



Shunyata worksheet

Windows into
Buddhism

Mahayana Buddhists teach that the **self** is made up of the **Five Aggregates**, similarly to Theravadin Buddhists.

They develop this idea into the **emptiness of self**: Humans do **not** have a fixed, independent, unchanging nature.

And extend that to all things: **emptiness of phenomena** (of all things)

NO-SELF
equivalent to
SHUNYATA
meaning
EMPTINESS

Remember:

Mahayana philosophy posits that for something to exist it has to be:

- singular
- permanent
- and independent.

It is concluded that **nothing** has these characteristics.

Write your own explanations of the meaning of: singular, permanent, and independent. In your explanation include what the opposite of each one is.

For something to exist it has to be...	This means it is...	This means it is not...
singular		
permanent		



independent		

Is your self:

1. Made of several parts – yes / no
2. Impermanent and changing – yes / no
3. Interdependent, dependent on other things? – yes / no

Video: The Buddha's radical insight into "No-Self"

<https://www.youtube.com/watch?v=MKo5-mOYUmA>

Here is an extract of Historian Bettany Hughes' BBC Four documentary...

1. What do you understand about no-self here?

2. Can you apply it to yourself?

3. What things come together to make you?

4. If you took away one of those things would you still be you?
