



The Psycho-Ethical Aspects of Abhidhamma

Rina Sircar

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The Psycho-Ethical Aspects of Abhidhamma brings the essence of Buddhist psychology, called Abhidhamma, to the Western world using the related portions of the Pali Buddhist literature. Rina Sircar utilizes parables, stories, and concepts that are current to Western thought to emphasize and clarify the understanding of the value and efficacy of the Buddha's teaching as an introduction to those interested in Abhidhamma. He presents concepts related to the main ideas of Western psychology, such as personality, which relates closely to the Buddhist definition of 'self.' Buddhism calls any static, unchanging definition of self an illusion and deception that leads to fear and pain. Rather, the self is understood as mentality and materiality that can be validated through the meditation practice on the thirty-two parts of the body that can lead to a direct experience of the self and can even heal illnesses. The author describes how this spiritual process leads to the understanding of 'Who am I?' and 'What am I?' Its goal is to perfect the constantly changing person into the 'arahat,' as the wheel of existence turns into the wheel of truth, by following a path of purification and deliverance.

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