

# Five Prerequisites for Building A Happy Family And Society According To The Buddhist Perspective

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**Abstract**—In the context of a turbulent modern society, where material values are increasingly emphasised, people tend to face more stress, conflict, and crises in their family and community lives. This raises the question: what is the sustainable foundation for building a happy family and a peaceful society? From the perspective of Buddhism—a system of thought that emphasises inner transformation and morality—happiness is not merely the satisfaction of material needs but also a state of peace stemming from correct understanding, a virtuous lifestyle, and intellectual development. Therefore, establishing prerequisites based on Buddhist teachings not only helps guide individual lives but also contributes to building a harmonious, compassionate, and sustainable society.

## I. INTRODUCTION

In the context of a turbulent modern society, where people are increasingly caught up in the whirlwind of materialism, competition, and life's pressures, the concept of happiness seems more fragile and elusive than ever. Many families, despite having material comforts, still experience rifts in their relationships; many communities, despite economic development, lack cohesion and inner peace. This shows that happiness is not simply based on external factors, but also deeply depends on a person's spiritual and moral life. Within the flow of human thought, Buddhism stands out as a system of philosophy and practice aimed at transforming suffering and building a peaceful life from its inner roots. Based on its core teachings, Buddhism has proposed many practical principles for creating personal, family, and societal happiness. Among these, the five prerequisites—right view, morality (precepts), compassion, mindfulness,

and wisdom—are considered the most important and enduring foundation.

First and foremost, Right View serves as a guiding principle for all human thoughts and actions. According to Buddhism, Right View is the correct understanding of the nature of life, especially the laws of cause and effect, impermanence, suffering, and non-self. When a person possesses Right View, they clearly understand that every action leads to a corresponding result, thus knowing how to consider and take responsibility for their actions. In family life, Right View helps members understand and empathize with one another more effectively, avoiding unnecessary conflicts arising from misunderstandings or personal egos. In society, Right View fosters conscientious citizens who respect the law and morality. It can be said that without Right View, people easily fall into delusion, leading to actions that harm themselves and others.

Furthermore, morality (precepts) is an indispensable foundation for maintaining stability and harmony in both family and society. Buddhism emphasises upholding fundamental moral principles, notably the Five Precepts: not killing, not stealing, not committing adultery, not lying, and not using drugs. These principles are not only personal but also have profound social significance. When each individual consciously adheres to morality, they contribute to creating a safe, trustworthy, and humane living environment. Within the family, upholding the precepts helps build trust among members, strengthening relationships among spouses, parents, and children. In society, morality is the foundation for justice, order, and sustainable

development. A society may be wealthy, but if it lacks morality, it will sooner or later face crisis and instability.

The third condition is compassion and loving-kindness, considered the heart of Buddhist teachings. Compassion is not just an emotion but also an attitude towards life, expressed through understanding, sharing, and a desire to alleviate others' suffering. In a family, compassion helps members listen to each other, put themselves in the other's shoes to understand and empathise. As a result, conflicts are resolved gently and profoundly. In society, compassion contributes to building a spirit of solidarity, mutual support, and community responsibility. A society rich in compassion will minimise violence, injustice, and discrimination. Furthermore, compassion helps people overcome individual selfishness, focusing on the common good, thereby creating harmony between individuals and the collective.

Next, mindfulness is the element that helps people maintain awareness in every moment of life. Mindfulness is the ability to clearly recognize what is happening in the body and mind, without being carried away or reacting unconsciously. When practising mindfulness, people learn to manage emotions, especially negative ones such as anger, anxiety, and greed. In the family, mindfulness helps members communicate more sincerely and carefully, avoiding hurtful words or actions. In society, mindfulness helps build a conscious community that thinks before acting, thereby minimising impulsive and negative behaviors. Mindfulness not only brings inner peace but also spreads positive energy to the surrounding environment.

Ultimately, wisdom is the element that perfects and elevates human life. In Buddhism, wisdom is not merely academic knowledge but a profound understanding of the nature of reality. It is the ability to clearly see the causes of suffering and the path to liberation. Wisdom helps people distinguish right from wrong, good from evil, and make appropriate decisions in each situation. In the family, wisdom helps members resolve problems effectively and avoid emotional decisions with long-term consequences. In society, wisdom is the foundation for wise leadership and sound policies. A developed society needs not only knowledge but also wisdom to guide that development towards sustainability and humanity.

These five conditions do not exist independently but are closely related and mutually supportive. Right view guides people to morality; morality creates the conditions for a peaceful mind to develop mindfulness; mindfulness is the foundation for the emergence of wisdom; and wisdom, in turn, strengthens right view, forming a continuous cycle of development. At the same time, compassion is the glue that connects all these elements, making them vibrant and meaningful in practical life.

In summary, from a Buddhist perspective, building a happy family and a peaceful society is inseparable from the inner cultivation of each individual. The five prerequisites—right view, morality, compassion, mindfulness, and wisdom—are not merely theoretical principles but also concrete practices applicable to all circumstances of life. When each person learns to turn inward to care for and transform themselves, they not only bring happiness to themselves but also contribute to spreading peace to their families and society. This is the most sustainable path to building a better world, where people live together with understanding, love, and responsibility.

## II. RIGHT VIEW – CORRECT UNDERSTANDING

Right view is the foundation of all right actions. When each person correctly understands cause and effect, impermanence, suffering, and non-self, they will:

- Know how to live responsibly towards themselves and others
- Avoid causing harm to their family and society
- Strive towards positive and sustainable values

### 2.1 The Core Meaning of Right View

#### 1. Classical Definition

Right View is defined in the Samyutta Nikaya as the understanding of the Four Noble Truths: the Truth of Suffering (*dukkha* – the reality of suffering), the Truth of the Origin of Suffering (*samudaya* – the cause arising from greed, hatred, and delusion), the Truth of the Cessation of Suffering (*nirodha* – the possibility of ending suffering), and the Truth of the Path to the Cessation of Suffering (*magga* – the Noble Eightfold Path). This is not ordinary knowledge but "seeing things as they truly are" (*yathābhūta*), recognising the

impermanence (anicca), suffering (dukkha), and non-self (anattā) of all phenomena.

In the Abhidhamma, Right View belongs to the group of wisdom, distinct from Wrong View (micchā-ditṭhi) – erroneous views such as eternalism (sassatavāda) or annihilationism (ucchedavāda). Right View begins with initial belief (saddhā) and develops through learning (suta-maya-paññā) and reflection (cintā-maya-paññā) to insight (bhāvanā-maya-paññā).

## 2. Internal Structure

Right View comprises two levels: worldly (lokiya) – understanding the causes and effects of daily moral actions - and transcendental (lokuttara) – understanding Nirvana. For example, recognising that good actions (kusala) lead to happiness, while bad actions (akusala) cause suffering, is worldly Right View; while clearly seeing non-self is transcendental Right View.

### 2.2 The Role of Right View in Spiritual Practice

#### 1. The Foundation of the Noble Eightfold Path

Right View guides all eight branches: combined with Right Thought (sammā-saṅkappa) to create wisdom; supporting morality (sīla) through Right Speech, Action, and Livelihood; and concentration (samādhi) through Right Effort, Mindfulness, and Concentration. Without Right View, practice easily falls into superstition or extremism, as the Buddha warned in the Brahmajāla Sutta.

#### 2. Transforming Wrong Views

Wrong views are the root of suffering, just as attachment to the self leads to greed and hatred. Right view breaks this through contemplation: "This is not me, this is not mine" (na me so attā). In Vipassanā meditation, Right View develops through momentary insight (ñāṇa), from the distinction between name and form to the path of wisdom.

#### 3. Relationship with Other Factors

- With Mindfulness (sammā-sati): Right understanding is strengthened through mindfulness of body, feelings, mind, and phenomena.
- With Compassion (karuṇā): Right view extends from the individual to others, supporting the Bodhisattva path in Mahayana Buddhism.

### 2.3 Modern Applications of Right View

#### In Buddhist Psychology

Right View is analogous to cognitive behavioral therapy (CBT), where changing misconceptions is used to treat depression. Programs like Jon Kabat-Zinn's MBSR (Mindfulness-Based Stress Reduction) apply Right View to help patients contemplate impermanence, thereby helping them accept reality. Research shows that this practice reduces anxiety symptoms by 30-50% by restructuring the illusory "self."

#### Integration with Human Rights and Society

From a Buddhist perspective, Right View supports human rights by emphasising equality and non-self: all beings are subject to the law of karma, and opposes discrimination. In social conflict, Right View promotes non-violent reconciliation, much like Martin Luther King Jr. was inspired by Gandhi, a figure influenced by Buddhism. It also addresses environmental injustice through the practice of interdependence (pratītyasamutpāda).

## III. ETHICS (PRECEPTS) – THE FOUNDATION OF LIFE

In every culture and philosophical system, ethics is considered a core element that determines the quality of human life. Particularly in Buddhism, ethics (precepts) are not only social norms of conduct but also the fundamental basis for spiritual practice and inner transformation. Precepts help people regulate their behaviour, purify their minds, and thus build a peaceful personal life and a harmonious society. Therefore, studying and practising ethics is not only theoretical but also has profound practical value for the holistic development of human beings.

Maintaining morality is a core element in maintaining harmony. Buddhism emphasises the Five Precepts:

- Do not kill
- Do not steal
- Do not commit adultery
- Do not lie
- Do not use drugs

#### The Concept of Morality (Precepts) in Buddhism

In Buddhism, "precepts" are understood as ethical principles aimed at preventing unwholesome actions and guiding people towards a virtuous life. Precepts are not coercive, but stem from self-awareness and understanding of cause and effect. When people clearly understand that every action has consequences, they will proactively adjust their behaviour.

Precepts are often expressed through fundamental principles such as not killing, not stealing, not committing adultery, not lying, and not using addictive substances. These are not only religious regulations but also universal ethical standards applicable in all social circumstances.

#### The Role of Morality in Personal Life

First, morality acts as a "protective barrier" that keeps people from wrongdoing. By upholding morality, people can limit actions that harm themselves and others. This helps the mind become light, peaceful, and free from guilt or regret.

Second, morality is the foundation for the development of spiritual life. A mind disturbed by greed, anger, and delusion will find it difficult to achieve peace. Conversely, when behaviour is regulated by morality, the mind will gradually become stable, creating conditions for the development of concentration (meditation) and wisdom (intelligence). In addition, people who live morally often receive trust and respect from others. This not only helps build strong relationships but also creates a positive, sustainable living environment.

#### Morality – The Foundation of Social Life

Morality is not only significant for individuals, but it is also the foundation of a civilised society. A community whose members respect moral principles will experience less conflict, crime, and injustice. When people do not kill, steal, or deceive each other, society becomes safer and more trustworthy.

Morality also contributes to building a sense of responsibility and compassion in society. When each individual is aware of how their actions affect others, they will live more responsibly, showing care and sharing. This is the foundation for the community's sustainable development.

#### The Relationship Between Morality, Concentration, and Wisdom

In Buddhism, morality does not exist independently but is part of a three-element practice: morality, concentration, and wisdom. Morality helps purify behaviour and creates conditions for mental tranquillity. When the mind is tranquil, one can develop wisdom and see the true nature of reality.

Without morality, the mind is easily swayed by unwholesome actions, making practice difficult. Therefore, morality is considered the first and indispensable step on the path to spiritual development.

#### The Practical Significance of Practising Morality in Modern Life

In modern society, with its many changes and pressures, maintaining morality is becoming increasingly important. Problems such as violence, fraud, corruption, and crises of faith all stem from a decline in morality. Therefore, returning to fundamental moral values is a necessary solution.

Practising morality does not mean abandoning worldly life, but rather living more mindfully and responsibly in each action. A person can apply morality in their work by being honest, in their family by showing love and respect, and in society by living responsibly towards the community.

Morality (Precepts) is a solid foundation for the holistic development of human beings, from personal life to society. Not only does it help people avoid wrongdoing, but it also creates conditions for the development of spirituality and intellect. In the context of a rapidly changing modern society, upholding and practising morality is more necessary than ever.

Therefore, each person needs to clearly understand the role of morality and strive to practice it in their daily lives. Only when morality is established as a foundation can people achieve true happiness and build a peaceful and sustainable society.

#### IV. COMPASSION AND LOVING-KINDNESS

Compassion and loving-kindness are not only fundamental moral values but also the core of the path to liberation. In a world full of turmoil, suffering, and conflict, the spirit of compassion becomes a guiding light, helping people overcome selfishness, hatred, and ignorance. Unlike ordinary expressions of affection, which are personal or conditional, love in Buddhism is universal, selfless, and directed toward the benefit of

all sentient beings. Therefore, understanding and practising compassion not only helps people achieve inner happiness but also contributes to building a peaceful and compassionate society.

- In Buddhism, compassion is not selfish attachment but unconditional love:
- Knowing how to listen and understand
- Knowing how to forgive and be tolerant
- Knowing how to share and help

#### The Concept of Compassion and Loving-Kindness in Buddhism

In Buddhist teachings, "loving-kindness" (Metta) and "compassion" (Karuna) are two inseparable elements:

- Loving-kindness (Metta) is boundless love, the desire to bring happiness to all sentient beings.
- Compassion (Karuna) is empathy and the desire to alleviate others' suffering.

These two qualities are part of the Four Immeasurable Minds, which include: Loving-kindness, Compassion, Joy, and Equanimity. These are noble mental states that every practitioner should cultivate.

The distinctive characteristic of loving-kindness in Buddhism is its unconditional, non-discriminatory nature. Love is not limited by relationships, status, or personal gain. This is distinctly different from ordinary love, which is easily influenced by emotions, attachments, and expectations of reciprocation.

#### The Origin of Compassion in Buddhist Teachings

Compassion stems from a profound understanding of the nature of suffering in life, as presented in the Four Noble Truths:

- Life is suffering (dukkha).
- The causes of suffering are craving and ignorance.
- Suffering can end.
- The path to the end of suffering is the Noble Eightfold Path.

When people clearly realise that all beings are suffering in various forms, compassion naturally arises. This is not pity, but a deep empathy based on wisdom. Therefore, compassion is not merely an emotion but also the result of a correct understanding of reality.

#### The Role of Compassion for Individuals

- Inner Transformation: Compassion helps people eliminate negative emotions such as anger,

jealousy, and selfishness. When the mind is nurtured by love, people become more peaceful, gentle, and happy.

- Intellectual Development: In Buddhism, compassion always goes hand in hand with wisdom. True love is not blind but based on understanding. With compassion, people can easily see problems more objectively and profoundly.
- Towards Liberation: Compassion is one of the important factors that helps practitioners get closer to enlightenment. According to the Buddha's teachings, a soul full of compassion will no longer be bound by greed, anger, and delusion – the main causes of suffering.

#### The Role of Compassion in Society

- Building Peace and Reducing Conflict: A society where people know how to love and empathise will experience less conflict and violence. Compassion helps people to forgive and accept differences.
- Promoting a Sense of Community Responsibility: Compassion is not just an emotion but also promotes concrete actions such as helping the poor, caring for the sick, and protecting the environment.
- Creating a Sustainable Moral Foundation: Compassion is the foundation of moral values such as honesty, humility, and altruism. When each individual lives with a compassionate heart, society will become more humane and stable.

#### Practising Compassion in Daily Life

- Compassion Meditation (Metta Bhavana): This practice helps develop loving-kindness through contemplation and the sending of positive energy to oneself and others.
- Mindfulness in Action: Practising mindfulness helps people become aware of their emotions and actions, thereby avoiding harming others.
- Concrete Actions:
  - Speaking kind words
  - Helping those in need
  - Forgiving and letting go of resentment

These small actions are practical expressions of compassion in life.

### The Meaning of Compassion in the Modern Era

In the context of modern society with its many pressures, competition, and conflicts, compassion becomes even more necessary. It helps people:

- Reduce stress and anxiety
  - Strengthen connections between people
  - Move towards a sustainable and humane lifestyle
- Compassion is not only a religious value but also a solution to many global problems such as violence, inequality, and mental crisis.

Compassion and loving-kindness in Buddhism are profound values, possessing high humanistic and practical significance. Not only do they help people transform their inner selves, but compassion also contributes to building a peaceful and happy society. In the journey of seeking the meaning of life, cultivating compassion is the key to overcoming suffering and achieving true peace. Therefore, each person needs to be aware of and practice compassion in every thought, word, and action, not only to bring happiness to themselves but also to spread love to those around them.

## V. MINDFULNESS: LIVING MINDFULLY

In the context of a rapidly changing modern world, people are increasingly facing pressure, stress, and inner disconnection. The fast pace of life, technological advancements, and ever-increasing societal demands easily lead people into a state of "living hastily," losing their ability to recognise themselves and the world around them. It is in this context that the concept of mindfulness emerges as a practice to help people return to the present moment, cultivate awareness, and regain inner balance.

In Buddhist tradition, mindfulness is a core element of the Noble Eightfold Path – the path to liberation from suffering. However, beyond the religious sphere, mindfulness has become a universal practice, widely applied in psychology, medicine, education, and management.

### 5.1 The concept and nature of mindfulness

#### Definition of Mindfulness

Mindfulness (Pali: *sati*) is the ability to clearly perceive what is happening in the present moment, including the body, emotions, thoughts, and surroundings, without judgment or automatic reaction.

Mindfulness is not merely attention, but conscious attention, accompanied by understanding and awareness. It requires a state of mind that is both focused, open, and serene.

### Mindfulness in the Noble Eightfold Path

In the Noble Eightfold Path, mindfulness (*sammā-sati*) is one of the eight important elements, serving as a connecting link between morality (*sīla*), meditation (*samādhi*), and wisdom (*paññā*). Mindfulness helps people:

- Clearly recognise body, feelings, mind, and phenomena
- Do not be swept away by greed, hatred, and delusion
- Develop a correct view of reality

### The Nature of Mindfulness

The nature of mindfulness can be understood through three main characteristics:

- Present moment: It can only be practised in the present moment
- Non-judgmental nature: Observing without labelling good or bad
- Awareness: Deeply recognising the true nature of things

Mindfulness is not an escape from reality, but a clear and courageous confrontation with reality.

## 5.2 The Philosophical Foundations of Mindfulness

### The Perspective on Suffering

In the Four Noble Truths, suffering (*dukkha*) is considered the essence of life. Mindfulness helps people recognise suffering rather than avoid it. By recognising the causes of suffering – often craving and ignorance – people can begin the process of transformation.

### Impermanence and Non-Self

Mindfulness helps people realise the impermanence of all phenomena. Everything is constantly changing; nothing lasts forever. Understanding this reduces attachment.

At the same time, mindfulness leads to the realisation of non-self – that there is no fixed "I." This helps people let go of selfish ego and live more harmoniously with others.

### Cause and Effect and Personal Responsibility

Mindfulness helps people become clearly aware of their actions, thereby understanding the law of cause and effect. Every thought, word, and action has consequences. As a result, people live more responsibly.

### 5.3 The Role of Mindfulness in Personal Life

#### Regulating Emotions

Mindfulness helps people recognise emotions as they arise. Instead of being swept away by anger or anxiety, mindfulness practitioners can:

- Stop
- Observe the emotion
- Not react immediately

This helps minimise negative behaviours and create psychological stability.

#### Reducing Stress and Anxiety

Studies in Psychology have shown that mindfulness is effective in reducing stress. When the mind is not stuck in the past or the future, people feel lighter and more peaceful.

#### Increasing Concentration

Mindfulness improves concentration by bringing the mind back to a single object, such as breathing. This is especially important in learning and work.

#### Developing Inner Wisdom

Through mindfulness, people can gain a deeper understanding of themselves, identify negative habits, and gradually transform them.

### 5.4 The Role of Mindfulness in Relationships

#### Deep Listening

Mindfulness helps people listen without judgment or interruption. This creates genuine understanding and connection.

#### Reducing Conflict

With mindfulness, people don't react impulsively. Instead, they have time to think and choose an appropriate response.

#### Cultivating Compassion

Mindfulness helps people realise that everyone experiences suffering. From this, they develop compassion and empathy.

### 5.5 Mindfulness in Modern Society

#### Coping with Life's Pressures

In modern society, people are often overwhelmed with information and work pressure. Mindfulness helps them:

- Reduce stress
- Increase adaptability
- Maintain balance

#### Applications in Education

Mindfulness is introduced into schools to help students:

- Increase concentration
- Reduce stress
- Develop emotional skills

#### Applications in Medicine

Programs such as Mindfulness-Based Stress Reduction have been widely applied to support the treatment of:

- Depression
- Anxiety
- Stress disorders

### 5.6 Mindfulness Practice Methods

#### Mindfulness of Breathing

This is the most basic method. The practitioner simply needs to:

- Sit still
- Observe the breath in and out
- When the mind wanders, gently bring it back.

#### Body Observation

Be aware of the sensations in the body, from head to toe. This method helps increase connection with the body.

#### Mindfulness in Daily Life

Mindfulness can be practised in all activities:

- Eating
- Walking
- Working

The important thing is to maintain continuous awareness.

#### Walking Meditation

Walk mindfully, paying attention to each step. This combines movement and meditation.

### 5.7 Difficulties in Practising Mindfulness

#### The Mind is Easily Distracted

People are often accustomed to constant thinking. Keeping the mind in the present moment is a challenge.

#### Lack of Patience

Mindfulness is a long process that requires perseverance.

#### Misunderstandings of Mindfulness

Some people think mindfulness is about relaxing or escaping reality. In reality, it is about confronting reality.

#### The Meaning of Mindful Living

Mindful living is not just a method, but a way of life. It helps people:

- Live fully in each moment
- Understand themselves
- Build healthy relationships
- Contribute positively to society

Mindful living is also the path to inner freedom – a state where people are no longer controlled by greed, anger, and delusion.

Mindfulness is one of the most profound values of Buddhism, and also a practice relevant to all times. In today's turbulent modern world, mindfulness offers people a path back to themselves, helping them find peace and meaning in life.

Living mindfully is not a distant dream, but a choice that can be made in every moment. When each individual learns to live mindfully, not only are they transformed, but society also becomes more harmonious and humane.

### 5.7 Wisdom – Deep understanding in Buddhism

In the quest for happiness and meaning in life, humanity has long posed fundamental questions: Why do we suffer? How can we achieve inner peace? And what is the path to true liberation? In Buddhist teachings, the answer lies not in the accumulation of material wealth or pure knowledge, but in the development of wisdom (Prajñā) – a profound understanding of the nature of reality.

In Buddhism, wisdom is not worldly intelligence but the ability to see the truth clearly and transcend ignorance and misconceptions. It is the guiding light that helps people escape suffering, attain inner

freedom, and ultimately achieve enlightenment. This essay will comprehensively analyse the concept of wisdom in Buddhism, its levels, its role in personal and social life, and its significance in the modern context.

#### The Concept of Wisdom in Buddhism

In Sanskrit, "Prajñā" translates as wisdom, but its meaning goes far beyond the ordinary concept of knowledge. Wisdom is direct understanding, unclouded by prejudice, emotions, or ignorance. It is the ability to see things as they truly are – a state of profound and genuine awareness.

According to Buddhism, humans often live in a state of ignorance (avidyā), meaning they do not fully understand the nature of reality. This ignorance leads to erroneous perceptions, which create craving, hatred, and attachment – the three main causes of suffering. Wisdom is the means to break through ignorance, opening the path to liberation.

Wisdom in Buddhism is linked to three fundamental characteristics of all phenomena:

- Impermanence (anicca): Everything changes; nothing lasts forever.
- Suffering (dukkha): Clinging to impermanent things leads to suffering.
- Non-self (anatta): There is no fixed, unchanging "self."

Understanding these three characteristics, not just through theory but through direct experience, is the manifestation of true wisdom.

#### The Difference Between Wisdom and Knowledge

One common misconception is equating wisdom with knowledge. In modern society, highly educated people are often considered wise. However, from a Buddhist perspective, knowledge is only a small part and not sufficient to form wisdom.

Knowledge is what we learn from books, school, or external experiences. It can help people understand the world, but it doesn't necessarily free them from suffering. A person can be very intelligent but still be dominated by greed, anger, and selfishness.

Conversely, wisdom is a deep understanding of oneself and reality. It not only helps people "know," but also helps them "see" and "live rightly." Wisdom transforms how we perceive and react to life, thereby changing our entire inner life.

Therefore, it can be said that knowledge is a necessary condition, but not a sufficient condition, to achieve wisdom.

### Three Levels of Wisdom

Buddhism divides wisdom into three levels, corresponding to three stages of development:

#### Intellectual Wisdom (Sutamayā paññā)

This is wisdom gained from learning and listening to the Dharma. Learners receive the Buddha's teachings through scriptures, sermons, or books. Intellectual wisdom helps build a foundation of correct understanding and guides the path of practice.

However, if it stops at this level, wisdom remains theoretical and insufficient for inner transformation.

#### Reflective Wisdom (Cintāmayā paññā)

After receiving knowledge, learners need to think, analyze, and contemplate to gain a deeper understanding. This is the stage of developing critical thinking, helping to verify and clarify what has been learned.

Reflectional wisdom helps transform knowledge into personal understanding, but it is still not ultimate wisdom.

#### Wisdom Cultivation (Bhāvanāmayā paññā)

This is the highest level of wisdom, arising from the practice of meditation and contemplation. Through meditation, the practitioner directly experiences the nature of mind and reality.

Wisdom cultivation is not merely understanding, but realisation. This is the kind of wisdom that leads to liberation.

### The Role of Wisdom in the Noble Eightfold Path

In the Noble Eightfold Path, wisdom plays a fundamental role, manifested through two elements:

- Right View: Understanding the Four Noble Truths, cause and effect, and the nature of life.
- Right Intention: Thinking correctly, focusing on compassion, letting go, and not harming others.

These two elements guide the entire path of practice. Without wisdom, other elements such as ethics and meditation cannot develop in the right direction.

Wisdom helps people recognise what is right and what is wrong, thereby making appropriate decisions. It also helps practitioners avoid falling into extremism or superstition.

### Wisdom and Inner Transformation

One of the most important roles of wisdom is the ability to transform the inner self. With wisdom, people:

- Recognise the nature of emotions and are not controlled by them
- Understand that all suffering has a cause and can end
- Let go of unnecessary attachments
- Develop compassion and empathy

Wisdom does not eliminate emotions, but helps people understand and master them. When we understand the nature of anger, we are no longer controlled by it. When we understand impermanence, we no longer cling to temporary things.

### The Relationship Between Wisdom, Morality, and Meditation

In Buddhism, wisdom does not exist independently but always accompanies morality (Precepts) and meditation (Concentration). These three elements form a mutually supportive system:

- Precepts purify behaviour and create a moral foundation.
- Concentration calms the mind and promotes focus.
- Wisdom helps to see the truth clearly.

Without morality, wisdom can be misused. Without meditation, wisdom is difficult to attain in depth. Conversely, wisdom guides morality and meditation.

### Intelligence in Social Life

Intelligence not only benefits individuals but also holds immense value for society. A society built on a foundation of intelligence will:

- Reduce conflict and violence
- Enhance understanding and cooperation
- Promote fairness and compassion

Intelligent people not only live well for themselves but also care about others. They act with understanding and compassion, contributing to the building of a harmonious community.

### Wisdom in the Modern Context

In the age of technology, people have access to a vast amount of information. However, this does not necessarily mean they possess wisdom. In fact, the more information people have, the more confused they

become if they lack the ability to analyse and understand deeply.

Buddhist wisdom offers a balanced path: turning inward to observe oneself, developing mindfulness, and understanding the mind. This is the foundation for living a meaningful and sustainable life.

The Path to Intellectual Development

To develop intellect, learners need:

- To study the Dharma – building a foundation of understanding
- To reflect and contemplate – gaining deeper understanding
- To practice meditation – direct experience
- To live ethically – creating conditions for intellectual development

This is a long process, requiring perseverance and effort. Intellect cannot be achieved overnight, but needs to be nurtured through every action and thought. In Buddhism, wisdom is the key to liberation. It's not about accumulating knowledge, but about a profound understanding of the nature of life. When wisdom is developed, people can overcome ignorance, end suffering, and attain true peace.

In a world full of turmoil and instability, wisdom is more necessary than ever. It helps people avoid being swept away by the currents of ambition and fear, and instead live a life of mindfulness, meaning, and compassion.

Thus, wisdom is not only the goal of the spiritual path, but also the foundation for a happy life and a better society.

## VI. CONCLUSION

In summary, from a Buddhist perspective, the happiness of family and society is not the result of material accumulation or external achievements, but rather the fruit of inner transformation and the building of a solid moral life. The five prerequisites—right view, morality, compassion, mindfulness, and wisdom—are not merely theoretical principles but also practical values capable of comprehensively guiding and improving the quality of human life. When each individual cultivates correct understanding, lives responsibly, loves sincerely, is mindful in every action, and develops profound wisdom, they not only achieve inner peace but also

contribute to building a harmonious family and a stable, humane society.

These five conditions are closely interconnected:

- Right view guides the way
- Morality forms the foundation
- Compassion nourishes
- Mindfulness adjusts the way
- Wisdom perfects the way

When individuals practice these things, families will become harmonious, and society will develop in a peaceful, humane, and sustainable direction.

In a world facing instability and a crisis of values, a return to Buddhism's core principles becomes even more necessary and meaningful. It is not only a path to overcome suffering but also a foundation for building a harmonious community that respects one another and develops sustainably. Therefore, applying these five principles to daily life is not only a personal choice but also a shared responsibility towards family and society, aiming for a more peaceful and better future for all.

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