



The changing of the emotional quotient of Dhamma practitioners
according to the Four Foundation of Mindfulness in the method of Rising
and Falling

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A Thesis Submitted in the Partial Fulfillment of
The Requirement for the Degree of
Master of Arts
(Buddhist Studies)

Graduate School
Mahachulalongkornrajavidyalaya University
Bangkok, Thailand
C.E. 2014

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