

The Utility of Buddhism for Better Secular & Spiritual Life

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Abstract: *We all know that Buddhism is a great religion that heals the mind. It is essential to look at Buddhism with a positive outlook. It can be applied to the well-being of spiritual life as well as to the success of worldly life. It is important to achieve personal development through a new range of thinking in a philosophy based on the mind, and the Buddha has emphasized that the value of the religion should be known as a goldsmith examining the nature of gold in a stone. Since Buddhism is a universal religion that emphasizes world religion, any human problem that the world faces spiritually can be solved through careful and good research. As soon as a religion exists, it is the responsibility of the researcher to extract the intangible knowledge necessary for solving problems as it is evident. (Pachchattamvedithabovinnuhiti) This problem is also the same. A complete positive spirituality is the foundation (Base Point) for a good life in the two worlds. The person is guided by the mind to fulfill human needs. The basic energy of encouragement needed to reach spiritual and secular goals, that is called as motivational energy, as well as the qualities and skills necessary for life success, should be mentally aroused. It is also something that needs to be practiced systematically. This is a brief explanation of the guidance we can get from Buddhism for that.*

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