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An analytical study on mindfulness in buddhist psychology

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Abstract

Buddhist psychology focuses primarily on analysing and understanding one's nature, and many of the positive effects of Buddhist psychology-based meditation practice have been pointed out by key Researchers. Our mind and its awareness of self can be hypothesized as a conscious mindfulness-of own reflection as well as and traits developed by synchronously assimilating and confounding the crux of the Psychological perspective of Buddhism into one' own self-system-mechanism. This paper will highlight that the mindfulness in Psychology may also be an applicable concept for describing and predicting the higher level of self-development of those who grow up in the culture of Buddhism or regularly engage in meditation over a vast span of the time since.

Keyword: analytical study, mindfulness, buddhist psychology

Introduction

The fundamental principle of the Psychology of Buddhism regarding the self is "no-self", which holds that of negation of immutable self. It differs from some schools of Western point of view of psychology regarding the notion of self, although in around of some accounts there are numerous resemblances can be sorted out. In the view of Western concept, the self is viewed as an identifiable entity with specific traits, collective necessities, and predictable developmental tendencies (Sedikides & Spencer, 2007).

The Notion of Mindfulness, Meditation and Buddhism: In today's contemporary world, mindfulness is trained, nurtured, and applied in diverse situations than in compare with the eastern perception, including self-experience, self-awareness, and self-transformation, self-compassion, self-acceptance, and changes in self-perspective, Self-awareness, Self-concept, Self-construction and renovation, Self-reference processing and so on. Various research and reports from clinical psychology and counselling bring forth assistance in the periphery mindfulness contemplative meditation practice what reduce bodily or physical as well as psychological signs, improve energetic growing, happiness and overall mental well-being, and alter the subsistence of self-awareness and self-reference. The mechanism of Mindfulness Processing that has shown to have a significant effect on. Buddhist psychology is a detailed study of oneself aimed at leading people to a peacefully prosperous life, and mindfulness meditation is an essential aspect in shaping to lead a meaningful life. Buddhist psychology confirms that there is no permanent and immutable self (Olendzki, 2010), and suffering pervades human beings and is caused by greed, hatred, and delusions of what is mainly realized and perceived. There is also a certain belief in the idea that there is an independent and lasting self. Buddha envisaged the only means to exterminate suffering of human is to eliminate our emotional attachment ('upadana') or thirst ('trsna') to the various things and concepts we are associated with. The process of meditation through mindfulness technique is one of the most crucial foundations of the Buddha's 'Noble Eightfold Path' to terminate sorrow and give the wisdom. Basically, in Buddhism mindfulness is being perceived as the basic way to recognize the causes of suffering and to achieve enlightenment and salvation. In Buddhist preaching it is said that he will achieve complete freedom of mind when a person achieves truly complete insight and enlightenment into the realm of 'non-self.' Mindfulness meditation has been extensively studied in Western world over the last two decades and is realized as either an introspection process either the custom of self-regulatory skills or as a

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nature or type of mental capability. There is confusion about the various definitions of understanding the mindfulness in regard of consciousness, attention, and posture but one very generalized explanation is that it is a specific kind of attention. It is a certain procedure of attaining the inward consciousness without judgment. Consciousness and openness and receptive attitude. As an essential means of mindfulness functioning, mindfulness meditation has the potential to be instilled unfathomable into oneself in the spirit of self-inquiry and self-understanding. An experience-oriented movement into the mind, and a wider area of consciousness that can make us aware of what we really are under the picture of the ego. This isolated mindfulness decreases an individual's insistence on the appreciation of the mental aspect associated with the human being as himself.

Interactivity Between the Psychology of Mindfulness and Buddhism:

Most of the cases in modern psychology considers consciousness to be an emergent characteristic of in the brain, and attempts to understand consciousness by observing 's objective behaviours and changes in the brain. For Buddha, consciousness itself is the focus. Consciousness can be seen not only as a brain-dependent, but also as a directly recognizable continuum of interdependence. Consciousness can awaken to itself. Like modern psychology, Buddhism seeks out for deviations in awareness by measuring evident psychological characteristics, but through direct experience it also seeks changes in consciousness.

Coined by an English Pali scholar, the term "Mindfulness" first appeared in English in 1881. Mindfulness was translated from the language of Pali 'Sati'. This literally means "memory". Sati is an act of that reminds us of the current time. Keep in mind the present. The opposite is Sati of and oblivion. In modern psychology, there is no consensus on the operational definition of mindfulness, but most people consider it non-judgmental and merely a form of attention or cognition of (Baer, 2003). From a Buddhist point of view, the mindfulness of is more like an "existence", because at the moment of consciousness, - it contains 's memory, lack of oblivion, and 's judgment. Mindfulness can only occur here, and now at this moment. But we still remember carefully, so we can learn from our experience and build wisdom. Mindfulness also includes remembering to do something in the future. For example, remembering the persistence of what you are doing and the suitability and timeliness of what your deeds. Mental disorders such as high anxiety and several depressions are the aspects of human suffering and might be effectively addressed through psychological intervention. Mindfulness is a tool for this project. More than 2,000 years ago, Buddha taught in 'Satipatthana Sutta' that mindfulness is an important element in healing psychological imbalances. In the 21st century, the therapeutic potential of mindfulness was recognized and validated by modern psychologists and became a popular therapeutic tool in clinical psychology and Counsellors. Over the last two decades, dozens of different mindfulness-based programs, have emerged but some of the most popular approach is Mindfulness Based Stress Reduction (MBSR), Dialectical Behaviour Therapy (DBT) (DBT) , Acceptance and Commitment Therapy (ACT), and Mindfulness Based Cognitive Therapy (MBCT), . Hayes (2004) created these approaches as "third wave" or third generation therapies. Because, as he claimed, these are first from Behavioural Therapy (BT), then Cognitive Behavioural Therapy or CBT in modern clinical psychology. Several Studies imply Buddhist Psychology, explain some of the

psychological mechanisms found in these therapies, and explain the therapeutic properties of mindfulness.

These contain:

- Meta-cognitive insight, i.e. thoughts are seen as ' just thoughts' and not facts to be believed;
- De-fusing the literal meaning of verbal constructions from actual-reality;
- Facilitating change with acceptance;
- Enhancing relaxation;
- Helping self-management and impulse control

Mindfulness takes the role for the Development Cognitive Changes at the core of Buddha's teachings are four realities that explain causal pairs: suffering and its causes, and release from its cause. These 'Ariya Saccani' are usually translated as 'noble truths.' The substantive cause-effect relationship can be seen in the 'four noble truths' and it might well be applied to explain from the aspect of mental disorder and psychological point of view in this following accordance:

- There are existing problems, retardation or disorders
- There is a causal connection in between the of result from these problems and their persistence.
- It is possible to eliminate these problems or reduce the severity at least.

Positive warm regard, relationships based on empathy and justice, and treatments that employ cognitive, behavioural, and emotional strategies will be effective.

The fourth reality is the "Noble "Eightfold Path" , which represents the Freedom Path. The eight elements of this path fall into three basic categories, all of which are interdependent. Mindfulness as a therapeutic factor from a Buddhist point of view is inseparable from that context. It was analyzed by Satipatthana Sutta from a point of view of four uses :

1. Contemplation of body including action, posture, sensation, breathing etc.
2. Emotional contemplation, Comfortably pleasurable nature, unpleasant
3. Includes "heart of mind" contemplation, mood, emotions, perception and state of mind.
4. Contemplation of 'Dharma' Phenomenon including emotional, mental and behavioural patterns. The therapeutic aspect and psychological counselling of Mindfulness features include:
 - Short pattern of habitual cyclic reaction mechanism,
 - Providing a broader perspective on the situation and develops insights and internal psyche that counteract the distorted view.
 - Acting as a mutual 'suppression and projection'
 - Working as cementing force to other healing qualities, such as typical investigation, serenity, concentration, joy, equanimity, compassion, and loving-kindness; protecting a person from mindless and unscrupulous activity.

Conclusion

Mindfulness is a powerful therapeutic tool. However, it is not possible to separate from wisdom and ethics as a single technology, as it is the only interdependent factor of many. It is possible to maintain and regard Four noble truth, Eightfold Path of Buddhism and follow the principles of evidence-based professional psychological practices. The essence of Buddhism from its roots which is laid on the Philosophy of

Buddha enunciates the core mechanism and attributive principles of 'Mindfulness' in contemporary Clinical Psychology.

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