

# 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~**

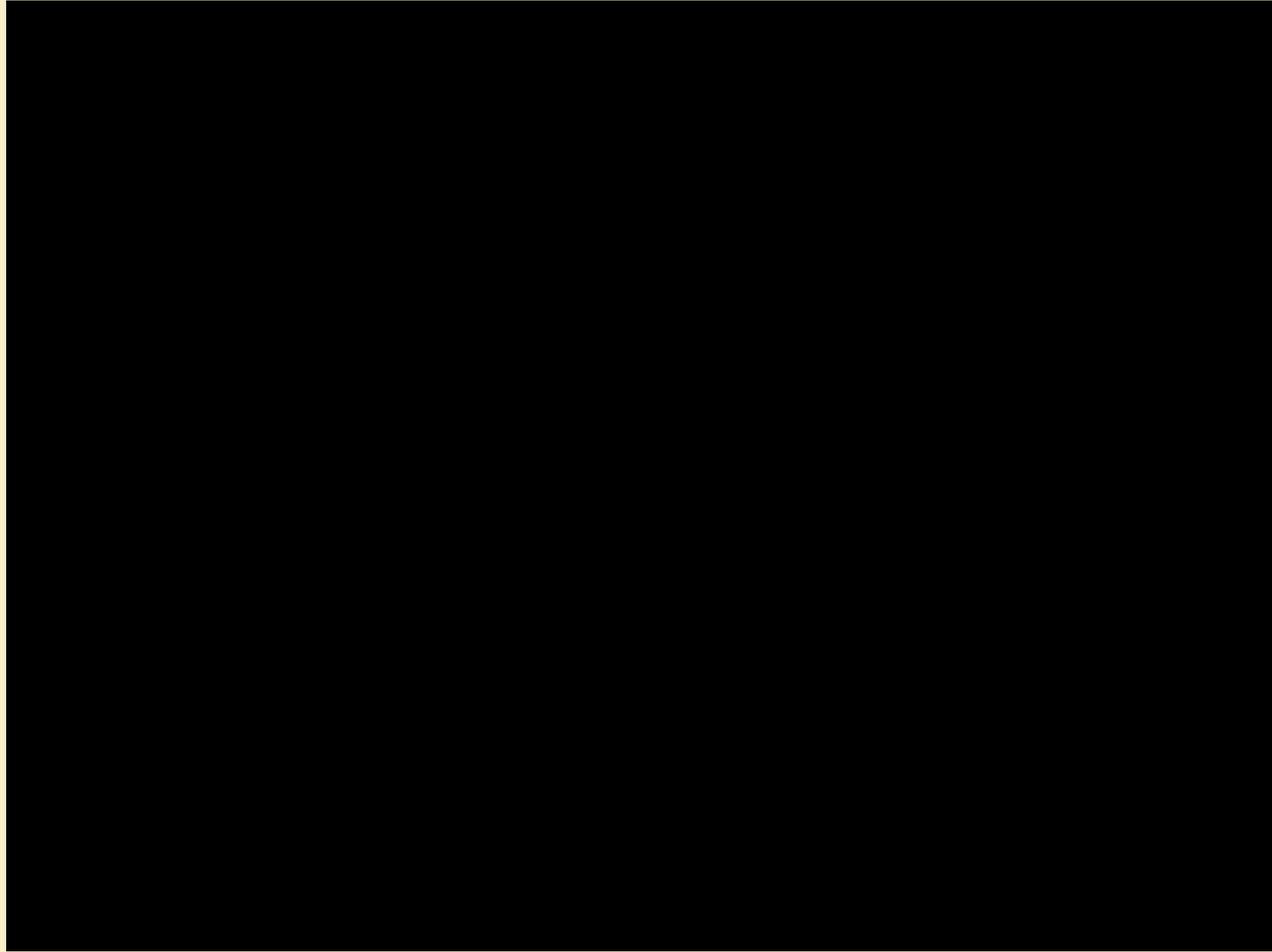
- Fabrication
  - Construction
- } Concept of me (Self-esteem)

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



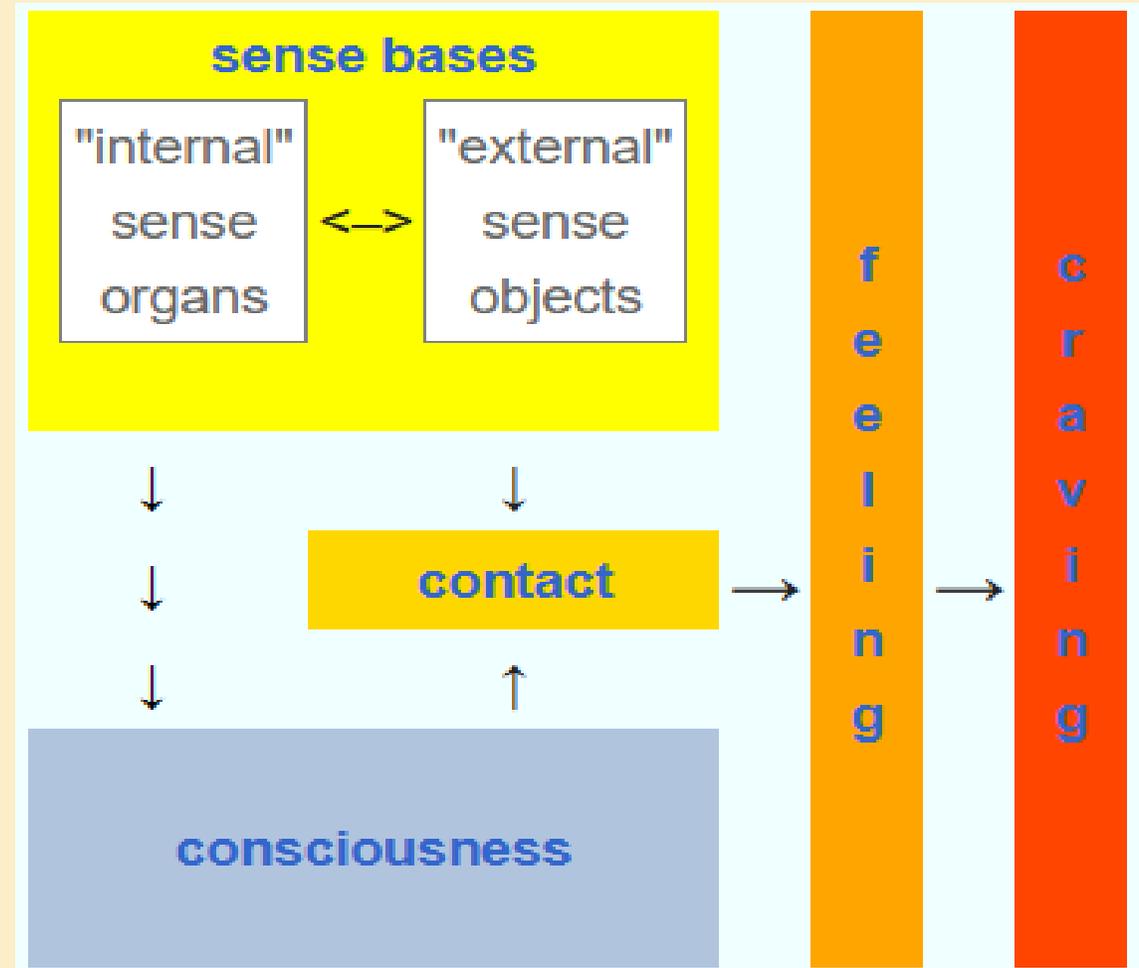
# Mindfulness Defined



**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”

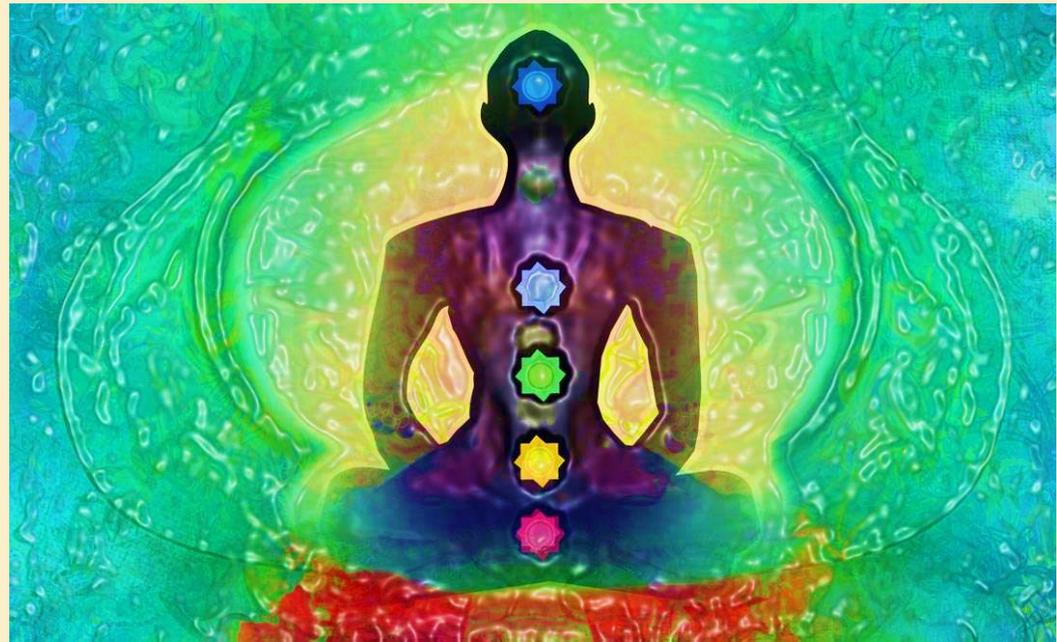
~John Kabat-Zinn~



# 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

- **Bṛhadāraṇyak 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.”

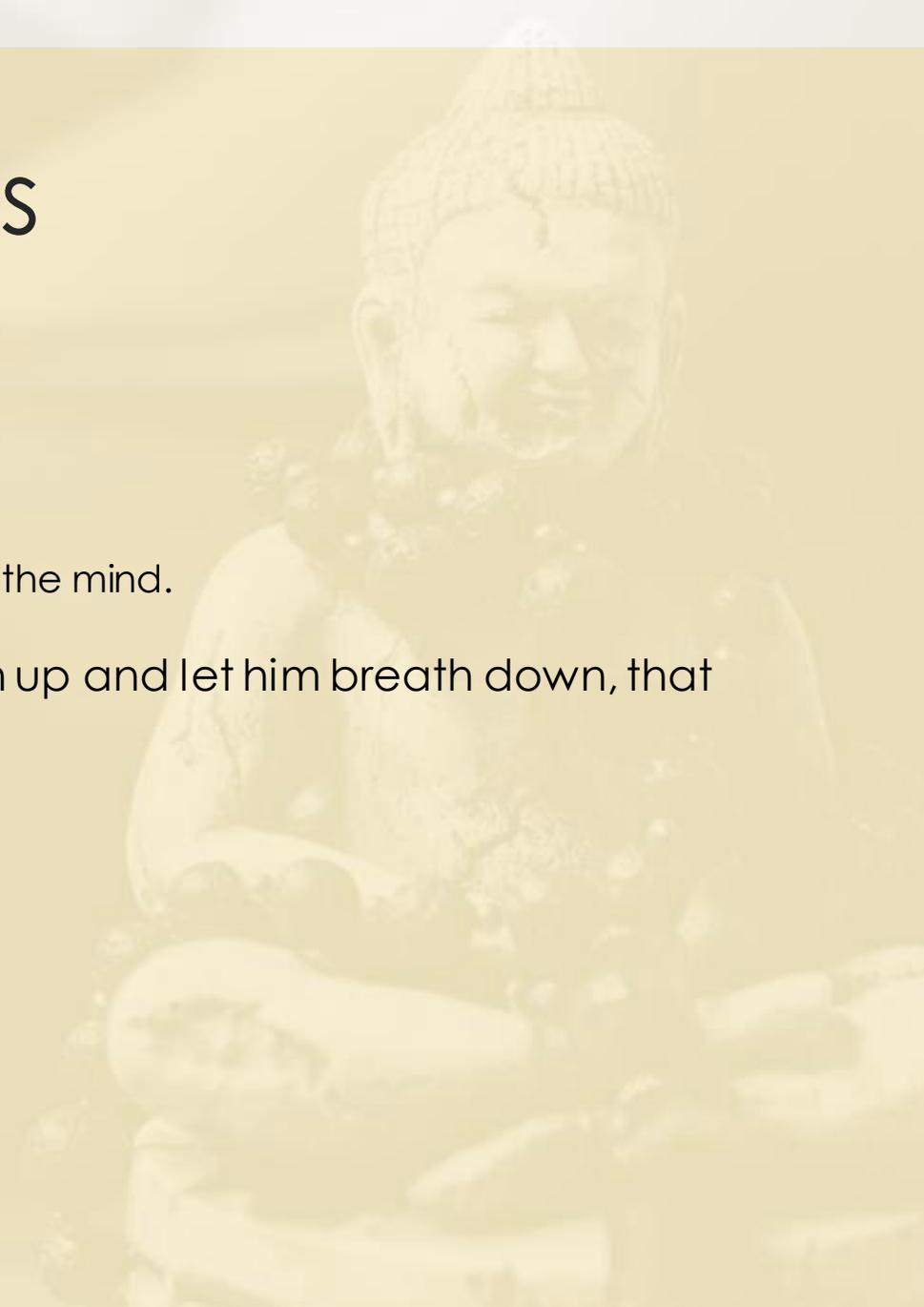
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- “OM” Mantra for Breathing Meditation

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

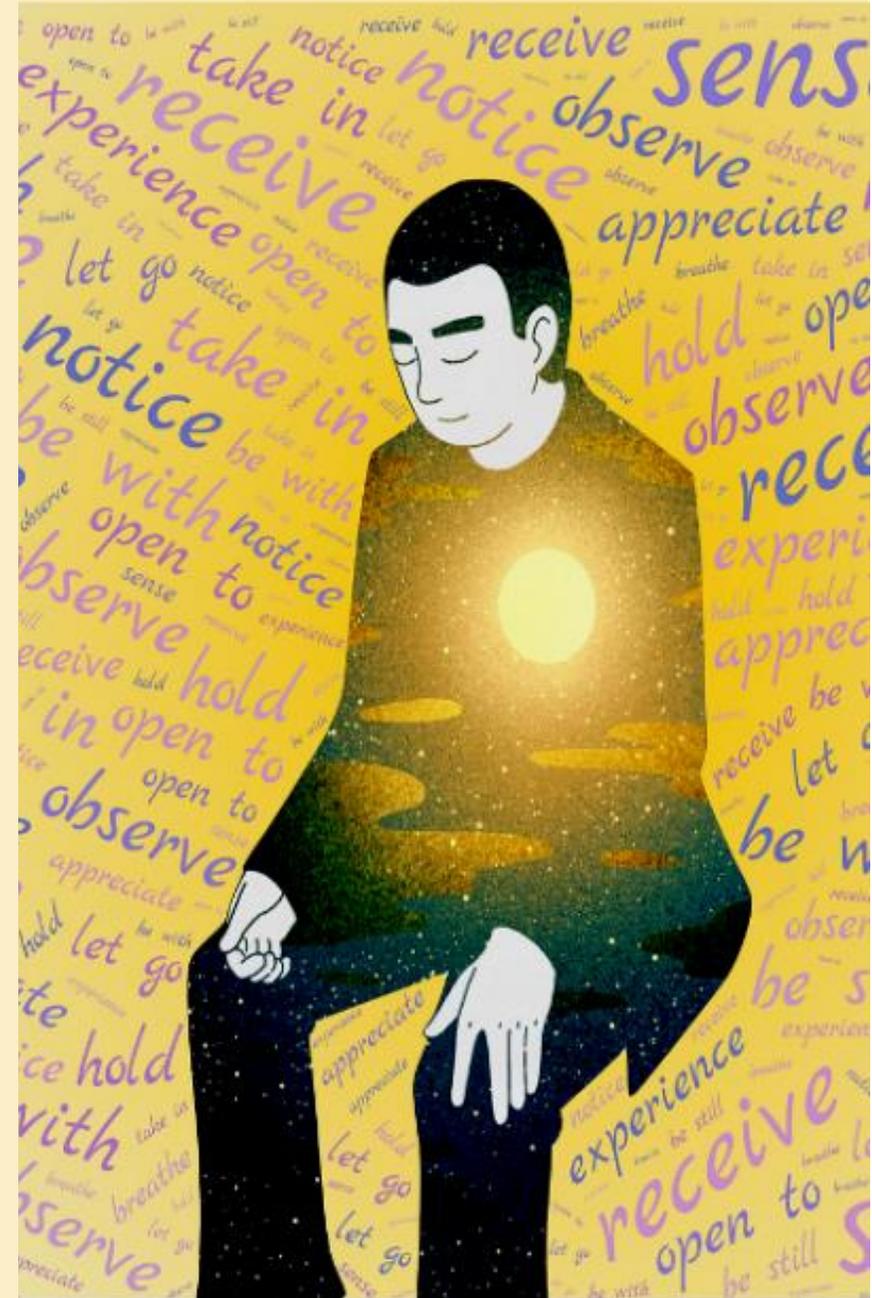
The four ways to establishing Mindfulness in Buddhism: Satipaṭṭhāna Sutta

- 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

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

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Madyama – āgama mentioned extra space and consciousness

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**Feelings** > pleasant, unpleasant and neutral

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**Mental states** > lust, anger and delusion

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**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)



Mindfulness Into Global Mental Health

**Thank you!**

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