

# A COMPARATIVE STUDY ON MANAGEMENT OF THOUGHTS AS DEPICTED IN POSITIVE PSYCHOLOGY AND BUDDHIST PSYCHOLOGY

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Founders of religions, philosophers, intellectuals and psychologists have attempted to study and guide human beings to identify and manage thoughts positively in order to lead a successful life. Amongst such attempts, Buddhist Psychology and Positive Psychology are prominent as they consist of pragmatic analyses and strategies. This study on management of thought is conducted giving priority to such investigations. The research problem is, to what extent Buddhist psychological teachings could be adopted in the management of thought in comparison with the teachings in Positive Psychology. This research paper is developed as a comparative study on thought management taught in positive psychology and Buddhism referring to primary sources and secondary sources available in libraries and websites. Cessation of suffering taught in Buddhism is connected with achievement at two levels as mundane and supra-mundane. Both aspects consider the development of spirituality focusing on the activity of the mind. Under Positive Psychology, how wholesome thoughts are developed, how the mind can be preserved from wrong thoughts, the power of thoughts and achieving goals of life etc. are discussed. While Western Positive Psychology has developed teachings on managing thoughts with the prime purpose of leading a better worldly life concentrating on the progress of human beings, Buddhist teachings aim at the progress of man with the whole universe. Buddhism, being of the holistic view on man and the universe, focuses on the well-being of the entire universe inclusive of both the living and non-living entities. Further, it also guides one towards spiritual progress and the entire purification of the mind.

**Keywords:** Positive Psychology, Buddhist Psychology, Science of Mind, Spiritual Progress, Management of Thoughts