

## Reading Response 7

The Siderits reading really impacted how I approached my understanding of non-self, as it challenges the traditional idea that there is a permanent identity of a person and that you're stuck to it. It's important to remember that any self that could exist universally would be ever changing and doesn't have any permanent trait or identity. This concept directly supports the claim that practicing non-self is a great way to reduce suffering in life, as it allows one to let go of their past and grow in whichever direction they choose without restraint to the idea that it's "not who they are" in some sense or another.

The Paññattipañha reading built upon the Siderits reading in that it emphasized how understanding the khandha can lead to a deeper understanding of non-self, and in turn contribute to the alleviation of suffering. Samjna to me was one of the most important in that it represents how you perceive the world around you, and making the right decisions with that information will guide you on the right path in life. There are many signs and signals from the universe that will tell you exactly what you're here to do with your life, but if you don't see them or misinterpret them then it may be easy to fall off track.