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JOANNA RÓZYCKA: Working in Institute of Psychology on Gdansk University, interested in social and cross culture psychology, specially in Buddhism Psychology. Because of looking for the Source of Buddhism philosophy, she was traveling to India, Tibet, Vietnam, Cambodia and Thailand where she get the opportunity to live with the original masters, monks and nuns. All the time trying to built the bridge between eastern philosophy and western psychology, in case to create more effective psychological support's methods.

### Psychological Consequences of Self-regulation according to Vietnamese Zen

There are four basic practicing methods to guide practitioners, developed by Zen Master Thich Thanh Tu, the rector of Truc Lam monastery (in Vietnamese Zen branch of Tran dynasty). The application of this practicing method varies to the level of attainment of practitioners: being aware false thoughts but not to follow them (it's because false thoughts are unreal), dealing with forms with no mind (it's because they are false forms, which are comprised by different factors), not making any differentiation (because differentiation is unreal) and always living with true nature and not to follow false phenomena (it's because whatever false is impermanent and whatever real is liberation). The aim of Vietnamese Zen self & regulation's technique is to pacify the mind and emotions, through the breath counting and monitoring the thoughts (sitting in Lotus position). Such self & regulation process has many psychological and healthy consequences.