

29th World Summit on

POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

May 21-22, 2018 | New York, USA

Formulating a comprehensive definition for mindfulness

Prasanna Jayatilake
University of Kelaniya, Sri Lanka

Mindfulness is used worldwide as a means of self-actualization and psychotherapy, with high increasing number of research publications. However, there is still a vacuum for a proper definition for mindfulness. Researchers declare that the concept mindfulness has been extracted from the Buddhist philosophy. However, these statements remain incomplete as they have not made appropriate references on original Buddhist texts. Therefore, this study focused on formulating a comprehensive definition for mindfulness by referring original ideologies in Buddhist philosophy. The term mindfulness is stated in original Buddhist texts as Right Mindfulness (being mindful of the true nature of existence), which is a component of the Noble Eightfold Path. Accordingly, right view (realization of the true nature of existence) is a pre-requisite for right mindfulness. Therefore, the state of right mindfulness is unattainable without the right view, which can be achieved through the Buddhist counseling process. Right mindfulness is the practical aspect of being mindful about the true nature of existence with the light of right view, which can be practiced even in daily life. Mastering right mindfulness would enhance wisdom, leading to gradual and irreversible cessation from all sufferings, which is the final accomplishment (Nibbāna) of the process. With reference to data obtained from research participants and the original Buddhist texts, a novel definition could be formulated as follows. Right mindfulness means realization of true nature of existence (right view) aiming at cessation from all sufferings through a systematic process of being mindful about the realistic nature of existence (The noble eight-fold path). Future research directions would be to develop a mindfulness model to accommodate the novel definition, based on the Buddhist way of realistic psychological approach, to enhance happiness and wellbeing towards a better society.

Biography

Prasanna Jayatilake has his interest and practice of branch of Positive Psychology lies on Mindfulness and its practical applications in counseling. He employs the Buddhist Concept of Mindfulness (BCM) in counseling, which is universal and highly effective technique to enhance consolidated therapeutic outcomes of clients. While him being a mindfulness practitioner, he helps clients to identify the root causes of problems by bringing their awareness about the true nature of the existence and be mindful about it. The regular practice of mindfulness would bring the potential of the clients to a level that they would not shake in any challenging life situation. In his 22 years of practice as a Counselor, he has witnessed a marked recovery of clients in the said process. His motive of research is to establish a mindfulness counseling model, in order to benefit the clients in a more effective manner.

prasannajayatilake@yahoo.com

Notes: