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Die Hamburger Gesellschaft für Thaiistik e.V.
in Zusammenarbeit mit dem Arbeitsbereich Thaiistik
der Abteilung Sprachen und Kulturen Südostasiens des AAI
lädt Sie zu folgendem Online-Vortrag ein:

Mental Exercise in Lan Na



In Lan Na (Northern Thailand) Buddhism, “mental exercise” is a meditation training to gain mental stability and sharp wisdom. It is also used as a way to troubleshoot and seek sensible decisions. In Northern Thai Buddhism there are two types of meditation: *Samatha-kammaṭṭhāna* and *Vipassanā-kammaṭṭhāna*. *Samatha-kammaṭṭhāna* is a means to tranquility development; *Vipassanā-kammaṭṭhāna* is a means to insight development. Each has *Nibbāna* or Enlightenment as the ultimate goal. According to the Four Foundations of Mindfulness (*Satipaṭṭhāna*), one can meditate through contemplation of body (*Kāyānupassanā*), contemplation of feeling (*Vedanānupassanā*), contemplation of mind (*Cittānupassanā*), and contemplation of mind-objects (*Dhammānupassanā*). Meritorious rewards are largely given to practitioners. Those who have exercised meditation gain experience in keeping their minds pure and peaceful. Such meditation is seen as a way to actively develop practitioners’ spirits and achieve health. Such Northern Thai mental exercise has spread worldwide.



Online-Lecture *via Zoom & in Thai*

Asst. Prof. Phrakhu Kowitartawatee (PhD) graduated with a Master Degree in Linguistics at University of Delhi in 2002, and a Doctoral Degree of Buddhist Studies at Magadh University (India) with his PhD Dissertation “Theravada Buddhist concept of Nirvana with Reference to Zen Buddhism” in 2008. He also received an ESOL certificate from Liverpool School of English in the UK in 2015. He is currently the Deputy Director of Academic Affairs at Lamphun Buddhist College, Mahachulalongkornrajavidyalaya University, and the abbot of Wat Ban Kòng, Pa Sang district, Lamphun province. His contributions to teaching include supplementary textbooks for semester courses in Theravāda Buddhism, Buddhist art, Buddhism and peace, and basic English writing. His Buddhist research deals with meditation and includes *Evaluation of the Vipassana Kammaṭṭhāna Project of Mahachulalongkorn University Royal College, Phrae Campus* (2004) and *Buddhism Innovation E-learning English Media for the Vipassana Meditation Retreat, According to Satipaṭṭhāna Sutta in New Normal* (2021).



Friday, 24 November 2023

14h–16h (CEST)

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Meeting-ID: 645 6352 1222 | Passcode: hglecture



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