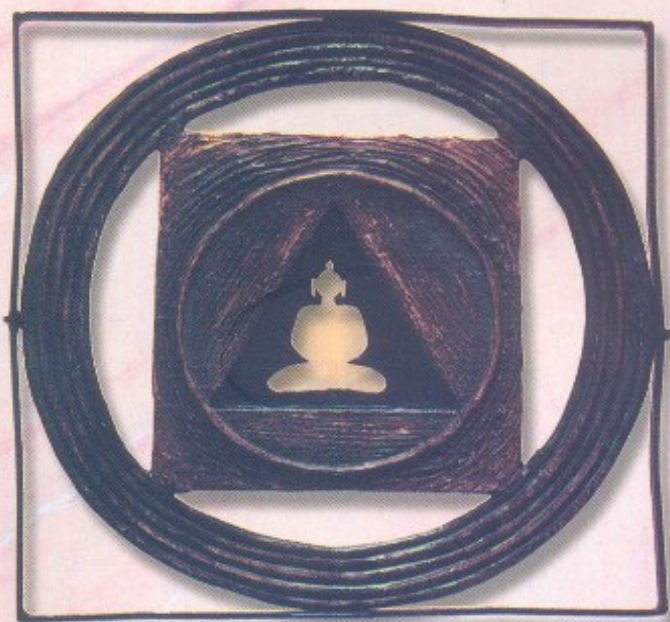


Stress Reduction for  
**YOUTH**  
through mindfulness and  
loving kindness



**MEDITATION**

Ven Mirisse Dhammika

ABSTRACT

**STRESS REDUCTION FOR YOUTH  
THROUGH MINDFULNESS AND LOVING-KINDNESS  
MEDITATION**

*Venerable Mirisse Dhammika*



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THROUGH MINDFULNESS AND LOVING-KINDNESS  
MEDITATION**

By

**Venerable Mirisse Dhammika**  
B.A. University of Colombo, Sri Lanka 1986

Thesis Submitted In Partial Fulfillment of The Requirements for the  
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## ABSTRACT

The intent of this thesis is to argue for the case that a certain secular adaptation of Buddhist meditation into the school curriculum for adolescents could help them better cope with stress, or even transform stressors into growth experiences. I argue that mental stress arises from the sense that the self is not able to cope with, and is overwhelmed and threatened by, various physical and psychological life challenges. Rearranging external factors is not sufficient to inhibit or reduce mental stress in students. But changing internal factors in order to face psycho-social problems, such as developing mental training or by creating a stronger sense of self, will create an individual who will not easily succumb to anxiety, depression, intolerance and helplessness.

Buddhist philosophy is rich with teachings of mental training aimed at the cultivation of happiness, compassion, contentment and helpfulness. These mental trainings or disciplines are commonly known as "meditation" or "Bhavana" which aims at purifying the mind of disturbances such as anger, hatred, ill-will, apathy, worries and restlessness, and replacing them with concentration, awareness, intelligence, will-power, confidence and joy. I explore two forms of meditation namely "Mindfulness" (*Sati*), and "Loving-kindness" (*Metta*) meditation techniques which constitute the foundation of the Buddhist mental training.

## TABLE OF CONTENTS

Approval	ii
Abstract	iii
Acknowledgments	iv
Table of contents	v
Introduction	1
Chapter 1: Stress in Adolescents	9
1.1 Causes of Stress at Home	14
1.2 Causes of Stress in School	19
1.3 Stress from Society	23
1.4 Concluding Remarks	26
Chapter 2: An Analysis of Stress Coping or Reducing Programs & Strategies in Schools	29
Chapter 3: Practice of Mindfulness	45
3.1 Mindfulness of Breathing	54
3.2 Contemplation of the Body	58
3.3 Contemplation of Feelings	60
3.4 Contemplation of the state of mind	61
3.5 Contemplation on Mental Objects	65
Chapter 4: Metta (Loving-Kindness) Meditation	75
4.1 Meditation Technique of Metta	88
Chapter 5: Conclusion & Prospect	95
Bibliography	105

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As a newcomer to Canada 5 years ago, I have had many different experiences in culture, traditions as well as language. As a Buddhist monk, my main purpose has been to work towards enlightenment and to help fellow living beings. I would not have been able to prosper in respect to this without the kind and generous support of the Buddhist Vihara Society. My heart felt thanks go to the Society.

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May all beings be happy !

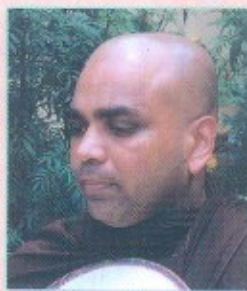
Stress reduction For youth .....  
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Stress Reduction for  
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Sri Lanka

With the publication of "Stress reduction for youth through mindfulness and loving kindness meditation" Venerable Mirisse Dhammika Thero's publishing a program takes another stable step forward on the road to social progress & spiritual development.



Venerable Mirisse Dhammika Thero was born in Sri Lanka and ordained a Buddhist monk at the age of nine. After acquiring the traditional Buddhist education, he got his higher ordination in 1982. Then he pursued his higher education at the Colombo University and was graduated in 1986. He was appointed as a government graduate teacher by the Ministry of Education in 1988. He rendered his service while being attached to the tutorial staff of D. S. Senanayake College - Colombo 7, until he was chosen for a mission of spreading Buddhism to the international community. In 1995 he left Sri Lanka accepting the offering given by the Buddhist Vihara Society - Canada.

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He is widely known as a scholar monk of high quality in meritorious activities. He is one who does not get tired of doing what is right.

**-K.S.N. Goonetilleke**

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