

PSYCHOLOGICAL ASPECTS OF *DHAMMA* COMMUNICATION IN EARLY BUDDHISM

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The process of exchanging information is communication. Among present communication methods speech and statements have become prominent like the past. Communication can either encourage or defeat the receiver. The historical Buddha's distinction as an effective communicator was his efficiency in guiding others. The Buddha appears to be a great psychologist because of his in-depth analysis of the human mind and its vulnerabilities. As an effective teacher, the Buddha was able to choose lessons that fit well to the audience. In the Buddhist discourses, one may find many elements such as crisis counseling, cognitive revolution, appeasement of minus psychological feelings and acute stress management as preached by the Buddha using various methods suited to each person. A substantial amount of research has been conducted in the study of psychological concepts of Buddhism but very little attention has been paid to the psychological aspects of *dhamma* communication in Buddhism. This research attempts to fill this void by examining in depth psychological aspects in the early Buddhist *dhamma* communication using both primary and secondary sources. The data analysis theory that is used in this regard is descriptive, and the study explores specific psychological aspects revealed in discourses (*suttās*) of the *Sutta Pitaka* texts. The study finds several psychological aspects used by Lord Buddha's *dhamma* communication methods that would be useful to counsellors in enhancing their professional skills.

Keywords: Communication, Counselling, Early Buddhism