

# Section 3a:

## No Self Theory

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Date: Nov 2, 2022

### The Ground Truth of Universal Interconnectedness

The Buddha exclaimed when he got enlightened: "This leaf contains the sun, the moon, the stars, and everything. This leaf would not exist without the sun. And this leaf would not be there without rain. Earth, space, time, mind everything is present in this leaf. Just as this leaf was never born, I too had never taken birth. We all have simply manifested. Therefore we can never die. We would only disappear. Entire universe is connected. And there is no duality in it, except oneness. This leaf, myself, we all are different forms of nature" (Known To Unknown 2016).

### The No Self Theory

From the Buddha's enlightenment about universal interconnectedness, we can understand the following ground truth in Buddhism:

We human beings like anything else in this universe can only exist based on our different ancestors. We have human, earth, water, animal, mineral ancestors, space, time, mind, and even everything in us. Without any of them, a specific person might not exist. Thus, **there is no independent self in any specific thing of this universe. We are also interconnected and interbeing** (Plum Village App 2020)

Quiz:

- 1) Do you agree with Buddha's no self theory? Why?
- 2) What will you define as self? Do you think that we have a self?

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## The Oneness Theory, No Birth, No Death

According to the Buddha, The entire universe is connected. And there is no duality in it, except oneness. We all are different forms of nature. There is no birth and no death. We have simply manifested in this universe (Known To Unknown 2016) We are just transformed from one previous form to another with a different combination of information.

Quiz:

- 1) Would the idea of No Birth and No Death astonish you? Why?
- 2) If you agree with the Buddha, would you have fears in life anymore since we won't die anyway? Why?

## The Essence of our Life is Joy and Peace

When he was 29 years old, the prince Siddhartha left his family, looking for a solution for all the suffering and pains. After years of hard research and meditation, he became the Buddha who realized the truth that there is no birth and no death in this universe. We don't need to be afraid. **The essence of our nature is pure joy and peace and we have methods to retain them!**

## References

Known To Unknown. (2016). Siddhartha became Buddha Part 4. Retrieved November 2, 2022, from <https://www.youtube.com/watch?v=vGxeapkSQXE>.

Plum Village App. (2020). No Birth No Death | Thich Nhat Hanh. Retrieved November 2, 2022, from <https://www.youtube.com/watch?v=AwoTsoelfcQ>.