

Buddhist Teachings on the Development of Personal Attitudes

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A positive thought leads to a positive attitude, while negative thoughts lead to negative attitudes. In order to succeed, we need to set goals that are both short-term and long-term. Once these goals are in place, one should make a plan of action to achieve them. A positive attitude along with hard work and perseverance is how one can reach goals, but it's also important to remember that progress is made in small steps. Keeping positive in one's mindset is the way to achieve these goals. Every step one takes, big or small brings one closer to the end result. Working with a positive attitude will only benefit the process. Buddhism also discusses the power of a positive attitude. In fact Buddha wanted to show the path for happiness, wealth and health. There are many issues regarding positive thinking among the monks and scholars. Is Buddhism optimistic? Is Buddhism pessimistic or is Buddhism realistic? Actually Buddhism is based on a way of life. According to Buddhism, thoughts of individuals are always changing due to Situations or Occasions. This can be discussed on three characteristics (Tilakkhana), and Depending Co-arising. "Dukkha loke pathittitho" Dukkha (Pāli; Sanskrit: duḥkha; Tibetan: sdugbsngal, pr. "duk-ngel") is an important Buddhist concept, commonly translated as "suffering", "pain" or "unsatisfactoriness". In the society, people always suffer from Sorrow, Lamentation, Pain, Grief and Despair. Hence, Buddha showed the path for the development of the Positive way of thinking in order to dispense the negative attitudes to live without worry and grief.

Key words: dukkha, negative, positive, thoughts