

Thesis Title : THE ROLE OF MINDFULNESS (SATI) IN THE
MEDITATION SCHOOL OF GOENKA: AN ANALYTICAL
AND CRITICAL STUDY

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ABSTRACT

This thesis aims to explore the concept of mindfulness (*sati*) in Goenka's school of meditation whether it brings the contemporary man the peace, tranquility, and the authentic happiness according to reality (AHAR). That is to say that the mindfulness (*sati*) helps the contemporary man to deal with the strife and strain of the contemporary world. The researcher also delve into the previous relevant reasearches of Reverend Dhammarakkhita who has done a research on "The Mental Culture", how the mindfulness (*sati*) can help people to gain mental power through purifying it and he is still doing it . Reverend has written that, there is atomic engery within us and we should use it to bring peace instead of using the atomic energy without to cause destruction to many thousands of people. Yet the contemporary man is facing the threat of a nuclear war. It is up to the contemporary man to prevent that nuclear war by being a true Christian, a true Islam , a true Hindu or a true Buddhist by practicing awareness or mindfulness. The Buddha had found out that one can gain mental peace through mindfulness (*sati*), the ancient path which had been laid down by the previous Buddhas before him . After Gotama, the Buddha had became enlightened, he taught the art of living by showing the way which he had rediscovered. And now Goenka is showing the contemporary man that he can gain mental peace by facing the every day problem not by running away from it . Some people are under the misconception that the mindfulness (*sati*) will make them

uncaring and indifferent , a vegetable. The researcher herself has found out that, on the contrary the mindfulness (*sati*) has taught her to be more tolerant and able to face the stark reality of life. She has found that she had gained the authentic happiness according to the reality(AHAR) and her life had become more harmonious,more peaceful and more meaningful.

The researcher has delve into some of the suttas and commentaries which are mentioned in the translated version of *The Pali Canon*, for example about the Four Foundation of Mindfulness (*sati*). She tried to find out the similarities and the differences between the Burmese traditional meditation methods and Goenka's method. For her research, she applied the immersion, personal participation and interview method.

