

The Impact of Insight Meditation on the Development of Mental Health

Thi Tuyet Duyen Le¹ and Dr. Alok Kumar Verma²

Research Scholar, Samrat Ashok Subharti School of Buddhist¹

Assistant Professor, Samrat Ashok Subharti School of Buddhist²

Swami Vivekanand Subharti University, Meerut, Uttar Pradesh, India

subharti.alok@gmail.com¹ and alokphd0802@gmail.com²

Abstract: *The current paper explores the impact of insight meditation, also known as vipassana meditation on mental health. To understand these ends and means, how Vipassana mediation helps us to live a noble and joyful life with the practice of Vipassana Mediation. Furthermore, the current paper has been explored the importance of mental health for the individual and society as an unity. The Social Ripple Effect illustrating the impact of our deeds has been described to explore the unseen effects of our speech and actions. Our world could become peaceful for all to enjoy and live happily. Therefore, the change has to begin with each individual. If the jungle is withered and we want to restore it to life, we must water each tree of that jungle. If we want world peace, we ought to learn to be peaceful ourselves. Lastly, this work compares Buddhist philosophy and Western psychology to see how both fields are similar or different regarding the concept of mental health. Both the development of the ideal healthy person and the ways individuals can stray from it are culturally defined. Buddhist psychology argues that the root causes of suffering can be permanently uprooted, whereas Western psychology states that they are immovable, hardwired, and unchangeable. In this view, Vipassana's ability to settle the human mind, transforming its turbulence into calmness with improved energy, makes it a significant mental health measure and an excellent approach to potential human development to achieve high mental health standards.*

Keywords: Insight Meditation, Peace, Mental Health, Vipassana Meditation, Human Mind, and Society.

REFERENCES

- [1]. Bhikkhu Pesala (Ed.) (2018). Dhammapada and its Commentary. Association for Insight Meditation.
- [2]. Col., L.T., Pethe, M.B., & Chokhani, R.M. Vipassana Meditation: A Positive Mental Health Measure. Vipassana Research Institute. Igatpuri, India. <https://www.vridhamma.org/research/Vipassana-Meditation-A-Positive-Mental-Health-Measure>.
- [3]. Fleischman, P. R. (1990). Vipassana meditation: Healing the Healer: The Experience of Impermanence. Vipassana Research Institute. Igatpuri, India.
- [4]. Fleischman, P. R. (1999). Vipassana: A Unique Contribution to Mental health. Vipassana Research Publications. Seattle, Washington, USA.
- [5]. Freud, S., & Breuer, J. (1961). Studies on hysteria. In J. Strachey (Ed. and Trans.). (Vol. 2). London: Hogarth Press. (Original work published 1895).
- [6]. Germer, C.K., Siegel, R.D., & Fulton, P.R., (2005). Mindfulness and psychotherapy. The Guilford Press, Division of Guilford Publications, Inc. New York.
- [7]. Goenka, S. N. (2003). Meditation now Inner Peace through Inner Wisdom. Pariyatti press. USA.
- [8]. Goenka, S. N. (2006). The Discourse Summaries. Vipassana Research Institute. Igatpuri. India.
- [9]. Knytl, P., & Opitz, B. (2018). Meditation experience predicts negative reinforcement learning and is associated with attenuated FRN amplitude. Cognitive, Affective, & Behavioral Neuroscience. <https://link.springer.com/article/10.3758/s13415-018-00665-0>.

- [10]. Krygier, J.R., Heathers, J.A.J., Shahrestani S., Abbott M., Gross, J.J., & Kemp, A.H. (2013). Mindfulness meditation, well-being, and heart rate variability: A preliminary investigation into the impact of intensive Vipassana meditation. *International Journal of Psychophysiology*, 89, 305-313.
- [11]. Long, N. (2001). *Development Sociology: Actor Perspectives*. Routledge Publ. London, UK.
- [12]. Mahasi Sayadaw. (2018). *A Practical Way of Vipassana (Vol. 2)*. U San Htoo Publ.
- [13]. Ratanakul, P. (2004). Buddhism, health and disease. *Eubios Journal of Asian and International Bioethics*, 14(5), 162-164.
- [14]. Sayadaw U Janakabhivamsa (1997). *Vipassana Meditation: Lectures on Insight meditation*. Chanmyay Yeikth Meditation Centre. Kuala Lumpur, Malaysia.
- [15]. Sarath Ananda, A. (2019). *Buddhist Approach to Health and Well-being: The Way Forward to a Sustainable Future*. Vietnam Buddhist University Series: Buddhist Approach to Harmonious Families, Healthcare and Sustainable Societies. 303-320.
- [16]. Szreter, S. (2004). *Industrialization and health*. *British Medical Bulletin*, 69, 75–86.