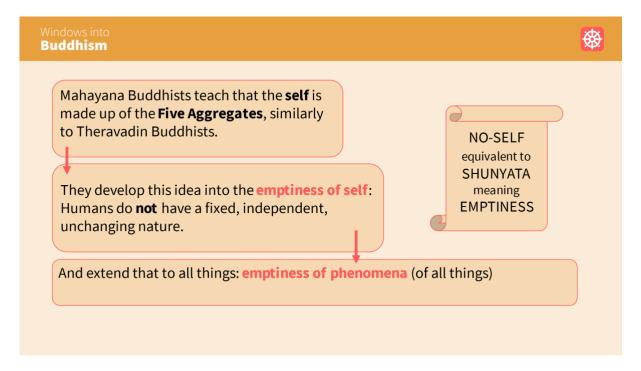




Shunyata worksheet



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	1. Made of several parts – yes / no				
2. Impermanent and ch	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		documentary			
1. What do you underst	and about no-self here?				

2. Can you apply it to yourself?

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