



MORAL EDUCATION WITH SPECIAL REFERENCE TO BUDDHIST MEDITATION AND PSYCHOLOGY

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The contemporary society is a vastly developed and advanced social order, where in the ancient social order, truth etc have been redefined and reinterpreted to suit the changing circumstances. Similarly, these have been tremendous material progress with the evaluation of human psyche, but it has also brought along with it illnesses such heart attack, mental disorders, stress and anxiety to name a few. Modern medical sciences are providing treatment to solve the biological dimensions of these diseases, but are not able to address to the psychological dimension. We find most of the doctors treating patience for these psychosomatic disorders how days without much success. The primary cause for these diseases is the “unhealthy mind “. The disorder is in the psychological realm and can be solved when the disorder in the mind arising due to stress is overcome. Modern psychiatric studies have pointed to the fact that many of the modern day diseases occur due to the high levels of emotional stress and tensions that affect on the peace of mind.

The present paper discusses the Buddha concept of mind and peace which will help the students to overcome their stress, emotions psychological and psychosomatic problems from their personal academic and professional life.

Mind for the Buddhist is the forerunner of all mental states and the resultant expressions. It occupies central position, where in the emphasis is on:

- Know the mind and
- Shape the mind
- Free the mind

“ If mind is comprehended, all things are comprehended (Ratna Megha Sutta as quoted by Nyanaponika Thera, in the Heart of Buddhist Meditation (Page 21). In the Buddhist doctrine mind has been given utmost importance, mind is the starting point, the focal point, and also liberated and purified mind of the saint the culminating point. Mind is the source of all the good and evil that arises with in and be falls us from without. Mind is the sources of both war and peace and of hell and heaven. All the experiences are conditioned by prior thought formations. It is founded in our thoughts made up of our thoughts. Mind is a positive and active molder of the external world. Mind determines our actions and our actions determines of our life in the world. Mind



is the master of the world, the world is lead by mind. If human mind is peaceful his external world is also peaceful. In order to avoid evil thoughts and to attain mental peace, it is imperative that the mind be controlled trained developed and guided by discipline and right understanding. In this way only man can realize his mind's significant power and attain true peace of mind.

Internal peace is an interpersonal peace i. e Peace of mind, it is a state of mental claim, tranquility, mental balance, spiritual content, harmony, purity, bliss and the like in which there are not mental disturbances, conflict worry, anxiety, restlessness, mental corruptions, grief and sorrow, it is an absence of negative mental states as well as the presence of the positive ones.

External peace is an interpersonal peace which involves interpersonal relations in society, it is a state of social harmony, peaceful co-existence, cooperation and friendly relations between men and their fellow beings as well as nature. There is close relation between internal and external peaces both are not mutually exclusive but inclusive both are interrelated and interdependent. The internal peace of mind of individuals is the cause of the first step towards external peace of any society, and it is the firm foundation upon which the entire edifice of social harmony or external peace must be build up. Peace of mind makes man great. In the history of world many great men like Lord Buddha, Lord Mahaveer Lincoln became great because of their , attainment of peace of mind.

Recently so many education commissions recommend moral and spiritual values. A serious defect in school curriculum is the absence of provision for education in moral and spiritual values. In the life of the majority of Indians, religion is a great motivating force and is intimately bound up with the formation of character and the inculcation of ethical values. A national system of education that is related to the life, needs and aspirations of the people cannot afford to ignore this purposeful force. Therefore, the conscious and organized attempts be made for imparting education in social, moral, and spiritual values with the help, wherever possible of the ethical teachings of great religions.

EDUCATION FOR 21ST CENTURY

Education is a human enlightenment and empowerment programme for his all-round welfare and well-being. The teaching/learning of 3 R's, is not enough. Or devopling the intelligence quotient (IQ) is not only goal of education. There is necessity of culture of emotions, refinement of heart. A man may be highly intelligent, if he is not only emotionally balanced he is sure to loose a lot. Emotional quotient (EQ) has to be developed. EQ is a higher ability than IQ. Moreover, the man should be guided by moral principles. More important than EQ is MQ (moral quotient). A man becomes great by virtue of his high MQ. Highest of all the quotient is the spiritual quotient (SQ). The self-realized persons, men of truth to know their mind have higher MQ(mind



quotient).

Our child is a modern child. He has entered a new era. He has to meet the challenge of the new millennium. Now this age is an age of science, an age of computer, internet age. There has been terrific change at every breath-taking movement. There is rapid change of society. Thanks to science the new holistic education must acknowledge the multiple dimensions of human personality-physical, intellectual, aesthetic, emotional, creative, cultural and spiritual and seek a harmonious development of an integrated person to enable him to meet the challenges.

The call of the 21st century for the learners is :-

- learning to know
- learning to do
- learning to be
- learning to love
- learning to live together

Five things are to be done through education. The learners have to learn to know, to do, to be, to love and to live together.

In 2550 years ago Lord Buddha said the importance of spiritual and moral values are required in curriculum. The modern curriculum is nothing but Buddhist system of education. That's why all committees given importance to moral and spiritual values.

1. The inculcation of good manners, social service, and true patriotism should be continuously stressed at all stages.
2. Special stress should be laid on teaching good manners and promoting the virtues of reverence and courtesy which are badly needed in our society.
3. Educational broadcasts and group discussions may be organized to stimulate interest in the study of moral and spiritual values
4. Every educational institution with few minutes of silent meditation either in class room or in a common hall.
5. suitable books should be prepared for all stages-from primary to university-which should describe briefly in a comparative and sympathetic manner the basic ideas of all religions as well as the essence of the lives and teachings of great religious leaders, saints, mystics psychologists and philosophers.

CONCLUSION:

The present paper discusses the Buddha concept of mind and peace which will help the students to overcome their stress, emotions psychological and



psychosomatic problems from their personal academic and professional life. If human mind is peaceful his external world is also peaceful. In order to avoid evil

Thoughts among students and to attain mental peace, it is imperative that the mind be controlled trained developed and guided by discipline and right understanding. In this way only students and human beings can realize their mind's significant power and attain true peace.

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