

Thesis Title : A Study of the Method of Insight Meditation Propagation according to Satipatthana by Means of Rising – Falling

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ABSTRACT

This Thesis is of 3 main objectives, namely : 1 to study the method of spreading the Insight Meditation according the practicing the 4 Satipatthanas appearing in the Tripitaka (Three Baskets) and in the Atthakatha (commentaries) 2. To study the method of spreading Insight Meditation according to the principles of 4 Satipatthana at the present age of the type of Rising and Falling. 3. To analyze the method of spreading the Insight Meditation according to the principles of the Satipatthana of the type of Rising - Falling.

From the result of the research, it is found that the important point of spreading Buddhism is the development of the Vipassan Kammathana practisers minds to cause them to lead the lives with the right view by bringing the principles of the Dhammas to be practiced to cause Lokottara Panna to arise with the aim called Nibbana. In spreading the Dhammas, one must recollect the 3 Saddhammas : Pariyatti - Dhamma, Patipapathi - Dhamma and Pativedha – Dhamma. It can be seem that the study of the Dhammas with different methods without the practice of the Insight Meditation , When the life problem arises, one cannot bring the worldly wisdom to solve such the problem. The practice of the Insight Meditation can help one to solve the problems truly. The practicer will see the result of the practice clearly by himself of herself. The practice is of the deeply understanding of the

Buddha – Dhammas truly. This fact can cause the wisdom to arise and can be brought to solve all of the problems.

The Buddha said that the practice of the Insight Meditation according to the principles of 4 Satipathana is the one method to help the human beings to be able to develop their mental abilities to be of the highest mental ability in Buddhism, and to be of the free life. If there is no practice of the Insight Meditation, the human beings are still in the wrong way for even, and cannot win the defilements Lobha, Dosa and Moha. Because the strength of the mindfulness is still weak, in order to all the strength of the mindfulness to overcome the defilement, one must practice the Insight Meditation by using the mindfulness and the wisdom to consider the Form and the Noun and the state of the Dhammas bodily, feelingly, mentally and Doctrinally according the fact as being Dukkha, Anicca and Anatta. The fixing of the matter (rupa) and the mind (nama) at the present time, will cause the mindfulness and the concentration to be more. Thus, practitioner can use the mindfulness to control the defilements Lobha, Dosa and Moha.

The spread of the practice of the Insight Meditation is the one showing the importance of the practice of the Insight Meditation to give a chance to the persons who have not heard the practice of the Insight Meditation. After hearing about the benefit in practicing the Insight Meditation, a person is interested in practicing the Insight Meditation.

At present, there many patterns of practicing the meditation. This fact cause the problem in practicing the dhamma to arise, because in some practice office, that is the wrong dhamma teaching. From the research study, it is found that the practice of the insight method of practicing of the insight meditation which can be checked in the Tripitaka (Three Baskets) as it is the right method of teaching the insight meditation on according to the principles of the Satipatthana. The practice of the insight meditation of the method of Rising – Falling is the consideration of the wind element which is in group of Dhathu Manasikara Pabba which is the consideration of the wind element which is the wind in the stomach. Such the wind causes the stomach to rise and fall in the pattern of the matter (rupa) and the mind (nama)

So, the spread of the Insight Meditation is the spread of Buddhism which causes the benefit to arise to practitioner of the Insight Meditation, because the practitioner to see the result of the practice as it can develop one's mind to be a good person of the good Doctrinal qualities, and can cause the one who have not practice the Insight Meditation to be interested in the practice of Insight Meditation. The spread of the practice of the Insight Meditation is the way showing the practitioner to see the result of practice clearly by himself.