

# **Mindfulness In Buddhist Asia: Unlocking the Keys to Inner Peace and Global Security**

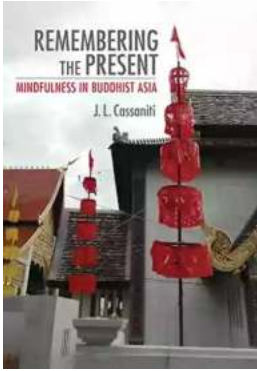
Buddhism has long been recognized as a religion of peace and wisdom. Its teachings of mindfulness, compassion, and self-awareness have transcended time and geography, spreading across Buddhist Asia and inspiring millions of individuals to seek inner peace and enlightenment. In recent years, the practice of mindfulness has gained significant attention in Western cultures as well, with scientific studies highlighting its numerous benefits for mental health and overall well-being.

## **Exploring The Cornell Studies In Security Affairs**

One fascinating aspect of mindfulness is its potential impact on global security. With the rise of conflicts and tensions around the world, there is a growing interest in understanding how mindfulness practices can contribute to conflict resolution and peacebuilding efforts. Scholars and researchers at Cornell University have embarked on a groundbreaking study known as the "Mindfulness in Buddhist Asia" project under the Cornell Studies in Security Affairs program.

The Cornell Studies in Security Affairs is an interdisciplinary academic initiative aimed at examining the connections between mindfulness, cultural practices, and security in Buddhist Asian countries. By blending Eastern philosophy with Western social science perspectives, the researchers seek to shed light on the role mindfulness plays in promoting peace, stability, and resilience in these societies.

**Remembering the Present: Mindfulness in  
Buddhist Asia (Cornell Studies in Security Affairs)**



by Margaret Sturton (Kindle Edition)

★★★★☆ 4 out of 5

Language : English  
File size : 5352 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 316 pages



## Understanding Mindfulness in Buddhist Asia

Mindfulness, or "Sati" in Pali and Sanskrit, lies at the heart of Buddhist practice. It involves being fully present and aware of one's own thoughts, feelings, and sensations without judgment or attachment. Buddhist Asia, encompassing countries such as Thailand, Myanmar, Sri Lanka, Cambodia, and others, provides a rich cultural and religious context for mindfulness practice.

In these societies, mindfulness is not merely seen as a personal tool for individual well-being, but also as a communal practice aimed at fostering harmony, compassion, and understanding among all beings. Monasteries and temples serve as centers for meditation and the dissemination of mindful teachings, attracting devotees and seekers from all walks of life.

## Mindfulness and Global Security

At first glance, the connection between mindfulness and global security may seem unexpected. However, when delving deeper into the research conducted by Cornell Studies in Security Affairs, the relevance becomes evident. Mindfulness has the potential to influence individuals and communities on multiple levels, creating a ripple effect with far-reaching consequences.

Firstly, cultivating mindfulness enables individuals to better regulate their emotions and responses to stress and conflict. By developing self-awareness and emotional intelligence, people can navigate complex situations with greater clarity and empathy, reducing the likelihood of escalations and violence. This can be particularly valuable in conflict zones, where the impact of individual actions can reverberate across entire communities.

Secondly, mindfulness fosters a sense of interconnectedness and interdependence — core principles of Buddhist philosophy. This perspective encourages people to recognize the shared humanity that binds us all and inspires cooperation instead of competition. Such a shift in mindset can promote a more inclusive and peaceful approach to international relations and geopolitical matters.

## **The Role of Buddhism in Peacebuilding**

Buddhist Asia has a long history of utilizing mindfulness practices as tools for peacebuilding and conflict resolution. Countries like Thailand and Myanmar have witnessed the transformative power of mindfulness in bringing about societal harmony and reconciliation.

The Cornell Studies in Security Affairs delve into the specific ways Buddhism incorporates mindfulness in the peacebuilding process. From facilitating dialogue between conflicting parties to fostering forgiveness and understanding, mindfulness practices have proven instrumental in healing deep-rooted divisions and rebuilding trust.

Moreover, Buddhist concepts such as compassion and non-violence have influenced peacemaking efforts not only within Buddhist Asian countries but globally as well. The Dalai Lama, Nobel Peace Prize laureate and prominent

Buddhist spiritual leader, has been an advocate for non-violent approaches to resolving conflicts, drawing on the wisdom of mindfulness.

## **The Future of Mindfulness and Global Security**

With the integration of mindfulness into mainstream discourse and the continued efforts of research programs like Cornell Studies in Security Affairs, the relevance of mindfulness in global security will likely continue to gain recognition. By exploring the practices and philosophies of Buddhist Asia, we have the opportunity to unlock the keys to inner peace and transform the way we approach peacebuilding on a global scale.

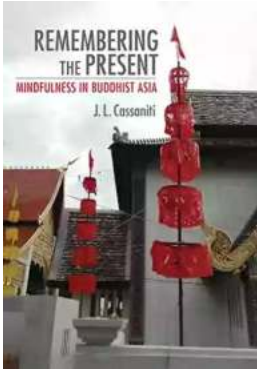
Embracing mindfulness as an essential component of conflict prevention and resolution may lead to a paradigm shift in international relations, where compassion, empathy, and understanding become fundamental principles guiding our actions. By fostering genuine connection and awareness, mindfulness has the potential to create a more peaceful, harmonious world.

Mindfulness, rooted in Buddhist philosophy and practiced for centuries in Asian societies, holds the potential to revolutionize our approach to global security and peacebuilding. Through the ongoing research carried out by Cornell Studies in Security Affairs, we can gain valuable insights into the transformative power of mindfulness on individual, communal, and international levels.

As we continue to navigate an increasingly interconnected and conflicted world, the principles and practices of mindfulness can serve as guiding lights, illuminating the path towards a more peaceful future.

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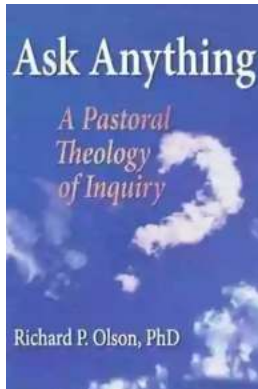


What is mindfulness, and how does it vary as a concept across different cultures? How does mindfulness find expression in practice in the Buddhist cultures of Southeast Asia? What role does mindfulness play in everyday life? J. L. Cassaniti answers these fundamental questions and more through an engaged ethnographic investigation of what it means to "remember the present" in a region strongly influenced by Buddhist thought.

Focusing on Thailand, Sri Lanka, and Myanmar, *Remembering the Present* examines the meanings, practices, and purposes of mindfulness. Using the experiences of people in Buddhist monasteries, hospitals, markets, and homes in the region, Cassaniti shows how an attention to memory informs how people live today and how mindfulness is intimately tied to local constructions of time, affect, power, emotion, and selfhood. By looking at how these people incorporate Theravada Buddhism into their daily lives, Cassaniti provides a signal contribution to the psychological anthropology of religious experience.

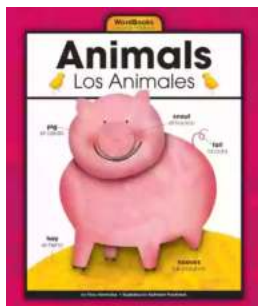
*Remembering the Present* heeds the call made by researchers in the psychological sciences and the Buddhist side of mindfulness studies for better understandings of what mindfulness is and can be. Cassaniti addresses fundamental questions about selfhood, identity, and how a deeper appreciation of

the many contexts and complexities intrinsic in sati (mindfulness in the Pali language) can help people lead richer, fuller, and healthier lives. Remembering the Present shows how mindfulness needs to be understood within the cultural and historical influences from which it has emerged.



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