

How can it be that there is no self? My body,
Most of us suffered emotional traumas, so we
which reinforces a sense of self separate from
& heal our traumas & to keep the appropriate
but loosen the boundaries that don't help us,
Mindfulness helps us become more aware of
without thought of personal gain help us to see
unity in diversity & thus loosen these unhealthy
In this way, we soften boundaries between self
another, the contributions of countless people
is another way to diminish illusion that our self and others are separate and independent.

Where's our self? Each body part is made up of other parts, down to cellular, molecular
& sub-atomic level. Is the self a certain group of cells or atoms? Self always changes,
from baby to geriatric. Am I the same self if my senses and intellect stop functioning?
Does my self include food, water, air, blood & bacteria in my body? What about my
talents, tendencies & preferences? Others also have them so they're not my self.
Personality, even DNA shared by twins, can change, so they're not a permanent
& unique self. Is my mind the self? Mind is only a flow of thoughts, like a river.

From a distance appearing as a river, microscopically it is only a continuous
flow of particles, none of which is identifiable as a river. Can all or part of
a continuous stream of thoughts be a self? Not only individuals but also
objects lack an intrinsic identity. Whatever we see is relative: every
object we perceive is our mind identifying characteristics, patterns
we relate to something we have perceived before. Every thing is
composed of parts, that are composed of smaller parts, down
to a subatomic level but no intrinsic identity of the thing can
be found. We assign names to varied collections of parts,
forms that we recognize. Things are results of causes
& conditions that arise from an infinite number of
causes & conditions. So they're just forms that
are not solid, independent or permanent.

All beings & objects are like in a dream,
illusions appearing & disappearing,
ever-changing & ephemeral, like
bubbles arise and dissolve in an
ocean, like clouds in the sky.

All are empty of a self.

No more "mine" is
actual freedom.

No more me
is victory.

mind and senses are mine, me, my self.
feel need to protect our self from others
others. So the first step is to be aware of
boundaries for protection and wellbeing,
that are making us isolated & judgmental.
these. Assisting and serving other beings
more commonalities with others, see the
barriers to love & connection with others.

and other. Seeing interdependence of one
for our food & everything we depend on

is another way to diminish illusion that our self and others are separate and independent.

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