

Thesis Title : The Application of the Brahmavihāras Dhamma for the Mental Development in Theravāda Buddhism

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Abstract

The objectives of this research are: 1) To study the meaning and the importance of Brahmavihāras 2) To study the exemplary persons who apply the Brahmavihāras to the mental development 3) To apply Brahmavihāras to the mental development in Thai societies.

From the research, it is found that the Brahmavihāras are the states of minds for all human beings. In the other word they are called Appāmannās spreading widely without limit. These Dhammas consists of Metta, Karuna, Mudita, and Upekkha. It is also the Dhamma to uphold the world. Because the Brahmavihāras are Kammatthanas. The practising of this group of Dhamma is the path of mental development according to the philosophy in Theravāda Buddhism which is very important. It is clearly seen that the Brahmavihāras are of the important roles in Dhamma for mental development and they are the foundations of advanced Dhammas for insight development.

The study of the human beings who apply the Brahmavihāras for developing the mind shows presents the importance of the Brahmavihāras for mental development, comprised of 1) Bodisatta, 2) the monks, 3) the Upasakas and 4) the Upasikas.

The result of the study can be presented as follows;

1. Before Buddha's time, the objective of the Brahmavihāras is that the human beings will be born in Brahmāloka within Brahmavihāra Dhammas.

2. Either the poison or the bees cannot harm human beings because of the Brahmavihāras. Furthermore, the human beings can be beloved by a celestial being and the celestial being would save them from anything..

3. With the Brahmavihāras, the human beings can reach Ratanattaya.

The application of the Brahmavihāras to the Mental Developing indicates that the Brahmavihāras are Dhammas and the morality for mental training and developing. Moreover, the human beings are in need of acknowledgement of the Loka-Dhamma. A person who has mental potentiality consisting of good will, understanding, and forgiveness will be able to solve every problem and stay in Loka-Dhamma, as it is said that the developed mind will be valuable and peaceful in the mind. The mental development by the Brahmavihāras is to begin with the smallest and the most critical societies which are the families headed by the father and the mother. This development will ensure that the Brahmavihāras will be permanently maintained in all practisers's hearts from the individual to the social.