

Application Of Mindfulness to enrich Mental Health

Bhante Rewatha



Mindfulness Into Global Mental Health



- I/ Mine Myself
- Mindfulness Defined
 - What is the practice of the Mindfulness/ Meditation
- The history of Mindfulness
- Conceptualizing “Mindfulness”
- Core Buddhist Thoughts and its relationship to mindfulness
 - Four Noble Truths and the Eightfold Path
- Contemplation
- Positive Psychology
- Mindfulness Based Stress Reduction and MCBT

Let's discuss...

“I/Mine, Myself”

**“We all take ourselves too seriously because we believe that there is someone to take seriously.
That’s me”**

~ John Kabat – Zinn~

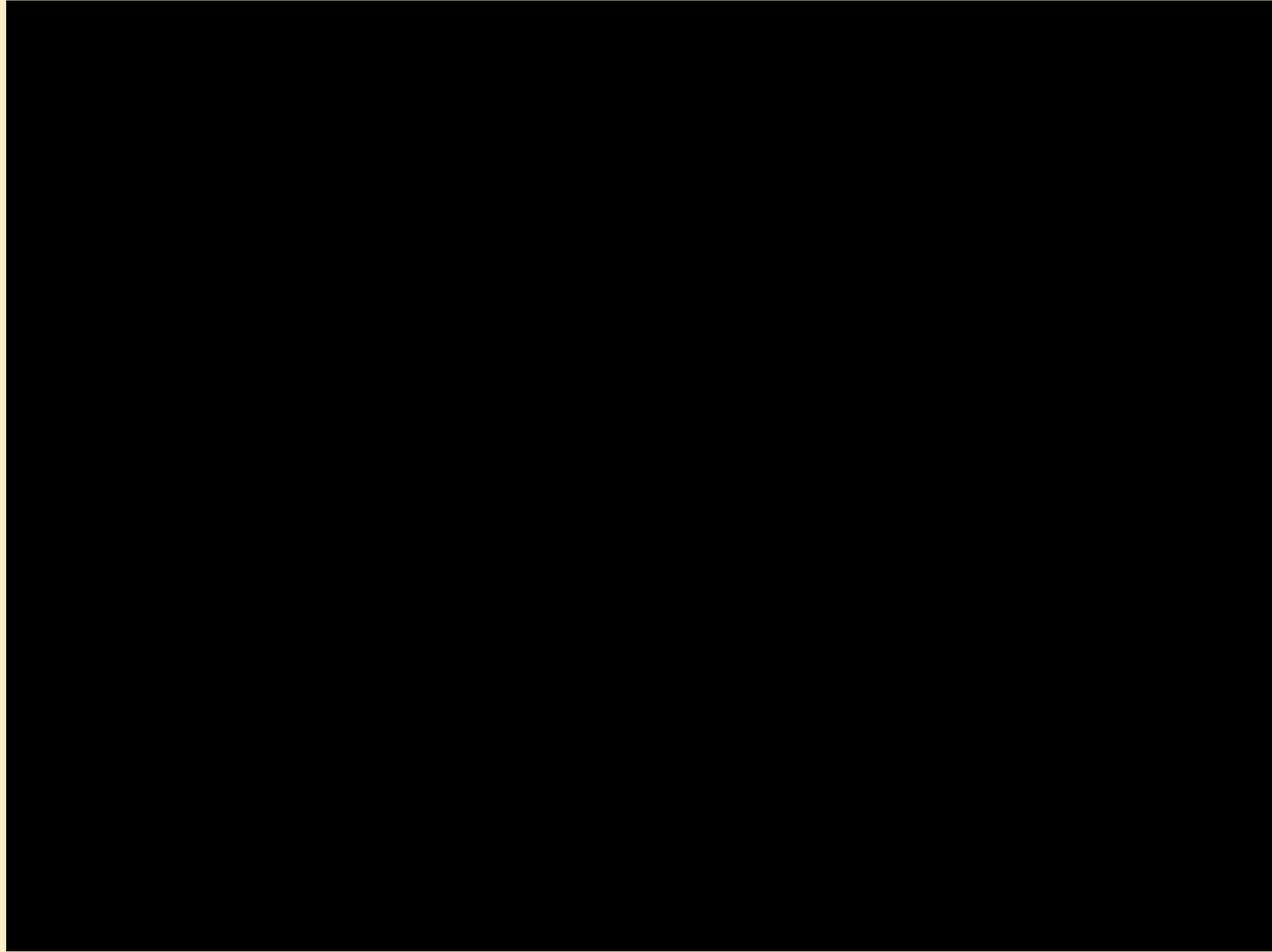
- Fabrication
 - Construction
- } Concept of me (Self-esteem)

Forget that it was created by my mind through the sense organ and the sense object.

- Eye and visible objects
- Ear and sound
- Nose and odour
- Tongue and taste
- Body and touch
- Mind and mental objects



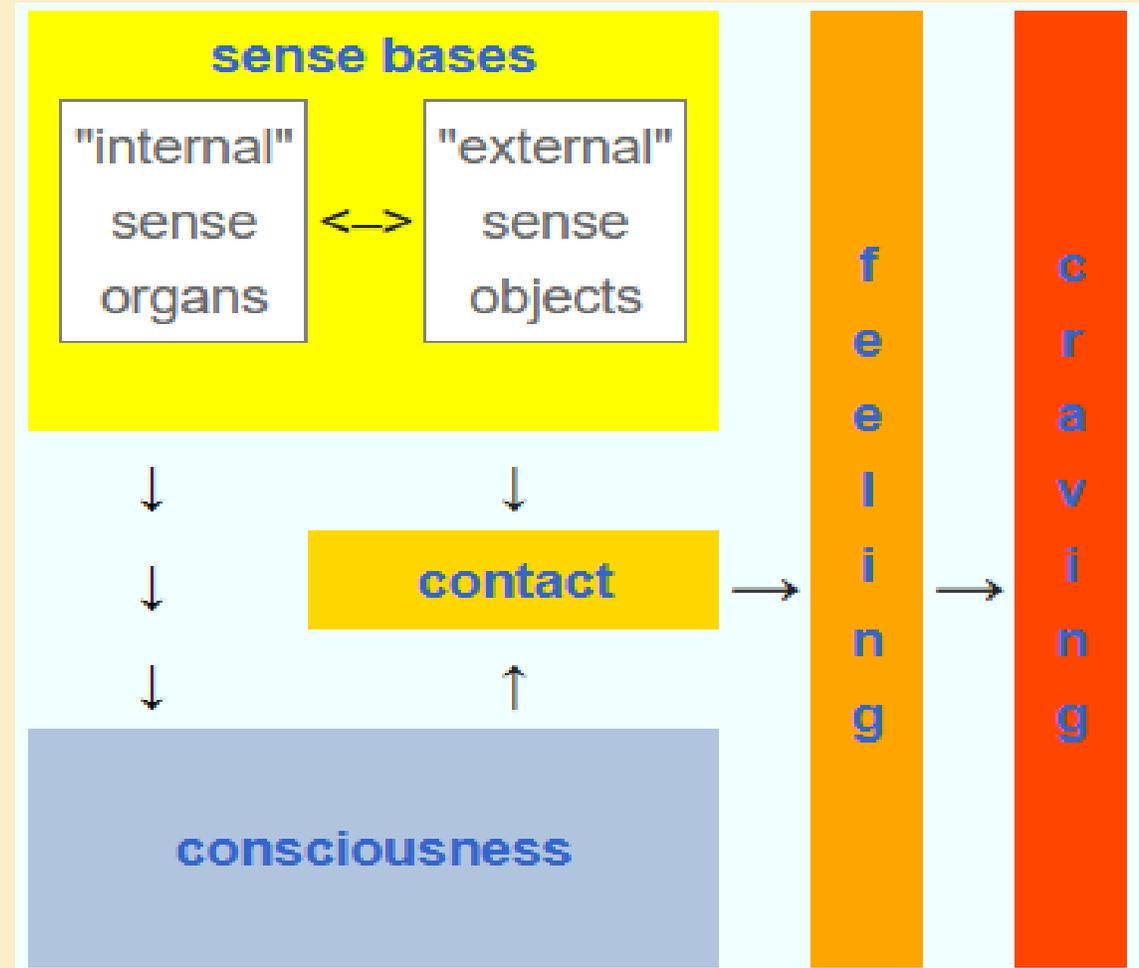
Mindfulness Defined



Paying attention to only one aspect of your liking or disliking and ignorant about the essential truth.

“The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of the experience moment by moment”

~John Kabat-Zinn~



What is Practising Mindfulness/ Meditation?

Formal and informal practice

- Silent retreats
- Practicing at home
- Buddhist tradition
- Focused attention
- Open monitoring
- Mindfulness-Based Stress Reduction
- Mindfulness Cognitive Behavior therapy



The history of Mindfulness

Hinduism

It arose more than 4,000 years ago in the Indus Valley – Now Pakistan

- Talking about Yoga to Vedic Meditation
- Sati > Sara > Brahmanic Tradition
- Smarana “Received tradition, memorize texts.”

Ṛg Veda

- To ‘remember’ or ‘recollect’ and to ‘bear in mind.’ > Vedic Mantra

Anussati – Recollection



Inspiration



Joy



Attention



Understanding

***Stay at the
present Moment***

The History of Mindfulness

- **Ṛhadāraṇyak Upanisadaya**

- Upāsana – The emergence of meditative psychology
- Jhāna – Contemplation and Meditation
- Yoga – practice to control the senses and ultimately, the mind.

- “ Let a man perform one observance only, let him breath up and let him breath down, that the evil death might not reach him.”

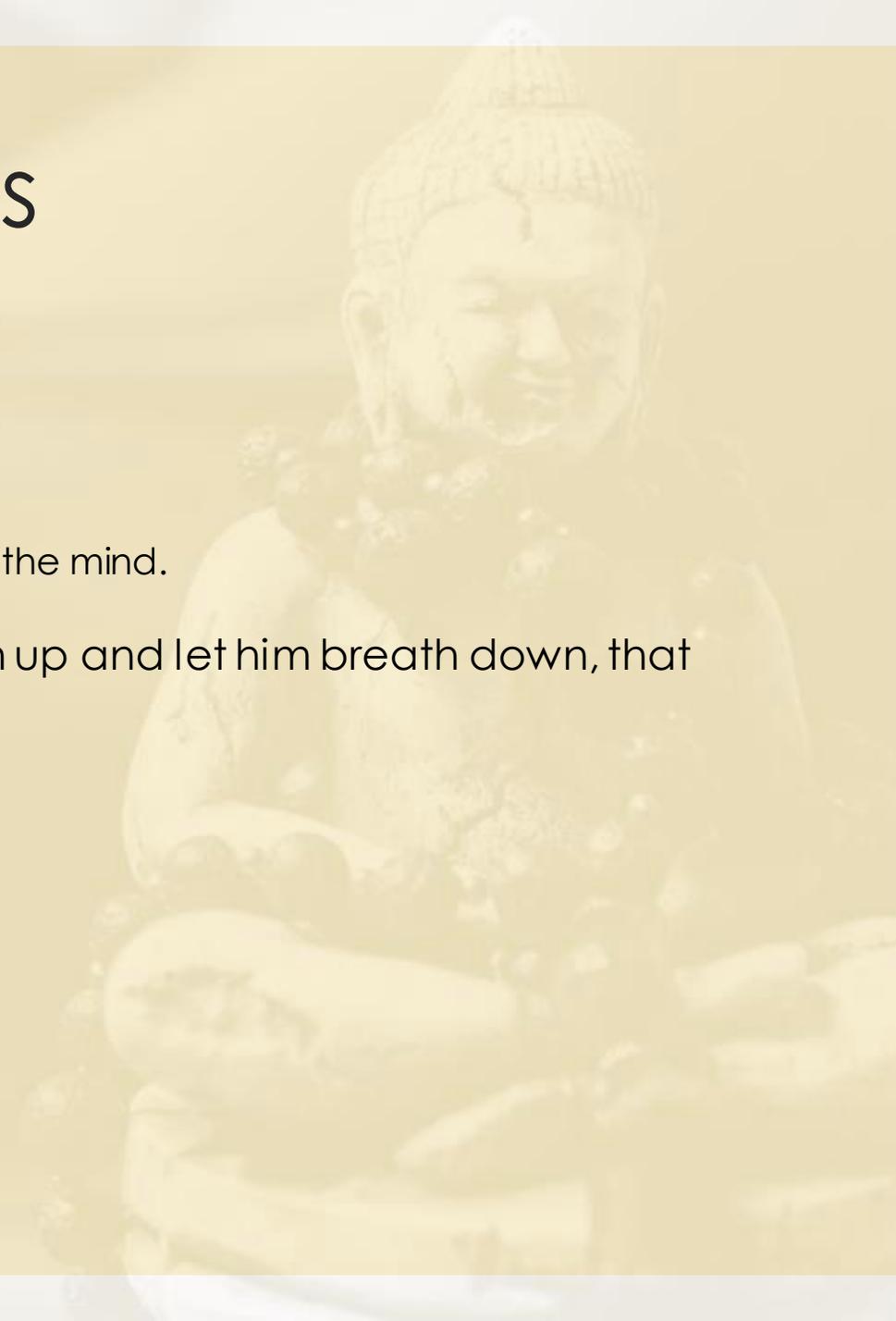
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- “OM” Mantra for Breathing Meditation

Sati –

appamāda – heedfulness

Dhāraṇa – Keeping hold



How mindfulness relates to Yoga

Body scan –
Awareness of one's body



Buddhism

Theravāda and Mahāyāna, Vajrayana

Bodhisatta – the path for Buddhahood/
Arahat – the path for Nibbana

Samatha - serenity and Vipassana – insight meditation

Buddhism is an essential component of mindfulness, but it should be noted that Buddhism owes a great deal to Hinduism.

• Madhyama – āgama

• Ekottarika – āgama

Mahāyāna

Attraction of sensuality is based on an erroneous perception. Mindfulness is used as a mental detergent.



- Alārakālama – ākiñcaññāyatana – the realm of nothingness
- Uddakarāma putta – n'eva saññā nāsaññāyata – the realm of neither perception nor non-perception
- The Sutta Explanation of Mindfulness
 - Satipaṭṭhāna sutta – MN
 - Mahā Satipaṭṭhāna sutta – SN
- Sati + upaṭṭā ti – the standing near sati
- “Attanā ca upaṭṭhitasati hoti. Parañca satipaṭṭhāne samādapeti”

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“He is himself one whose mindfulness is present/established, and he rouses another to the establishment of mindfulness.”

The Buddhist View of Mindfulness

- Madhyama – āgama
- Ekottarika – āgama

Mahāyāna



Attraction of sensuality is based on an erroneous perception.
Mindfulness is used as a mental detergent.

Conceptualizing “Mindfulness”

General descriptions of mindfulness vary from investigator to investigator, and there is no consensus on the defining components or process.

- Identify
- Overcome

The four ways to establishing Mindfulness in Buddhism: Satipaṭṭhāna Sutta

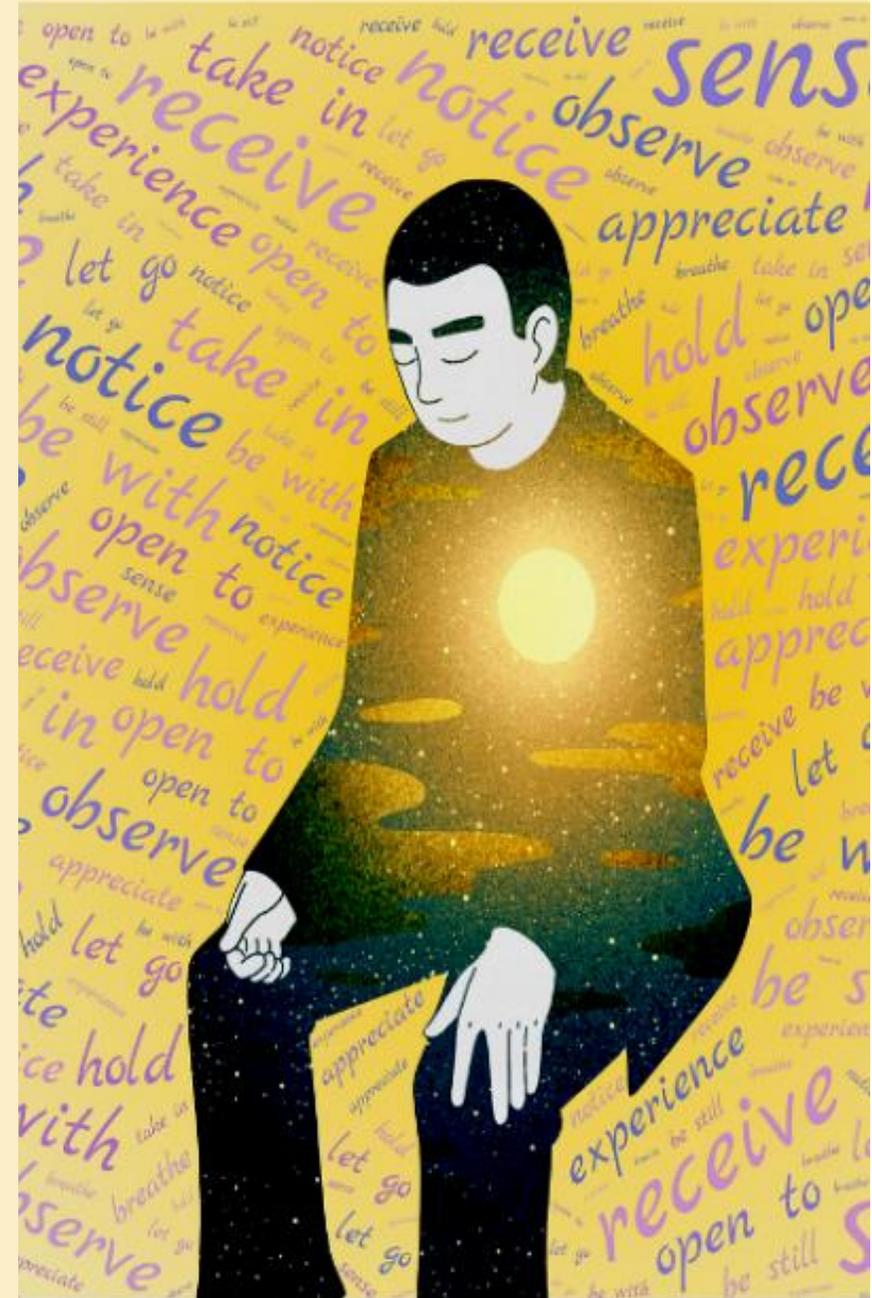
- 1. Concentration on physique**
- 2. Concentration on Feelings**

- 3. Concentration on the train of thoughts**
- 4. Concentration on the universal truth**

Sensory Experience

- Mental condition
- Feeling > Memory Thoughts > Changing the condition of the mind.

- Blindly reacting to the sensory experience
- judgement > ignorance > sorrow, grief, lamentation, old age, sickness, death.



The view for sensual enjoyment

- The five hindrances are sense desire, anger, sloth and torpor, agitation and worry.
- The Five aggregates : Forms > feeling > feeling > perception > mental formations -> Consciousness
- See those in Anupassana (Contemplation)
- Observe the way it is right now > non-judgment – the nature > Anattā – I am not the body
- Tranquility practice – you absorb or become one with the object.
- Insight practice – you are opening mind up to everything

Contemplation

Body – Four elements > earth, water, fire, wind

Madyama – āgama mentioned extra space and consciousness

Feelings > pleasant, unpleasant and neutral

Mental states > lust, anger and delusion

Dharma > Hindrance > sensual desire > obstructions to the proper functioning of the mind.

Core Buddhist Thought and its relationship to mindfulness

Four Noble Truths

Extraordinary

- Suffering
- Origin of suffering
- Cessation of suffering
- The Path that Leads to emancipation

Mundane

Mental Strain
Cause of stress
Prevention techniques
Mindfulness

The Noble eightfold path

- Right understanding (Samma ditthi)
- Right thought (Samma sankappa)

Wisdom

- Right speech (Samma vaca)
- Right action (Samma kammanta)
- Right livelihood (Samma ajiva)
- Right effort (Samma vayama)

Moral Conduct / Ethics

- Right mindfulness (Samma sati)
- Right concentration (Samma samadhi)

Mind training/Meditation

Positive Psychology

Traditional psychology – psychopathology

- Positive Psychology

- 1) cultivation of positive emotions
- 2) full engagement in one's activities,
- 3) service to others
- 4) positive relationships
- 5) achievement



Positive Psychology (Contd.)

- Cultivating happiness, resilience. Post-traumatic growth.
- Positive psych present in Buddhism (as is psychopathology) well before psych as a discipline existed
- Gratitude, forgiveness, strengths-based

Mindfulness- Based Stress Reduction

- Introduced in Early 1982
- Cultivating Moment – to – moment nonjudgement awareness
- Regardless like or dislike only neutral view of the objects
- “No let our self-destructive and other destructive impulse wind up doing unimaginable levels of harm.”

- Mindfulness-based cognitive therapy (MBCT) is a type of psychotherapy that combines cognitive behavioral therapy (CBT), meditation, and the development of a present-focused, nonjudgmental attitude known as "mindfulness."
- Zindel Segal, Mark Williams, and John Teasdale created MBCT in an effort to expand upon cognitive therapy.

Mindfulness- based Cognitive Therapy

Pros and Cons in Mindfulness

Concentration
mind

Modern
Inappropriate Uses
of Mindfulness
(Aiming Guns)



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Thank you!

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