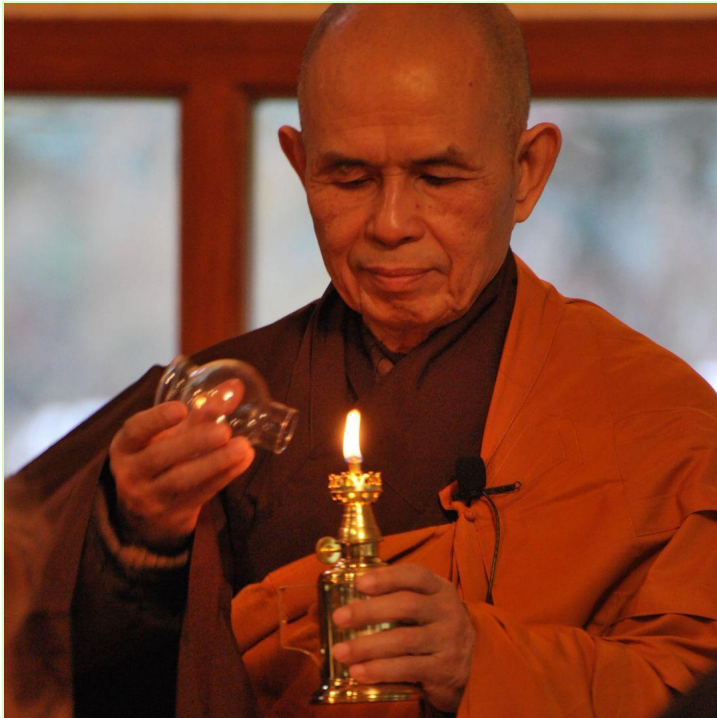




Death and no-self

A Quote from Thich Nhat Hanh



Thich Nhat Hanh, the eminent Vietnamese Zen master, passed away on 22 January 2022 at the age of 95.

In his book *At Home in the World* he wrote the following words linking death with no self and emptiness:

This body of mine will disintegrate, but my actions will continue without me... If you think I am only this body, then you have not truly seen me. When you look at my friends, you see my continuation. When you see someone walking with mindfulness and compassion, you know he is my continuation. I don't see why we have to say "I will die," because I can already see myself in you, in other people, and in future generations.

Even when the cloud is not there, it continues as snow or rain. It is impossible for the cloud to die. It can become rain or ice, but it cannot become nothing. The cloud does not need to have a soul in order to continue. There's no beginning and no end. I will never die. There will be a dissolution of this body, but that does not mean my death.