

A study of Usage of Buddhist Art for Psychotherapy

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This research is based on how the psychic disorder is being addressed. Buddhist art is important to build up human wellbeing and moral development. Buddhist art can be categorized into few such as statues, pagodas, paintings, engravings, songs, architecture and so on. These all types of Buddhist arts are formed with a touch of Buddhist philosophy. It is said that art should start with delectation and end with wisdom. The path to wisdom starts with confidence (*saddha*) according to Buddhism as well. Confidence and discipline can be gained through Buddhist arts and it can be used as a type of meditation where the process of concentration takes place. This concentration leads people to get the awareness of the reality and to clear the mind from all kleshas. Dispassionate sense that gained with Buddhist arts make people happy ultimately. The mind is restless as a fish taken out from the water, as a flag in the wind. People are suffering from mental disorders due to restless mind they have. These people should accompany with events that calm down their minds. It is important to appreciate Buddhist arts to calm down minds and it is a kind of art therapy in Buddhism in order to develop mental wellbeing of people. Therefore Buddhist arts are important to reduce mental unrest of people in contemporary busy and competitive world.

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Buddhist Approach