

Rebirth

- Different from others: monistic (mind/body both made of same material and form one entity)- idea of *anatta*, 'no soul'. Does not believe in some eternal 'self' that is preserved after eat, but instead in *anicca*, the idea that everything is composite and impermanent, and in *dukkha*, the idea that our lives are imperfect and therefore vulnerable to evil and suffering.
- Teaches that our perception of 'self' is ultimately deceptive and illusory. 'Self' is actually composite is made up of physical body and four mental elements- feeling, perception, moral will and consciousness (*nama-rupa*). **Hick**- 'the mind or self is a wholly temporal reality... there is no empirical self or person.' Similarly to reincarnation, when someone dies the nama-rupa is released and reborn into a new person.
- It is difficult to say if there is any continuity of self since Buddhists do not believe in a personal identity beyond the physical and mental aspects which comprise it. Although our objective identity continues through this cycle of rebirth, our 'self' as we know it does not.
- Shares ideas of Karma with Hinduism, and also the idea that a person may be reborn into an animal or even on an entirely different dimension. Similarly believe that the ultimate goal is to escape the cycle and achieve nirvana through meditation and gradual realization, over a number of lifetimes, of the nature of ultimate reality.