

## **MINDFULNESS, BUDDHISM AND ITS THERAPEUTIC AIMS**

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Buddhism has properly analyzed the human nature, suffering and emancipation of our world. Psychopathological and Neuropathological problems are drawing increasing attention. Mindfulness is the core practice of Buddhist Psychotherapy; inclusive of writings in Abhidhmma. The therapeutic bases of mindfulness practice are twofold. Formal mindfulness meditation is an opportunity to experience mindfulness at its deepest level. The exercise that leads to the present moment with acceptance cultivates mindfulness. Informal mindfulness practice refers to the application of mindfulness skills in everyday life. Human consciousness and Psychotherapy are the key areas of the research. Mental health is very important and goes beyond the boundaries of general Science. H.S.S Nissanka (2005) deals with the therapeutic value of Buddhism, referred to as the Physician and Surgeon of Psyche.(Bhisakkō Sallakattō Anuttarō) The method of treating mental patients is drawn from Meditation and Buddhist Psychotherapy.The Dhammapada refers to as “The mind is the forerunner of all phenomena” (Dh, 1 & 2) Therefore to obtain a clear understanding of mindfulness and its impact on Buddhist Psychotherapy, it is considered necessary to do a research of this nature. Research done in this field is limited as far as the validity and adequacy are concerned. The average human being is constantly confronted by the need to regain and maintain a psychosomatic balance. Some believe that new theories are required to assess the contribution of Buddhist teachings. The new way of analysis, emotions and human problems make an attempt to assess the mindfulness, its effectiveness and the therapeutic aims. This study is on mindfulness and Psychotherapy from Buddhist perspective. It is based on information collected from both Buddhist and Psychological texts for comparative purposes. Psychotherapy is a fast developing discipline in the modern world. This research uses primary textual sources, library materials and interpretations of texts. This will be a comparative and analytical study and related discussions in literature. Buddhist Psychotherapy has become a favorite subject all over the world. It has undertaken to answer the burning psychosomatic problems of today. The systematic investigation of mindfulness is not to create a replicable model of reality that holds up to scientific scrutiny. Mindfulness has been proved to be effective and applicable to solve human problems. The concepts of love, compassion, and appreciated joy have to be spread to develop mindfulness and peace in every organization in the world.

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