

# Self Healing Culture in Buddhism





**SAHIB**

**ANUJ**

**KRISH**

**ARMEEN**

**DIYA**

# Introduction to Buddhism

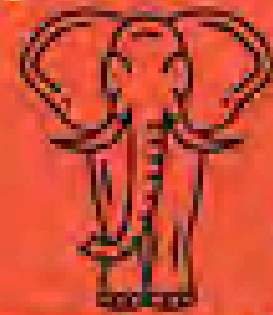
Buddhism is a spiritual tradition that originated in ancient India with Siddhartha Gautama, the Buddha, who taught ways to overcome suffering and achieve inner peace. Central to Buddhism are:

- The Four Noble Truths: Life has suffering; the cause is attachment; suffering can end; and the path to end it is the Eightfold Path, which guides ethical conduct, mindfulness, and wisdom.
- Karma and Rebirth: Actions influence future lives until one achieves Nirvana, liberation from the cycle of rebirth.

Buddhism's main branches—Theravada, Mahayana, and Vajrayana—differ in practices but all emphasize compassion, self-discipline, and insight as paths to enlightenment.



Yin and Yang



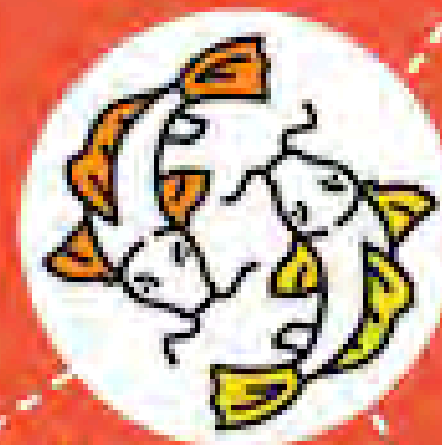
Swastika



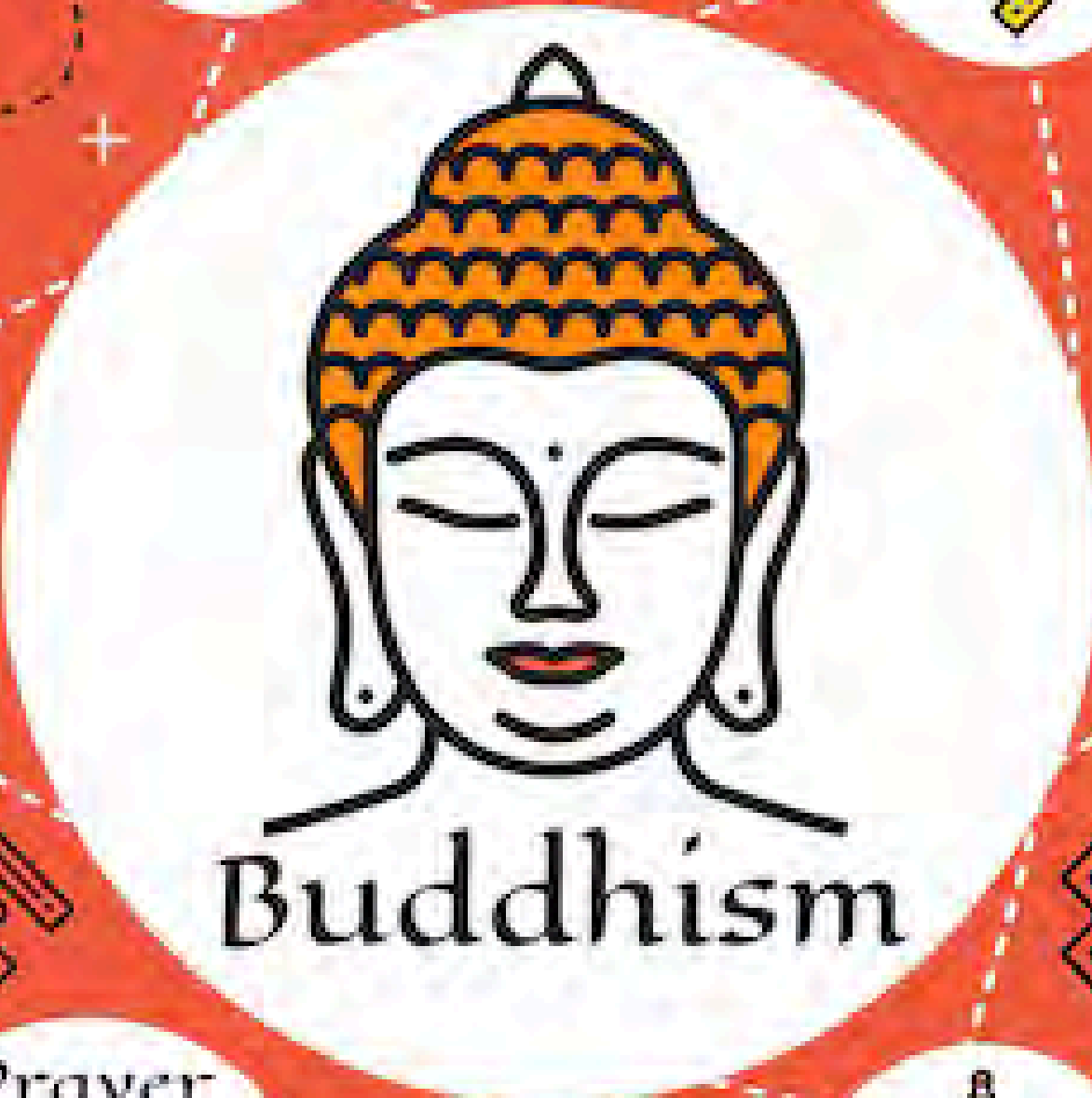
Monk



Vase



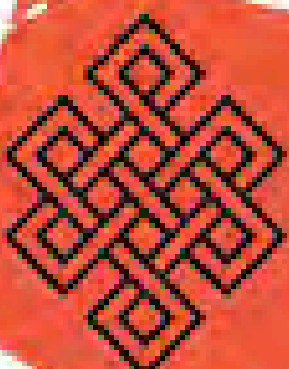
Banner of Victory



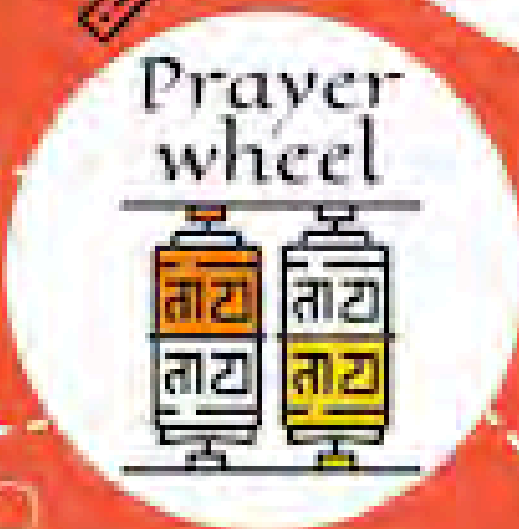
Buddhism



Dharma wheel



Meditation



Prayer wheel



Stupa



# Mindfulness and Meditation as tools for Healing

Mindfulness (Sati): Importance of being present, observing thoughts without judgment

Meditative Practices: Types like Vipassana (insight meditation) for inner reflection and healing

Benefits: Reducing stress, cultivating patience, and promoting emotional resilience



# The Role of Compassion and Loving-Kindness

Compassion (Karuna): Healing through empathy and reducing self-focused suffering

Loving-Kindness Meditation: Practicing goodwill toward oneself and others

Results: Emotional growth, improved relationships, and reduced hostility



# Healing through Community (Sangha)

Importance of Sangha: Support from fellow practitioners in  
overcoming personal suffering

Collective Healing: How shared practice fosters resilience,  
empathy, and a sense of belonging





# Practical Applications in Daily Life



Mindful Living: Incorporating mindfulness in daily tasks and interactions.

Regular Practice: Building a routine with meditation, reflection, and compassion-based actions.

# Case Studies and Modern Applications

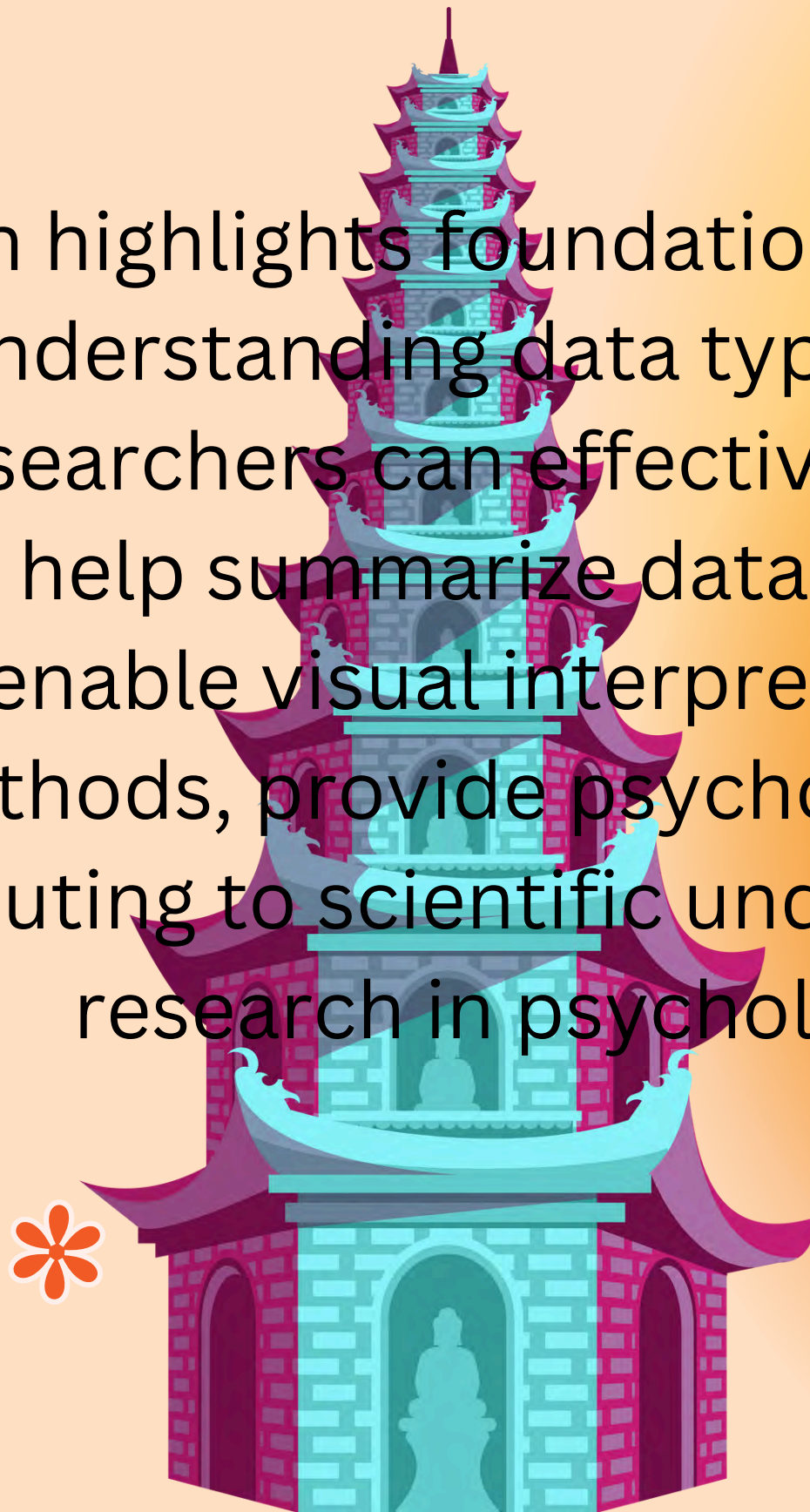
Examples: Buddhist monks or practitioners who have found healing through these principles.

Integration in Therapy: Influence on mindfulness-based therapeutic practices like MBCT (Mindfulness-Based Cognitive Therapy).



# Conclusion

In summary, this presentation highlights foundational concepts in statistics crucial for psychological research. By understanding data types, scales of measurement, central tendency, and dispersion, researchers can effectively organize, analyze, and interpret data. Descriptive statistics help summarize data clearly, while graphical tools like histograms and pie charts enable visual interpretation of trends. These concepts, combined with inferential methods, provide psychologists with essential tools to make informed conclusions, contributing to scientific understanding and advancing empirical research in psychology.





Thankyou

