

Mindfulness meditation and *sattabojjhaṅga*: in the perspective of psychotherapy

Mindfulness meditation of Buddhist teaching has become a major trend in mental health services and related researches in the world. Empirical studies show the positive outcomes of mindfulness practice ranging from benefits in normal life to mental health interventions in clinical settings. Davis and Hayes (2012) analyses research evidences for benefits of mindfulness practice on reduced rumination, stress reduction, boosts to working memory, focus, less emotional reactivity, more cognitive flexibility, relationship satisfaction, better quality of life and many other benefits. However, it is suggested that mindfulness practice is only one component of the wider range of practices for psychological wellbeing, and there are more steps to develop further, in accordance with the Buddhist teaching. Therefore, this study conducted under the content analysis of qualitative methods aimed to identify the mindfulness based interventions currently in use, to review their limitations, and to propose further dimension for a mindfulness based mental health approach. Buddhist path to ultimate realization and psychological wellbeing is not limited to mindfulness practice alone. According to the Buddhist teaching of seven factors of enlightenment (*sattabojjhaṅga*), the mindfulness is the first factor and six other steps are to develop further; called investigation of *dhammas* (*dhamma vicaya*), energy or effort (*viriyā*), rapture or joy (*pīti*), tranquility (*passaddhi*), concentration (*samādhi*), equanimity (*upekkhā*). These factors reflect comprehensive steps of a psychotherapeutic intervention leading to cognitive, behavioral and emotional transformation. Thus, it was concluded that mindfulness practice alone is not the final goal of Buddhist teaching based psychotherapy and it should further develop up to more steps. And these seven factors of enlightenment show a path for the psychological wellbeing in a worldly life, in addition to the path for ultimate realization (*nibbāna*).

Keywords: Mindfulness meditation, Psychotherapy, Mindfulness based therapeutic interventions, Seven factors of enlightenment, Mental health

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