Abstract of the Thesis (350 Words)

Buddhist Ethics And Meditation For A Better Life And Better World

The general guideline given by the Buddha is: to avoid all bad deeds, to cultivate all good deeds, and to purify the mind. It can therefore be viewed that the Buddha’s teaching, Dhamma, generally hinges upon ethics and meditation to guide all human beings ultimately for the attainment of deliverance from suffering or for the realization of Nibbāna, the ultimate aim in Buddhism, and immediately for the achievement of the welfare of humanity within this present life.

Buddhist ethical theory and principles are based on the Four Noble Truths which are the essential teachings of the Buddha. The first three represent Buddhist ethical theory, while the fourth represents Buddhist ethical principles rested on that theory. A clear picture of Buddhist ethical theory and principles are given in the first chapter, Principles of Buddhist Ethics.

How application of Buddhist ethics enables us to establish a better life rested on moral values and material progress is discussed in the second chapter, Application of Buddhist Ethics for a Better Life, in its fullest extent as far as practicable.

The third chapter, The Sublime Attitudes for Better Human Society, presents how the cultivation of the Four Sublimè Attitudes- Loving-kindness (mettā), Compassion (karuṇā), Sympathetic joy (muditā) and Equanimity (upekkhā), is conductive to create better human society.

The fourth chapter, Meditation in Buddhism for Inner Peace, deals with different kinds of Buddhist meditation and its innumerable benefits. The methods of Mindfulness of Breathing (Ānāpānassati) and Loving-kindness meditation (Mettā-bhāvanā), easy and practical meditations for everyone to practise to get inner peace, are also described in this chapter.

In the fifth chapter, Buddhist Ethics for Peaceful and Beautiful World, there is given a detailed discussion on how Buddhist ethics contribute to making the world peaceful and beautiful.

The Buddha’s teaching, Dhamma, in which Buddhist ethics and meditation are included, is to be applied as human principles and practices to make our individual life happy and our world peaceful. If we practise Buddhist ethics and meditation, we will absolutely able to make our life and our world better.

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