

# The Truth of Self Emptiness

## BUDDHISM IN OUR DAILY LIFE

China Academic Lectures

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### LECTURE 3:

#### THE TRUTH OF SELF (EMPTINESS)

Someone asked me why in the title of this talk I used the word "emptiness" in parenthesis after the word "self." According to Buddhism the answer is that "self is emptiness and emptiness is self." This answer, however, is too simple to comprehend. So before I explain the subject matter of this title, let me make two remarks:

- 1) Emptiness or void, as used in Buddhism, does not mean nothingness, as in "the room was empty after all the people left." It means, actually, that the Original Nature of everything is emptiness, or even if the room is packed with people, it should still be envisioned as empty. Because human language is not adequate to convey such precise expression, the word "emptiness," which appeared to be closest in meaning, was chosen by the English-speaking scholars who first came into contact with Buddhism. The word does create confusion, but there is no other suitable term in the English vocabulary.

To read more follow this link: <http://www.sacred-texts.com/bud/tib/drshen3.htm>