

## **The Embodied World – A Redefinition of "Emptiness" in Heart Sutra from the Perspective of Cognitive Science**

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**Abstract :** Through the long course of history, Buddhism has captivated generations of brilliant minds with its enlightening but elusive discernment. Far from religious dogmas, Buddhism not only represents spiritual revelation, but also logical reasoning. Among all of Buddhism's concepts, emptiness is the most famous, and abstruse one. This word resulted from an inaccurate translation confuses both Buddhists and religious scholars who understand Heart Sutra based on its English version. In this essay, the idea of "emptiness" will be reinterpreted as "information," leading not only to a clarification of the ideology of Buddhism, but also to greater correspondence between Buddhism concepts and cognitive science.

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