

## **MINDFULNESS AS A METHOD OF PSYCHOTHERAPY**

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Psychotherapy in modern psychology enjoys its progress and application in the fields of rational emotive therapy, relaxation training etc., under behavioural therapy. And again there is group therapy which an experienced therapist, i.e., a psychiatrist, psychologist, social worker, or member of the clergy, conducts for a group of patients, relatives and so on. Further, we find biological therapy, drug therapy, surgical therapy, radiation and other non-surgical therapies among the subordinate disciplines categorized under therapy.

In the history of Western philosophy the sceptic seems to have made efforts to improve people's mental health through arguments, using relevant arguments to each patient, and releasing them from their speculative views. Stoic philosophers, too show close parallels between philosophy and medical science.

We find a lot of therapeutic methods in Buddhism analogous to those of such philosophical traditions as the sceptic and the stoic. The Buddha's teaching is called a medicine (*dhammosada, dhamma-agada*), which cures psychological diseases called suffering, unsatisfactoriness, or disharmony. We find canonical references to an allegory, 'the noble purgative' (*ariyam virecanam*), which purges suffering from a person's mind so that a person lives content, in peace and good mental health.

Mindfulness is the key to unlock all blocks in our body and mind. It is also psychotherapy. The reflection on body, sensation, mind and mind objects help us to be open to all our experiences within and outside. When we are mindful we live in the present moment and are more observant. The more mindful we are the less blind we are to our psychophysical actions and reactions. Mindfulness is an all time necessity. If we are mindful, defilements or evil thoughts never come to our minds. Therefore, foundation of mindfulness is a very crucial therapeutic method to avoid bad thoughts and gain the peaceful mind.