

ELIMINATION OF THREE IMMORAL ROOT CAUSES THROUGH BUDDHIST PSYCHOLOGICAL THERAPY

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Humans are overwhelmed by three immoral root causes: greed, hatred and delusion mental disorder and disharmony. These immoral root causes should be eliminated to bring peace and happiness to oneself and society. To solve this problem, one could use Buddhist psychological therapy by developing morality (sīla), concentration (samādhi) and wisdom (paññā). Greed, hatred and delusion are mental factors and defilements, which bind beings to *samsara* suffering. Under the influence of these three immoral root causes, one commits evil deeds, creates problems and violates human rights. To reduce them, one should first cultivate good moral conduct by avoiding evil conduct, cultivating good deeds and purifying one's mind. One should change his/her mind. Greed could be eradicated by practicing giving. Hatred could be appeased with loving kindness and tolerance. Delusion could be gotten rid of by developing wisdom. Furthermore, one could contemplate on tranquility meditation subjects suitable to his/her temperament. The lustful person should contemplate on the ten impurities and practice mindfulness to suppress lust effectively. The hateful person should meditate on loving kindness, compassion, sympathetic joy, etc., to purify the mind. The delusive person should reflect on breathing in and breathing out to calm down the restless mind. This is the establishment of concentration by tranquility meditation. One should keep upon contemplating insight meditation. One sees the true nature of mentality and materiality as they actually are through contemplation on impermanence, etc. This leads to insight knowledge. In this way, gross defilements can be temporarily reduced by cultivating morality. Moderate defilements can be extinguished for a long time by concentration. Latent defilements could be completely eradicated by wisdom. The defilements are eliminated by the supramundane paths. The spiritual stages of the individual depend upon the abandonment of defilements and the attainment of the supramundane paths levels. In conclusion, it could be said that one affected by greed, hatred and delusion is harmful, and therefore, these immoral root causes should be suppressed so that one could live harmlessly and peacefully in society. One should transform oneself from a troublemaker to a peacemaker. One should change one's mind – from greed to non-greed, from hatred to non-hatred and from delusion to non-delusion. Defilements must be eliminated morality, concentration and wisdom.

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