
THE CONCEPT OF NON-SELF IN THERAVADA BUDDHISM AND ITS RELATION TO HUMAN BEHAVIOR

Obhasa and Mohammad Manzoor Malik

ABSTRACT

Anatta or non-self is one of the most important concepts in Theravada Buddhism. Anatta's main objective is to show that none of the five forms of self exists, and also none of the five aggregates be linked to the self. This realization concerning Anatta is devised to have a positive effect on how a follower of Buddhism experiences the world and alleviates suffering. This paper extends the concept of Anatta to contemporary society to understand how it can contribute to the improvement of human behavior and psychotherapy. This includes the fostering of mindfulness to develop empathy and create a therapeutic nexus between the patient and the therapist. It also provides techniques for coping with stress, and can act as a foundational basis for ethical and behavior and mollify the relentless pursuit of one's desires. Furthermore, it offers insights into Western psychology constructs and how to correct its weaknesses which are often focused too closely on the idea of the self.

Keywords: Anatta, Non-Self; Behavior; Buddhism; Psychotherapy