

It is not true that a lot of people understand the teaching of non-self, but it is true that a lot of people claim that they understand. This is particularly true on the Internet discussion forums, such that a lot of people seem to understand what the teaching of non-self is, but they don't.

The teaching of non-self has to be personally realized through the practice of Vipassana meditation. One may acquire an intellectual understanding of the doctrine by reading the section of Non-Self on our website. However, the actual realization is different than one can grasp through reading.