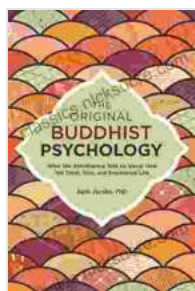


# Original Buddhist Psychology: A Comprehensive Guide to the 3,000-Year-Old Tradition

***Buddhism is a religion and philosophy that originated in India around the 6th century BCE. It is based on the teachings of Siddhartha Gautama, who is known as the Buddha, which means "the awakened one."***

Buddhist psychology is a branch of Buddhism that focuses on the study of the human mind and how it can be trained to achieve enlightenment. It is based on the idea that the mind is the root of all suffering, and that by understanding and training the mind, we can overcome suffering and achieve lasting happiness.



## The Original Buddhist Psychology: What the Abhidharma Tells Us About How We Think, Feel, and Experience Life by Beth Jacobs PhD

★★★★☆ 4.6 out of 5

Language : English  
File size : 1805 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 189 pages



## The Three Marks of Existence

One of the fundamental concepts of Buddhist psychology is the three marks of existence. These are:

- **Dukkha:** This means "suffering" or "unsatisfactoriness." It is the first noble truth of Buddhism, and it teaches that all life is marked by suffering. This suffering can take many forms, such as physical pain, emotional pain, and mental anguish.
- **Anicca:** This means "impermanence." It teaches that all things are constantly changing and that nothing is permanent. This includes our bodies, our minds, and our experiences.
- **Anatta:** This means "no-self." It teaches that there is no permanent, unchanging self. Instead, we are constantly changing and evolving, and our sense of self is simply a collection of mental and physical processes.

## The Four Noble Truths

The four noble truths are the foundation of Buddhist psychology. They are:

1. **The truth of suffering:** This is the first noble truth, and it teaches that all life is marked by suffering.
2. **The truth of the cause of suffering:** This is the second noble truth, and it teaches that the cause of suffering is attachment. We attach ourselves to things, people, and experiences, and this attachment leads to suffering.
3. **The truth of the end of suffering:** This is the third noble truth, and it teaches that suffering can be ended. This is done by letting go of attachment and practicing the eightfold path.

4. **The truth of the path to the end of suffering:** This is the fourth noble truth, and it teaches that the path to the end of suffering is the eightfold path.

## The Eightfold Path

The eightfold path is a set of eight practices that can help us to end suffering and achieve enlightenment. They are:

1. **Right understanding:** This means understanding the four noble truths and the eightfold path.
2. **Right thought:** This means thinking in a way that is wholesome and beneficial.
3. **Right speech:** This means speaking in a way that is kind, truthful, and helpful.
4. **Right action:** This means acting in a way that is ethical and beneficial.
5. **Right livelihood:** This means earning a living in a way that is ethical and beneficial.
6. **Right effort:** This means making an effort to cultivate wholesome states of mind and to avoid unwholesome states of mind.
7. **Right mindfulness:** This means being aware of the present moment without judgment.
8. **Right concentration:** This means developing the ability to focus the mind on a single object.

## The Five Hindrances

The five hindrances are five mental states that can block our progress on the path to enlightenment. They are:

1. **Sense desire:** This is the desire for sensual pleasures.
2. **Ill will:** This is the desire to harm others.
3. **Sloth and torpor:** This is the lack of energy and enthusiasm.
4. **Restlessness and worry:** This is the inability to focus the mind.
5. **Doubt:** This is the lack of faith in the teachings of the Buddha.

### **The Four Immeasurables**

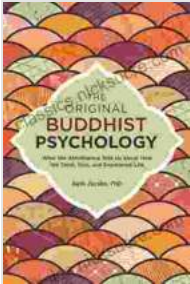
The four immeasurables are four qualities that can help us to overcome the five hindrances and to develop compassion and wisdom. They are:

1. **Loving-kindness:** This is the wish for all beings to be happy.
2. **Compassion:** This is the wish for all beings to be free from suffering.
3. **Joy:** This is the happiness that comes from seeing others happy.
4. **Equanimity:** This is the ability to remain calm and balanced in the face of adversity.

Buddhist psychology is a rich and complex tradition that has been developed over thousands of years. It offers a unique perspective on the human mind and how it can be trained to achieve lasting happiness. If you are interested in learning more about Buddhist psychology, there are many resources available online and in libraries.

Here are some additional resources that you may find helpful:

- Basic Buddhist Teachings
- Dharma Talks
- Meditation Instructions



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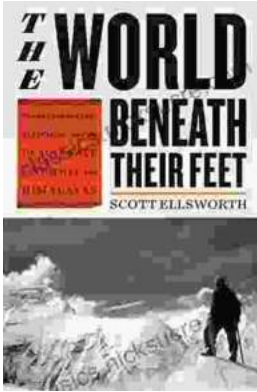
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