

Is Mindfulness sufficient?

Exploring Buddha's counseling methods as an aid for Mindfulness techniques.

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Mindfulness Meditation is not just about a technique of meditation. It is about understanding the true nature of reality consisting of impermanence, insubstantiality and suffering. There were many among the Buddha's disciples who could not be given instructions of Mindfulness Meditation at once. Exploring Buddhist literature for what Buddha had done in such cases would help us understand the unique paradigm of Buddhist Psychotherapy.

Recent 'Mindfulness turn' in psychology is a welcome step considering that Buddha's teaching is nothing but the study of mind. But the Mindfulness revolution can not be complete only by importing the Mindfulness techniques. The whole Buddhist therapeutic paradigm with its unique goals needs to be understood.

In this paper we have tried to analyse stories of two of the Buddha's disciples from Therigatha whose grief at the death of dear ones had become pathological. We have tried to understand how the Buddha had counseled these two women before giving them instructions of meditation. This analysis has been useful to understand the differences between the Buddhist and modern psychological perspective about grief counseling in terms of their respective methods and goals.

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