

Thesis Title : A Study of Buddhist Way to Decrease Sloth and Torpor
According to Buddhism

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ABSTRACT

This Thesis entitled “A Study of Buddhist Way to Decrease Sloth and Torpor According to Buddhism” is of three objectives, i.e. (1) to study sloth and torpor in Buddhist scriptures, (2) to study Buddhist way to decrease sloth and torpor in Buddhist scriptures, and (3) to suggest the way to decrease sloth and torpor in daily life.

Research results are found:

Thina-middha or sloth and torpor are the two of the five hindrances that far the people to attain virtue. They belonging to defilement within delusion under demeritorious thought or immoral consciousness, whenever occur, they shall dispel or get rid of merit, otherwise they shall increase more demerit.

According to Buddhism, there are many ways to decrease sloth and torpor by eight methods, briefly, of perception, consideration, recitation, ear-picking, face-rubbing in standing, light-gazing, walking determination, and lying. Another means are of the eight methods of effort in order to get rid of postponement or delay. The six ways to decrease sloth and torpor as to be moderate in eating, etc. and the decreasing way by proper attention, i.e. to keep in mind with elaborate consideration, that is to say, to be aware of what is to be done in every moment. All the means should be applied in daily life and one can choose whatever suitable to his/her character, so that it might be the best way to decrease slot and torpor to the full extent.