

Writings from Sunyata Sangha

From Thích Không Triệt and Triệt Minh
Hawaii, 2018

“The worldly self is created through social interaction beginning at birth that combines with the ego-driven self that we bring from other lifetimes. Thus the self is created and is impermanent, it is part of the phenomenal world that is constantly changing and illusory. When we realize this, we can cast off the fetters of self and ego and escape suffering. The Buddha, twenty-six centuries ago, taught how this can be done.”

Wordly Self and No-Self

From Thích Không Triệt
Hawaii, 2016

“Awareness is often used synonymously with mindfulness. However, it will become apparent in the following discussion that their meanings and approaches are quite different.”

Awareness and Mindfulness
