

Buddhist positive thinking towards family counselling

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Counselling psychology is one of the most important things in the world today. There are many categories of counselling. The family counselling is most useful and constitutes a major category of counseling. Due to of many reasons, the peace in family is waning. In such situations, counselling could provide immense comfort. Buddhist positive thinking has great practical utility on such family matters. The *tipiṅka* contains positive thoughts which were preached by the Buddha. Buddhist philosophy provides for family counselling through Buddhist positive thinking.

Buddhist positive thoughts towards family can be found in many suttas that give useful instructions on the wellbeing of families. The way of achieving positive development of body and mind in the family is explained in Buddhist suttas. And social and economic aspects that effect the family have also been explained. A complete positive family development with a good balance and noble ethics has also been described. Even though they originated 2600 years ago, they are still applicable for practical problems in family life. Sri Lanka is the main country with Theravada tradition. The use of Buddhist positive thoughts in family counselling could create a peaceful and cool society in this burning world.

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