nirvana* is not an escape from existence but a transcendence of the physical and material limitations that define it. It represents ultimate freedom and peace, where the soul is no longer constrained by the cyclical nature of life.

## **Implications for Modern Life**

The teachings of the Agganna Sutta hold profound relevance in contemporary society. In an age dominated by consumerism and materialism, the craving for possessions, status, and sensory pleasures has reached unprecedented levels. This insatiable pursuit mirrors the *tanha* described in Buddhist philosophy, perpetuating cycles of dissatisfaction and longing.

Detachment offers a pathway to mental and emotional well-being. Practices rooted in Buddhist teachings, such as mindfulness [19] and meditation [20], have gained widespread recognition for their ability to reduce stress, improve mental health, and foster a sense of fulfillment. By embracing detachment, individuals can cultivate a deeper understanding of life's transient nature, leading to greater contentment and freedom.

On a broader scale, the philosophy of detachment challenges societal norms that prioritize accumulation and consumption. It invites humanity to rethink its relationship with the material world, emphasizing sustainability and the importance of inner fulfillment over external achievements.

## Conclusion: Embracing the Cycle

The Agganna Sutta presents a profound perspective on the meaning of life: a cyclical journey driven by craving and attachment. It reminds us that liberation lies not in external pursuits but in understanding and detachment. By embracing the transient nature of existence, we can transcend the cycle of birth and death, achieving true freedom.

As humanity grapples with existential questions in an age of material excess and ecological crisis, the teachings of the Buddhism offer timeless wisdom. They challenge us to reconsider the meaning of fulfillment, urging us to look beyond the physical and embrace the spiritual. In doing so, we can find liberation not only from the cycle of rebirth but also from the cycles of dissatisfaction that define modern life.

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