

**Mental Well-Being during Covid-19:
A Philosophical Study on *Thantric* Buddhist Concepts**

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Religions offer psychological guidance in order to keep a sustainable mental well-being in humans. Religion usually prescribes both physical and the psychological aspects of living being. When studying about *Thantric* Buddhism, it is obvious that it is closely linked with positive psychological aspects and studies. In *Thantric* Buddhism, the concept of *Nirvana* has some distinct definitions and practices. One such distinct idea is not to abandon the desires but rather to use the power of the desires. To reach the noble state of *Nirvana*, the follower has to think of himself as one who has already embraced it. In this study, the importance of concepts and ideas in *Thantric* Buddhism in order to acquire a positive mental state, have been studied and presented as a research. The research problem of this study is to reveal the practical utility of the positive psychological perspectives in *Thantric* Buddhism as a resolution to the current pandemic situation. The study mainly covers the principle components in *Thantric* studies and the research limitation is marked focusing on the major objectives in order to absorb the maximum benefits from those studies. In order to assist this study, books and other sources of information were referred to. In conclusion, this is an overall study based on information from various resources and a collection of concepts which are related to the main components of *Thantric* Buddhism. There are two expected final outcomes of this study. The first is to highlight the importance of studies on human psychology during a pandemic situation and the second one is to raise of awareness on the importance of *Thantric* Buddhist studies which is of minor reference in the field of research.

Keywords: *Thantric* Buddhism, psychology, Positive, Mental well-being