

## Experimental Psychology as a New Course in Medical Universities: Innovation for a Sustainable Baltic Sea Region

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### Abstract

In our research we would like to create music therapy, physical training, as an element of art-therapy which show as the main prospect for international meaning for the own way of understanding the life. This concept give us the best prospect of life and touch through the main historical types of the outlook such as mythology, religion and just philosophy. In the article we just show three steps of Yoga: moral discipline, physical discipline and stages of meditation. And show this impact on the beauty through the three China symbol's as an archetype of positive psychology: a symbol of the shadow or the passive feminine principle of life - Yin, the symbol of the sun or the active, masculine principle of life - Yang, the way or the universal force harmonization nature - Dao. We would like to go through three main schools of Japanese Buddhism (Indian religion): Zen Buddhism (distinct school of Buddhism), Pure Land (or Amidst) Buddhism, Nichiren Buddhism. We also just try to show you some aspects of the Modern Era of Japanese Philosophy through the school of Japanese Philology (study of ancient literature and the origins of language trough experiments). This school - Kokugaku - just show us the study of Chinese and Buddhist texts and provide philological research into the early Japanese classic. Also, another very important school is Mitogaku - the school of Japanese historical studies in the Neo-Confucianist context. And you are welcome to enjoy amazing video-set: [https://www.youtube.com/watch?time\\_continue=1080&v=AlhAp4S2pAs](https://www.youtube.com/watch?time_continue=1080&v=AlhAp4S2pAs).

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### Introduction

The life of each and every person is endowed with the Buddha nature. Ongi kuden, or the "Record of the Orally Transmitted Teachings", by Dr. Burton Watson, a translator of world renown.

Introduce to the world at large the essence of East Asian Buddhism. Dr. Watson is widely known for his deep understanding of Chinese literature and his translations of Ssu-ma Ch'ien's Records of the Historian and of Chinese poetry. We first met him in 1973 through the literature - I had for some time thought of him as the most suitable person to undertake a translation of the Lotus Sutra.

I expressed the hope that he would one day gratify us with a translation done from Kumaraiva's Chinese version of the text. Translation marked by stylistic beauty, one that would do justice to the literary qualities. Dr. Watson fulfilled his promise twenty years later with the publication of his translation of the Lotus Sutra.

Powerful beacon to light the future of humankind. In 1992, the year before Dr. Watson's translation of the Lotus Sutra appeared, he talked about the Ongi kuden, which embodies Nichiren's comments on the Lotus Sutra.

Dr. Watson had completed his translation of the sutra itself, expressed a deep interest in the manner in which Nichiren interested it. Aware of the many problems involved, the agreed nevertheless to undertake an English translation of the Ongi kuden as well.

A fitting adornment to his long carrier as a translator, his translation of that text is being published. I am confident that it will open up to the world the profound philosophical teachings of Buddhism and act as a joyous revelation to all humankind. A deeper understanding of Buddhism have heard of the Ongi kuden, but only a few have had a glimpse of its contents.

On the occasion of the publication of this translation, I would like here to say a brief word about my own understanding of the Ongi buden. The Ongi buden designed for college-level students who were members of the Soka Gakkai.

I wanted to train future leaders of the movement and to make the profound philosophy of Nichiren accessible in contemporary terms. It was a time of nuclear armament, an age engulfed in haste and mistrust. I felt there was a deep need to replace these with a humanism based on mutual trust and harmony.

### **Buddhism as a philosophy for the attainment of world peace**

Generally speaking Buddhism is viewed as an exploration of the inner world of the individual, focusing mainly upon meditation and the observance of religious precepts or rules. Inner concerns of the individual can be applied to the outer world of society as a whole.

Therefore, few people perceive Buddhism as a philosophy for the attainment of world peace. He demonstrated in his famous work on Establishing the Correct Teaching for the Peace of the Land.

But this concept far transcended the ordinary thinking of the time in which he lived, and as a result, as the Lotus Sutra itself had predicted, he could not fail but encounter numerous grave difficulties.

The very fact that he endured such difficulties in the course of propagating the sutra was proof of the correctness of its teachings. Nam-myoho-enge-kyo - the Record of the Orally Transmitted Teachings (Ongi kuden) says: Namu or nam is a Sanskrit word.

Here it means to dedicate one's life, that is, to the Person and to the Law. In terms of the Person, one dedicates one's life to Shakyamuni Buddha; in terms of the Law, one dedicates one's life to the Lotus Sutra.

"Dedication" means, dedication to the principle of eternal and unchanging truth of the theoretical teaching, and "life" means that one's life dedicated to that principle bases itself on the wisdom of the truth of the essential teaching that functions in accordance with changing circumstances. In essence, one dedicates one's life to Nam-myoho-enge-kyo.

A commentary by Dengyo says these are tranquil and shining in a single moment of life. "Dedication" refers to the element of physical form as it pertains to us, while "life" refers to the element of mind as it pertains to us.

The ultimate teaching tells us that form and mind are not two things. The Annotations on "The Profound Meaning of the Lotus Sutra", volume one it is called the Buddha vehicle Nam-myoho-enge-kyo. The Lotus Sutra - Seven important points - regarding the words "This is what I heard".

The Words and Phrases of the Lotus Sutra - person who is capable of upholding that doctrine. The Annotations on "The Words and Phrases of the Lotus Sutra" - heard from the Buddha. The Record of the Orally Transmitted Teachings says.

Indicates the stage of hearing the name and words of the truth. On "The Words and Phrases" The Great teacher Gengyo in his Outstanding Principles of the Lotus Sutra.

The matter of Ajnata Kaundinya - the commentary Words and Phrases, Volume one, Kaundinya is a family name that may be interpreted to mean fire vessel. The family was of Brahman class and its ancestors were in charge of worshiping fire.

Fire performs two foundations - where there is illumination, darkness cannot arise; and where there is burning, things cannot be born. The Record of the Orally Transmitted Teachings - "illuminating" and "burning" represent the essential teaching and the theoretical teaching respectively.

The ability to illuminate and burn - the matter of King Apatashatru - The Record of the Orally Transmitted Teaching says: The people of the country of Japan are all like King Ajatashatru.

They have already murdered their father, the Buddha, and done injury to their mother, the Lotus Sutra. The Immeasurable Meanings Sutra says, The Buddhas, who are king, and the Sutra, which is the queen, join together in harmony to give birth to this bodhisattva son, they are within the wombs of their mothers, are already manifesting hatred and enmity toward the Lotus Sutra.

In Japan at present there are three types of powerful enemies. Nichiren and his followers can escape from the heavy guilt of such acts. Thought we may in the past have been persons who slandered the Law, if we have faith in the Lotus Sutra and believe in Shakyamuni Buddha, then how can we fail to be exonerated from the heavy quilt of that earlier crime of killing our father and killing our mother.

Lotus Sutra - than we should indeed kill them - hence words and phrases but a kind of violence that is in fact compliance with morality. The Latter Day of the Law - the words a Law that is guarded and kept in mind by the Buddhas. Words and Phrases - volume three by the Buddha's refers to that which the Buddha gained enlightenment to in the origin of immeasurable meanings.

Although he wished to reveal and teach it to others, the capacities of living beings were too dull. Therefore, for a long time he remained silent about this vital matter and did not hasten to expound it to others.

The sutra says it was "guarded and kept in mind" - on "The Words and Phrases" - the words the light reaching downward as far as the Avichi hell. The words "Why from the white tufts" between the eyebrows of our leader and teacher.

The words heavenly drums sounded of themselves - the commentary words and phrases volume three - heavenly drums sounded of themselves in symbolic of one who takes it upon oneself to preach without being ashamed.

Percepts is traitorous they are taking it upon themselves so preach without being ashamed - the three types of powerful enemies have appeared on the scene - the "heavenly drums" are Nam-myoho-renge-kyo. The "heavenly drums", are the five characters of Myoho-renge-kyo, the essential teaching, and the theoretical teaching.

"The Words and Phrases" fifty years ago in 1952, the Soka Gakkai published the Nichiren Daishonin Goshu Zenshu (The Complete Works of Nichiren Daishonin). The publication prospect was initiated and supervised by Josei Toda the second president of the Soka Gakkai.

On the fiftieth anniversary of that important event, it is my pleasure to witness the publication of a new English dictionary of Buddhist terms, The Soka Gakkai Dictionary of Buddhism - the publication of the Soka Gakkai edition of Nichiren's writings, their translation into various languages has been progressing steadily.

Soka Gakkai published the Writings of Nichiren Daishonin - non-duality described in the phrase, Dharma - Law of life had not endeavored to teach it to others. We of the Soka Gakkai earnestly hope our publication of English works - such as the translation of Nichiren's writings and this dictionary.

The Soka Gakkai Dictionary of Buddhism - English-language dictionaries of Buddhist terms in print in which so many entries are given in their English translation. A Dictionary of Buddhist Terms and concepts (1983) published by the Nichiren Shoshu International Center (NSIC) - three decades of translation work aimed at making the writings of Nichiren.

The translation of Nichiren's writings has been carried on by the Soka Gokai to promote worldwide understanding of Nichiren's teachings and of Buddhism in general. Buddhist philosophy based on the Lotus Sutra - Sri Lanka and the Southeast Asia, central Asia, China, Tibet, Korea, and Japan, and today is regarded as a major world religion.

The Sanskrit pancha-skandha is variously rendered as the five components (of life) five aggregates, or five skandhas. The Japanese word *bompu* is translated as ordinary persons, common mortals, or worldlings. You will find many of them referenced under related entries.

Who read Japanese, a cross-referenced list of Japanese terms and names refers to their equivalents in English and/or their original language. This dictionary should be especially useful for the readers of Nichiren's works as they appear in the volume - The Writings of Nichiren Daishonin, published in 1999 by the Soka Gakkai - the dictionary lists as entries Buddhist terms as they appear in that work.

Dictionary also includes term and subjects not found in Nichiren's writings, but that students of Buddhism in general may find interesting and instructive. *Daimoku*, *gongyo*, *shoju*, *shakubuku* (Great Concentration and Insight) - *Moent Sumeru Heat-Free Lake*, *Snow Mountains* - *sambo* (three treasures), *hommon* (essential teachings), *jujo-kampo* (ten meditations), *kyo* (sutra), *koku* (country), *ji* (temple), *shu* (school).

The Writings of Nichiren Daishonin show us in general music therapy, physical training, art-therapy, show differences between mythology and religion. First of all its three steps of Yoga: moral discipline, physical discipline, stages of meditation.

Three China symbols as an archetype of positive psychology - a symbol of the shadow or the passive feminine principle of life-yin, the symbol of the sun or the active, masculine principle of life-yang, the way or the universal force harmonization nature - Dao.

### Mythology

Mythology (from the Greek *mythos* for story-of-the-people, and *logos* for word of speech, so the spoken story of a people) is the study and interpretation of often sacred tales of fables of a culture known as myths or the collection of such stories which deal with various aspects of the human condition: good and evil; the meaning of suffering; human origins; the origin of place-names, animals, cultural values, and traditions; the meaning of life and death; the afterlife; and the gods or a god.

There are many different types of myth: etiological myths, psychological myths, historical myths. Etiological myths explain why something is or how it came to be. In Egyptian mythology the sycamore shows the way it does because it is home for the goddess Hathor, the Lady of the Sycamore. The principle of harmony - Egyptian religion and Mesopotamian belief its combination of magic, mythology, science, medicine, psychiatry, spiritualism and herbology. Philosophy, in the West, began in the Greek colony of Miletus with Thales.

The Branches of philosophy - metaphysics (The Study of Existence), epistemology (The Study of Knowledge), ethics (the Study of Behavior/Action), politics (the study of governance), aesthetics (the study of Art).

### Music therapy

The American Music Therapy Association (AMTA) provide physical rehabilitation and facilitation movement.

Work with older adults to lessen the effects of dementia, work with children and adults to reduce asthma episodes, work with hospitalized patients to reduce pain, work with children who have autism to improve communication capabilities, work with premature infants to improve sleep patterns and increase weight gain, work with people who have Parkinson's disease to improve another functions.

The National Music Therapy Registry (NMTR) serves qualified music therapy professionals with the following designations. The Journal of Music Therapy, Music Therapy perspectives and other sources music ability to benefit from music therapy.

Predecessors to the American Music therapy Association included the National Association for Music Therapy founded in 1950 and the American Association for Music Therapy founded in 1971.

Passing the national examination administrated by the independent certification Board for Music Therapists, Music Therapists - Board Certified - the Education and Careers section of the webside as well as the Certification Board for Music Therapist - Music therapist utilize music as a therapeutic tool; the genre type of instrument is Jailored to the individual and to the goals that are established between the client and the music therapist.

“Most common” type of music or instrument - reviewing some of these differences, at a glance. Physical training - like a type of physical Activities - aerobic activity. Examples - brisk walking, leisure cycling, leisure sneimming, playing doubles tennis, line-dancing.

Art therapy helps children, adolescents and adults explore their emotions, improve self-esteem, manage addictions, relieve stress, improve symptoms of anxiety and depression, and cope with a physical illness or disability.

Art therapists work with individuals couples, and groups in a variety of settings, including private counseling, hospitals, wellness centres, correctional institutions, senior centers, and other community organizations - may reveal messages and beliefs from the unconscious mind.

Piece of artwork - and sometimes while you are still working on it - the therapist will ask you questions along the lines of how you feel about the artistic process, what was easy or difficult about creating your artwork - the therapist will ask about your experience and feelings before providing any observations.

Seeking deeper understanding of themselves and their personalities. According to the American Art Therapy Association, art therapists are trained to understand the roles that color, texture, and various art media can play in the therapeutic process and how these tools can help reveal one’s thoughts, feelings, and psychological disposition.

Art therapy integrates psychotherapy and some form of visual arts as a specific, stand-alone form of therapy, but it is also used in combination with other types of therapy - like a drawing a picture of health.

### Yoga

Three steps of Yoga: moral discipline, physical discipline, stages of meditation - summer right around the corner it is time to get back on track to wellness. Do you need to go away to a yoga retreat for wellness or can you find a plan to follow at home.

Yoga is a good source of exercise for your body. Relaxation and calmness to your mind and spirit - purify and get in the mood. Yoga teaching begins by helping you find a path in which you should adopt toward your own attitude and to others.

These are clearly laid out as yamas and Niyamas. Yamas are the social code in which you should conduct yourself. There are 5 different ones: Ahimsa (non-violence), Styā (truth), Asteya (non-stealing), Brahmacharya (self-restraint), and Aparigraha (non-possession).

Niyamas which are the internal moral code also have five: Shauch (cleanliness), Santosh (contentment), Swadhyaya (self study), Tapas (austerity), and Ishwar pranidhana (Surrender to God).

This will help provide a purification process which will bring you the most receptive allowance for yoga benefits. Modern medicine likes the purification of mind and body as part of a whole personal health wellness.

Practice - each style of yoga can differ in the energy and force in which they are taught. Figure out what it is that you want to achieve. That will help bring you to the right fit in a yoga teacher.

If your main focus is to bring physical fitness into your routine then you want to look for teachers that aim at Asanas of Hatha Yoga. Most areas have extensive yoga teacher directories that help people find the right fit.

The right yoga teacher is not easy and you may have to go to a few teachers before you find someone that you can connect with. Your personal practice becomes stronger you may need to look for a few teachers that can offer you more challenges.

Study and reading - you learn about yoga through books and scriptures so that you are enhancing every area about yoga. You are an example of what yoga has to offer so you want to make sure that you are fully aware of connecting mentally and physically to yoga.

Regular study of yoga is the best way to grow in the presence of a Guru which most of us do not have the ability to enjoy.

Connecting with the three steps will help you create a full and amazing journey through life with the benefits of yoga. You can work in your own home or get a jump start with a Yoga retreat or yoga vacation. One thing to keep in mind is the sooner you begin the journey the sooner you will find your inner harmony. Three Chinese symbols as an archetype of positive psychology: Yin - Yang - Dao.

Appendixes to the Book of Changes (Yijing) - one yin and one yang, this is the Dao. Complementary principles yin and yang are ultimately contained within the Dao itself - one yin and one yang, this is the Dao, continuous alternation, of yin and yang within the cosmos - one of the two principles prevails time cycles of the day - alternation of the four seasons.

### Mitogaku

Now we would like to introduce you another school, but just historical one - Mitogaku.

This academic school was also called "Suifu no gaku" and "Tenpogaku", but after the Meiji Restoration the term "Mitogaku" came to be most commonly used. The Dai nihonshi (History of Great Japan).

Representative scholars included Asaka Tanpaku (1656-1737), Jassa Munekiyo (1640-1698), Kuriyama Senpo (1671-1706) and Miyaki Karnan (1673-1718). Moral lessons could be drawn from them as the copy historical sources. Early Mitogaku scholars composed their own historical works.

Senpo's Hiken taiki and Kanran's Chuko kangen are representative examples.

### Kokugaku

Stanford Encyclopedia of Philosophy shows us the main definition of the Kokugaku (Native Studies) School. Done by the editor's Gideon Fujiwara and Peter Nosco.

This school just shows a native Way distinct from Buddhism and Confucianism within Japan's most ancient writings, the attendant effort to the major qualities of these studies during the Tokugawa period, with Motoori Norinaga (1730 - 1801) thought to be its greatest intellectual moving and Hirata Atsutane (1776 - 1843).

Motoori Norinaga saw the roots of the discipline in Keichu's (1640 - 1701) use of historical linguistics to analyze the eighth-century collection of poems called Man'yoshu which also could be used like a specific type of poem therapy included Kamo no Mabuchi (1697 - 1769).

Just these theories of Japaneseness have the most powerful influence within contemporary Japanese popular culture.

This school - Kokugaku - just show us the study of Chinese and Buddhist texts and provide philological research into the early Japanese classic, there arose new historical studies of things - just Japanese history, literature, philology, poetics, customs, mythology, the tradition of four worship and so on.

Kokugaku writings of the Tokugawa-era paragons: Keichu, Azumamaro, Mabuchi, Norinaga and Atsutane. It also sparkle into folklore and ethnography [1-6].

### Conclusion

The origins of these notions are impossible to ascertain scholars generally deem that the terms yin and yang originally denoted the shaded and sunny sides of a hill and later began to be used in an abstract sense as cosmological categories - mentioned in this text include heaven and earth, above and below, day and night, summer and winter, spring and autumn, man and woman, father and child, elder brother and younger brother, ruler and minister, soldiers and laborers, speech and silence, giving and receiving, action and nonaction.

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