

# NOTSELF

*Meaning: NOTSELF refers to the philosophical concept that emphasizes the absence of a fixed, independent self, encouraging individuals to recognize the transient and interconnected nature of identity.*

1. The concept of NOTSELF challenges the conventional understanding of identity.
2. In meditation, practitioners often explore the idea of NOTSELF to achieve a deeper state of awareness.
3. Philosophers debate the implications of NOTSELF in the context of personal existence and consciousness.
4. Embracing NOTSELF can lead to a sense of liberation from societal expectations and pressures.
5. In many spiritual traditions, the realization of NOTSELF is seen as a path to enlightenment.

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