

## **Mindfulness Meditation and *Sattabojjhaṅga*: in the Perspective of Psychotherapy**

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Mindfulness meditation in Buddhist teaching has become a major trend in mental health services and related research in the world. Empirical studies show the positive outcomes of mindfulness practice ranging from benefits in normal life to mental health interventions in clinical settings. Davis and Hayes (2012) analyze research evidence for the benefits including mindfulness practice on reduced rumination, stress reduction, boosts to working memory, focus, less emotional reactivity, more cognitive flexibility, relationship satisfaction, and better quality of life. However, it is suggested that mindfulness practice is only one component of the wider range of practices for psychological well-being, and there are more steps to develop further, in accordance with Buddhist teachings. Therefore, this qualitative study conducts a content analysis aiming to identify the mindfulness-based interventions currently in use, review their limitations, and propose further dimensions for a mindfulness-based mental health approach. The Buddhist path to ultimate realization and psychological well-being is not limited to mindfulness practice alone. According to the Buddhist teaching of seven factors of enlightenment (*sattabojjhaṅga*), mindfulness is the first factor and six other steps are to develop further namely, investigation of *dharmas* (*dhamma vicaya*), energy or effort (*viriya*), rapture or joy (*piti*), tranquility (*passaddhi*), concentration (*samadhi*), and equanimity (*upekkha*). These factors reflect the comprehensive steps of a psychotherapeutic intervention leading to cognitive, behavioral and emotional transformation. Thus, it was concluded that mindfulness practice alone is not the final goal of Buddhist teaching-based psychotherapy and it should further develop into more steps. And these seven factors of enlightenment display a path to psychological well-being in a worldly life, in addition to the path to ultimate realization (*nibbāna*).

**Keywords:** Mindfulness meditation, Psychotherapy, Mindfulness-based therapeutic interventions, seven factors of enlightenment, Mental health