

Dissertation : Self Transpersonal Development in Theravāda Buddhism

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#### Abstract

This dissertation is a documentary one which is of 3 objectives namely:  
1). to study the idea of Transpersonal Psychology 2). to study the Buddhist Transpersonal Methodology 3). to study the way of Transpersonal pattern of integration in Theravāda Buddhism.

From the research, it is found that the self transpersonal in Theravāda Buddhism are tranquility meditation and insight meditation. Tranquility are Sila and Samādhi. Insight is Paññā. It is found that in self transpersonal point, it must be the practice according to the principles of Tisikkā Sila (Precept), Samādhi (Concentration) and Paññā (Wisdom) with the frame of 37 Bodhipakkhiyadhammas. In practising the Dhamma, one should bring the concerned Dhammas to be practiced. Such Dhammas are Kalyānamittā Dhamma, 10 Paribodha Dhamma, Carita and Sappaya Dhamma. Regarding the 37 Bodhipakkhiyadhammas, 4 Stipathās and 8 Ariyamaggas are the methodologies. The rest Dhamma :- 4 Iddhipās 4 Sammappadānas, 5 Balas, 5 Indriyas and 7 Bojjhaṅgas are the supporting Dhammas.

It is also found that the way of integration should have 37 Bodhipakkhiyadhammas as the main principles and the 4 Satipatthānas and 8 Ariyamaggas are the methods with the Western Psychologist viewpoint which are the components in process by using the 4 Iddhipādas and 5 Palas as the pushing power, the 4 Sammappadhnas as the effort, the 5 Indriyas as the adjustment to the aims of rules of 7 Bojjhangas through the perfection of lives.