# The Void, Emptiness, Sunyata

| • Absence                         | <ul> <li>Fundamental</li> </ul>      | <ul> <li>Nullness</li> </ul>    |
|-----------------------------------|--------------------------------------|---------------------------------|
| <ul> <li>Abyss</li> </ul>         | • Ground                             | <ul> <li>Numinous</li> </ul>    |
| <ul> <li>Annihilation</li> </ul>  | • Hollow                             | <ul> <li>Oblivion</li> </ul>    |
| • Bare                            | <ul> <li>Hollowness</li> </ul>       | <ul> <li>Omnipresent</li> </ul> |
| • Blank                           | <ul> <li>Immaterial</li> </ul>       | • Open                          |
| <ul> <li>Blankness</li> </ul>     | <ul> <li>Immeasurability</li> </ul>  | <ul> <li>Openness</li> </ul>    |
| <ul> <li>Boundless</li> </ul>     | <ul> <li>Immensity</li> </ul>        | <ul> <li>Privation</li> </ul>   |
| • Clear                           | <ul> <li>Incomprehensible</li> </ul> | • Quietude                      |
| <ul> <li>Clear Light</li> </ul>   | <ul> <li>Ineffable</li> </ul>        | <ul> <li>Radiant</li> </ul>     |
| <ul> <li>Deficiency</li> </ul>    | <ul> <li>Infinite</li> </ul>         | • Room                          |
| <ul> <li>Desolate</li> </ul>      | <ul> <li>Infinity</li> </ul>         | <ul> <li>Silence</li> </ul>     |
| <ul> <li>Dimension</li> </ul>     | <ul> <li>Inscrutable</li> </ul>      | <ul> <li>Spatiality</li> </ul>  |
| <ul> <li>Elemental</li> </ul>     | <ul> <li>Intangible</li> </ul>       | <ul> <li>Spacious</li> </ul>    |
| <ul> <li>Emptiness</li> </ul>     | • Lack                               | <ul> <li>Stillness</li> </ul>   |
| <ul> <li>Endless</li> </ul>       | <ul> <li>Limitless</li> </ul>        | • Sublime                       |
| <ul> <li>Eternal</li> </ul>       | • Luminous                           | <ul> <li>Timeless</li> </ul>    |
| <ul> <li>Ethereal</li> </ul>      | <ul> <li>Mystical</li> </ul>         | • Transcendent                  |
| • Ether                           | <ul> <li>Nebulous</li> </ul>         | <ul> <li>Translucent</li> </ul> |
| <ul> <li>Essential</li> </ul>     | <ul> <li>Negation</li> </ul>         | <ul> <li>Transparent</li> </ul> |
| <ul> <li>Expansive</li> </ul>     | <ul> <li>Nihility</li> </ul>         | <ul> <li>Unbounded</li> </ul>   |
| <ul> <li>Expansiveness</li> </ul> | <ul> <li>Non-being</li> </ul>        | <ul> <li>Unconfined</li> </ul>  |
| <ul> <li>Expanse</li> </ul>       | <ul> <li>Nonentity</li> </ul>        | • Unfathomable                  |
| <ul> <li>Extensiveness</li> </ul> | <ul> <li>Nonexistence</li> </ul>     | <ul> <li>Ungraspable</li> </ul> |
| <ul> <li>Formless</li> </ul>      | <ul> <li>Nullity</li> </ul>          | <ul> <li>Unmanifest</li> </ul>  |

Unobstructed

Vacuity

Void

Unquantifiable

Vacuum

Voidness

Unreality

Vacuous

Volume

Unsubstantiality

Vacuousness

Zenith

Vacancy

Vast

Vacant

Vastness

### **Eastern Concepts**

- Śūnyatā (Sanskrit) Emptiness, voidness, openness.
- Nirvana (Sanskrit/Pali) Extinguishing of suffering and ego, ultimate peace.
- **Tao (Chinese)** The Way, the source, the fundamental nature of existence.
- Wuji (Chinese) Without ridgepole, the formless origin of all manifestation.
- Prajñā (Sanskrit) Transcendent wisdom that perceives emptiness.
- Bodhi (Sanskrit/Pali) Awakening, enlightenment.
- Tathatā (Sanskrit) Thusness, suchness, things as they are.
- **Dharmakāya (Sanskrit)** The absolute "body" of reality.
- Brahman (Sanskrit) The supreme universal principle, ultimate reality.
- Anatta (Pali) Not-self, absence of an abiding self.
- Advaita (Non-duality) The unity of Atman (self) and Brahman (ultimate reality), transcending duality.
- Maya (Illusion) The cosmic illusion, making the material world seem real.
- Samsara (Cycle of Existence) The endless cycle of birth, death, and rebirth.
- Rigpa (Pure Awareness) The innate and pure knowledge of the ground of being.

## **Descriptors:**

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- Empty, open, spacious, luminous, clear.
- Formless, limitless, infinite.
- Still, silent, tranquil, peaceful.
- Fundamental nature, ground of being, absolute reality.

## Insights from the Teachings of A. H. Almaas

#### The Void

- Realization of having nothing as the ego-self
- Experiencing profound emptiness as a fundamental state
- "Boundless Clear Mind" state
- Different levels e.g. "Death Space, Dissolution of Identity
- Represents transition from personality to essence

#### **Space**

- More than physical/abstract concept; connected to body and lived experience
- Transcending boundaries and concepts like spatial extension
- Tied to inner transformation and change
- Exploration reveals grades/qualities of space
- Interwoven with freeing from mental representations

#### **Nothing**

- Ground of all reality where forms are grounded in emptiness
- Experience of nonconceptual presence
- Emptiness as foundation of all forms
- World grounded in emptiness, highlighting insubstantial nature

#### **Nonbeing**

• Underpins unity of Being

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- Brings transparency, spaciousness, lightness, freedom
- Transcends traditional spatial concepts

#### **Nonlocality**

- Beyond concept of space or location
- Free from dichotomy of space/spacelessness
- Linked to pure perception and simplicity

#### **Stillness**

- Dynamic, energetic presence in Being
- Balance of movement and stillness
- Relates to non-doing and inner tranquility
- Subtle, all-encompassing experience
- Pathway to insights and liberation

#### **Transparency**

- Soul as clear expression of truth
- Moving away from ego identity
- Free from obscuration
- Allows deeper connection with reality

#### **Openness**

- Absence of separateness, presence of unity
- Fertile space for new possibilities
- Our true nature's depth and lightness
- Receptivity to whatever arises

#### **Boundlessness**

- Complete transcendence of individuality
- Understanding non-existence of boundaries
- Recognizing unity of all existence