

Cultivating Gratitude for Multicultural Practitioners

¹Phra Siphutthiwitthet (Chonlatish Chanhorm)
and ²Phra Jaturong Sirichandho (Boonmee)

¹International Buddhist Studies College, Mahachulalongkornrajavidyalaya University.

²Wat Buddhameettabunyanuphap, Thailand.

¹Corresponding Author's Email: chonlatish@gmail.com

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Abstract

This scholarly article undertakes a comprehensive investigation aimed at elucidating the beneficial effects that the practice of gratitude has on individual well-being specifically among practitioners who operate within multicultural contexts, employing the foundational virtues outlined in the Brahmavihara 4 framework as a guiding principle. Through an extensive examination of previously published academic literature, in conjunction with rigorous empirical research studies, our objective is to systematically illustrate the manner in which the deliberate practice of gratitude, recognized as one of the key virtues within the Brahmavihara 4, serves to significantly enhance both the overall well-being of individuals and their efficacy when engaging with diverse multicultural populations. The current manuscript underscores the critical significance of actively nurturing and developing these virtues, as this practice not only contributes to the strengthening of emotional resilience but also plays a pivotal role in promoting constructive social interactions within a variety of culturally diverse environments.

Cultivating gratitude among practitioners in a multicultural society can be achieved through the training of mindfulness and loving-kindness. The Mindfulness Wisdom & Loving Kindness program incorporates the Buddha's teachings in the Four Divine Abodes, helping practitioners recognize the importance of gratitude, which is a key value in Thai culture. For Thai people living abroad, this program serves as a guide to teach their children the value of gratitude, fostering love and understanding within the family. Meditation and the practice of loving-kindness create a peaceful atmosphere and improve communication. By instilling gratitude in the younger generation, we can reduce misunderstandings in families and build strong relationships, passing these values on to future generations in a sustainable multicultural society.

Keywords: Gratitude; wellbeing; Brahmavihara 4; multicultural practitioners

Introduction

In today's fast-changing world, where technology and new ideas are a big part of our lives, many Thais are drawn to the comfort and luxury that come with material goods. This desire for a better lifestyle has led some Thais to move abroad for work and to start families there, sometimes resulting in having dual citizenship.

The growing focus on materialism and convenience over spiritual values and relationships has increased chaos and competition in society. This shift, largely due to a lack of basic virtues like "gratitude," has led to more conflicts and exploitation. Embracing gratitude is essential for restoring peace and stability, aligning with the government's goals. While virtues and wisdom can drive advancements in various fields, neglecting them can lead to excess and suffering. Refocusing on gratitude is crucial for improving quality of life and fostering a more peaceful, cooperative society. (Loem, 2017)

In increasingly diverse societies, multicultural practitioners are key to deepening the understanding, cooperation, and harmonious relations among the multitude of cultural groups.

Most people face some specific challenges at different times in life, such as cultural misunderstandings, prejudice, and the emotional burden of interaction with a complex social environment especially in today society. Research has shown the benefits of cultivating a sense of gratitude, or the understanding and acknowledgment of positive areas in life and ways in which people around contribute to one's world (Emmons and McCullough, 2003). This paper will look at how gratitude, under the Brahmavihara 4—a set of four virtues within Buddhism—can be a support mechanism for multicultural practitioners in both their personal and professional lives. This paper will look at how gratitude, under the Brahmavihara 4—a set of four virtues within Buddhism—can be a support mechanism for multicultural practitioners in both their personal and professional lives by the following objectives: 1) to analyze existing research on the practice of gratitude and its effect on well-being; 2) to assimilate the Brahmavihara 4 principles and ways they apply to multicultural practitioners; and 3) formulate practical recommendations for integrating gratitude and the Brahmavihara 4 into multicultural practice..

Gratitude

Gratitude is a positive emotion characterized by thankfulness and appreciation, offering numerous mental and physical health benefits. When people feel grateful, they often respond with kindness, warmth, and generosity. The meaning of "gratitude" can vary depending on the context and the individual using it. Scientifically, gratitude is more than just a polite gesture; it's a deep emotion that promotes enduring positivity and meaningful connections. It involves appreciating both tangible and intangible aspects of life, enhancing resilience and well-being. This broad perspective highlights gratitude's significant impact on personal happiness and social relationships, cutting across cultural and linguistic differences. (Juneja, 2022)

Gratitude is defined as recognizing and appreciating the positive outcomes or benefits received from an external source, typically another person or an abstract entity (Emmons and McCullough, 2003). This definition emphasizes that one's advantages or opportunities are often due to the actions, kindness, or generosity of others. Gratitude can be divided into two main types: 1) Benefit-triggered gratitude, which arises in response to specific actions or benefits from others, such as feeling thankful to parents for funding piano lessons. 2) General gratitude, which is a broader appreciation for the positive aspects of life, such as friendships and other blessings (Lambert, 2009). Overall, gratitude involves recognizing and attributing the benefits received to external sources, highlighting its relational and appreciative nature. (Armenta, 2017)

Gratitude is a positive affect or a sentiment in acknowledgment of and thankfulness toward the benefits one has received. It stands as one of the human virtues or at least sources that make people bond socially and yet feel greater happiness. Research has shown that gratitude can lead to improved mental health, increased resilience, and stronger relationships (Fredrickson and Joiner, 2002).

Moreover, psychological research demonstrates that gratitude, viewed as an act of selflessness towards others or situations, fosters sustained positivity. Additionally, research has found that a person who practices gratitude often promotes peace by fostering mutual respect, fairness, and the harmonious resolution of conflicts, leading them to be fondly remembered and cherished by others. (Khan et al., 2021).

1. Mental and Physical Benefits

Gratitude has been associated with many psychological benefits, such as lowering depression and anxiety, leading to higher life satisfaction and greater happiness in general. Grateful people have physiologically been evidenced to sleep better, have better blood pressure, and may show more optimal immune function. This is particularly of important for the multicultural practitioner who will may face high levels of stress and other emotional

challenges. The related research can be indicated as many researches to support to many advantages of gratitude practice. For example, psychological well-being can be improved through increasing positive emotions like joy, enthusiasm, and optimism—all of which are linked with greater mental health (Emmons and McCullough, 2003). Besides, gratitude can be said to increase resilience in the sense that it focuses on the brighter side of one's life at the moment, which goes a long way in cultivating coping with both stress and adversity (Wood et al., 2010). Secondly, the immediate well-being that gratitude brings about is just a good feeling about the present life that one is living instead of looking forward to future expectations alone and thus promoting a positive outlook (Wood et al., 2010). Finally, people who made a habit of practicing gratefulness were proven to have better physical health, including improved quality of sleep, reduced inflammation, and thereby overall enhanced health (Emmons and Stern, 2013).

Moreover, Colin P. Shanahan's research highlights the significant benefits of gratitude in enhancing well-being, particularly by increasing life meaning and resilience. Gratitude is consistently associated with a greater sense of purpose and satisfaction across cultures, as shown by studies like Datu and Mateo (2015), which found that gratitude enhances life meaning, thereby improving overall life satisfaction. Additionally, gratitude contributes to resilience against mental health issues, such as suicidal thoughts, especially when combined with traits like grit (Kleiman et al., 2013). Longitudinal studies by Disabato et al. (2017) further reveal that gratitude, along with life meaning, helps reduce depression symptoms over time by fostering positive environments and experiences. Furthermore, grateful individuals often build stronger social connections, leading to more meaningful interactions and a greater sense of belonging (Jia, Tong, and Lee, 2014). Overall, gratitude not only boosts personal happiness but also plays a crucial role in psychological health and social well-being. (Shanahan, 2021)

Christina Nicole Armenta's research (2017) highlights several motivational benefits of gratitude. Gratitude acts as a powerful motivator, energizing individuals to engage in positive behaviors and pursue self-improvement (Emmons and Mishra, 2011; Mayer et al., 1991). It also fosters prosocial behavior by encouraging people to reciprocate kindness not only to those who helped them but also to others who were not involved in the initial act (Bartlett and DeSteno, 2006; Tsang, 2006). Additionally, gratitude promotes reciprocal actions, motivating individuals to respond positively to the kindness they receive, which strengthens social bonds and encourages ongoing positive interactions (Bartlett and DeSteno, 2006). Overall, gratitude not only boosts personal motivation but also enhances social cohesion and positive interactions.

2. Obstacle of Gratitude

The obstacle of gratitude can be clarified by Summer Allen.(2018) as the following factors:-

1) Envy and materialism are negatively related to dispositional gratitude (McCullough et al., 2002). People who are envious or materialistic often concentrate on what they lack rather than appreciating what they already have. This focus on deficiencies contrasts sharply with the essence of gratitude, which involves recognizing and valuing one's existing blessings. Studies show that materialistic individuals typically report lower levels of gratitude, which is associated with decreased life satisfaction. (Tsang et al., 2014)

2) Narcissism also impairs the ability to feel gratitude. Individuals with narcissistic traits often struggle to appreciate others' kindness because they have an inflated sense of entitlement and self-importance (Farwell and Wohlwend-Lloyd, 1998). They may fail to recognize or acknowledge acts of generosity, perceiving any benefits they receive as something they inherently deserve rather than something to be grateful for.

3) Cynicism also obstructs the experience of gratitude. People who are highly cynical tend to be distrustful and skeptical, which can hinder their ability to recognize and appreciate the positive actions or intentions of others (Solom et al., 2017). This skeptical mindset can overshadow opportunities for gratitude, resulting in lower levels of appreciation over time.

3. Buddhism and Gratitude

According to the scriptures of the Mangala Sutta (Narada Thera (1994), appreciation is regarded as one of the auspicious signs of spiritual development. This perspective is echoed in positive psychology, where appreciation is strongly correlated with greater life satisfaction. Gratitude allows individuals to experience more positive emotions, appreciate the present, foster better health, cope with adversity, and maintain healthy interpersonal relationships. There are several ways to feel and express gratitude, often related to the past, present, and future. Regardless of a person's existing level of appreciation, it can be actively cultivated through intentional practices. (Khan. et al., 2021)

One simple yet effective method for cultivating gratitude is starting each day with a moment of reflection and saying "thank you." Buddhist monks, for example, begin their mornings with chants of gratitude, expressing thanks for life's blessings. Another practice is "counting blessings," which involves consciously acknowledging and listing things one is grateful for. This practice, supported by both Buddhist teachings and positive psychology, can significantly enhance one's sense of appreciation and contentment. (Khan. et al., 2021)

In addition, gratitude towards the Buddha is closely linked to enhanced psychological well-being and positive behavioral changes, particularly when cultivated through mindfulness-based practices such as slow, mindful bowing. Key informants emphasized that these practices foster a strong connection between gratitude and positive emotions like happiness, pride, hope, contentment, optimism, and vitality. (Jiwattanasuk, 2024)

In the case of gratitude and mindfulness practice, recollecting the Buddha in daily life can also be beneficial for enhancing mindfulness. Research, by Jiwattanasuk (2024), suggests that individuals who regularly recalling the Buddha's virtues increased their mindfulness and gratitude. As individuals cultivate gratitude, they develop greater mindfulness, helping them manage negative thoughts and focus on positivity. Gratitude towards the Buddha has been shown to foster optimism, empathy, and sympathy. Therefore, this process can help a practitioner to release negative emotions, such as anger and stress.

Multicultural Practitioners

According to Parekh (2006), the term "multicultural" refers to the presence and interaction of diverse cultural groups within a society, in which these groups maintain their unique cultural identities while contributing to the broader social framework. Multiculturalism highlights the recognition, respect, and inclusion of different cultural perspectives and practices, promoting the idea that cultural diversity is a valuable asset. In various fields, including healthcare, the concept of multiculturalism emphasizes the need to engage with and accommodate the diverse cultural backgrounds.

Multiculturalism, as originally defined, involves two key components: recognizing ethnocultural diversity within societies and ensuring equitable participation for all cultural groups. According to Berry, Kalin, and Taylor, multiculturalism includes not only the demographic reality of cultural diversity but also the ideological positions and policies that support and promote this diversity (Berry, Kalin, and Taylor, 1977). It's important to note that simply having cultural diversity is not enough; fair and equal opportunities for all cultural groups to participate in societal processes are essential. Without this equitable participation, multiculturalism can lead to separation or forced assimilation rather than true integration (Berry, Kalin, and Taylor, 1977). Thus, a comprehensive understanding of multiculturalism

requires both the presence of diversity and the promotion of equitable participation. When both aspects are effectively addressed, societies can achieve integration and create a genuinely multicultural environment where diverse cultural groups contribute to a unified social fabric. (Berry, 2016)

Multiculturalism is a perspective that promotes the recognition and appreciation of diverse cultures, races, and ethnicities, especially those of minority groups, within a dominant political culture. It involves acknowledging the contributions of various cultural groups, advocating for legal protections, and supporting self-governance rights for these groups. Multiculturalism addresses the reality of cultural diversity in modern democracies and seeks to correct historical exclusion, discrimination, and oppression faced by many minority groups. By encouraging the inclusion of diverse perspectives and respecting differences, multiculturalism stands against the assimilation into a single dominant culture. (Eagan, 2024)

In healthcare, a multicultural practitioner is a healthcare professional trained to provide culturally competent care that acknowledges and respects the diverse cultural beliefs, practices, and communication styles of patients (Betancourt et al., 2016). The importance of multicultural competence in healthcare can be explained in which culturally competent care leads to improved patient satisfaction, better adherence to treatment, and overall better health outcomes from the research by Flores (2017). Multicultural practitioners in healthcare play a critical role in reducing health disparities by ensuring that care is accessible, respectful, and responsive to the cultural needs of patients.

1. Challenges of Multicultural practitioners

Multicultural practitioners are found in many fields, including education, health care, social work, and community development. They help close the culture gaps and promote inclusivity for people from a range of culture groups. The problems at which they help are manifested in the cultural tensions, which deal with addressing biases and dealing with the emotional labor of their work (Schimmel, 2009).

2. Importance of Well-Being

The practitioners' well-being is one of the factors that can define effectiveness and sustainability within the roles of a multicultural practitioner. Ensuring their own mental and emotional health will equip them to be better equipped to support their clients and allow professional growth and fulfillment for themselves. Practices such as those of thankfulness can help develop resilience and increase the ability of the professional to move through the various intricacies of multicultural interactions. Research by Hollingsworth and Redden (2022) also found relevant benefits that gratitude-inducing interventions to contribute to psychological well-being and improve the quality of sleep. During the current COVID-19 pandemic, this was a key relevant for health professionals and students experiencing increased stress and burnout.

Brahmavihara 4

The Brahmavihāra Sutta, also known as the Sutta on the Sublime Attitudes, is found in the Aṅguttara Nikāya and outlines the cultivation of the four Brahmavihāras: loving-kindness (mettā), compassion (karuṇā), empathetic joy (muditā), and equanimity (upekkhā). These states are regarded as sublime or divine because they represent the highest levels of mental development, leading to deep spiritual well-being and ethical behavior. (Nyanasatta Thera, 1994)

The Four Immeasurables, the Four Divine Abodes, or the Brahmavihara 4 are a central concept in Buddhist philosophy and practice. The states are loving-kindness (Metta), compassion (Karuna), empathetic joy (Mudita), and equanimity (Upekkha), considered very important in creating a luminous and enlightened state of mind (Jyotsna and Sahota, 2020). This highlights the transformative impact of these mental states in overcoming negative

emotions and nurturing positive relationships. The practice of the Brahmavihāras is fundamental to advancing on the Buddhist path, supporting the attainment of deeper meditation states and, ultimately, enlightenment (Anupat et al., 2023) The Brahmavihara 4 can be explained as follows:

- 1. Loving-Kindness (Metta):** An attitude of goodwill and benevolence towards others.
- 2. Compassion (Karuna):** The ability to empathize with others' suffering and the desire to alleviate it.
- 3. Empathetic Joy (Mudita):** Rejoicing in others' happiness and successes.
- 4. Equanimity (Upekkha):** Maintaining a balanced and impartial mindset, especially in challenging situations (Salzberg, 2002).

1. Significance of Brahmavihara 4:

Not only important in the context of spiritual growth but also, from psychological, social, even scientific perspectives, have they come to be treasured for promoting emotional balance and positive relationships. The most recent work on the cultivation of the Brahmavihara 4 has been on the first two: loving-kindness and compassion meditation. Less work has been done on appreciative joy and equanimity. The majority of studies combined various techniques and applied both meditation practices and didactic approaches, including group discussions. Such programs generally include aspects for people to focus on aspirations, well-wishing, contemplative practices, and visualizations for self-care expanding into universal compassion. (Jyotsna, P., and Sahota, J., 2020).

the studies related to the significant of Brahmavihāra 4 are as follows:-

1. Nielsen and Tollestrup examine how collaborative models in group environments gain from the presence of empathy and compassion, key elements of Brahmavihāra. They highlight that these attributes improve mutual understanding and communication among group members. (Nielsen and Tollestrup, 2012).

2. Brambilla et al.'s study of dense colloidal hard spheres using mode-coupling theory (MCT) can be metaphorically compared to the interconnectedness and interdependence seen in the Four Immeasurables. Just as each state in this framework mutually supports and enhances the others, their analysis reflects a cohesive and integrated system. (Brambilla et al., 2010).

3. Abbas's meta-analysis comparing distal radial access (DRA) to conventional radial access (RA) for coronary angiography highlights how compassion and empathetic joy in medical care can enhance patient outcomes and reduce complications. (Abbas, 2022)

4. Kennedy et al. explore how the rise of big data provides new opportunities to understand human behavior and social interactions, guided by the principles of Brahmavihāra. This approach helps cultivate a society that values compassion and empathy. (Kennedy, Scriven and Nenycz-Thiel, 2014).

5. Spitzner and Meixner's collaborative autoethnography on teaching statistics through personal connections illustrates how Mettā (loving-kindness) and Karuna (compassion) can transform educational settings, fostering deep understanding and mutual respect. (Spitzner and Meixner, 2021).

6. Thi et al.'s investigation into drug interactions with warfarin underscores the vital importance of compassion and empathetic joy in healthcare, ensuring that patients receive both optimal and safe treatments. (Thi, Shaw and Bird, 2009)

2. Benefits of Brahmavihara 4 :

The benefits of Brahmavihara can be noted accordingly:-

1. **Ease of Attainment:** The brahmavihāras provide a gentler and more Accessible route to mental liberation than the profound absorption states like jhāna. By nurturing mettā (loving-kindness), compassion, sympathetic joy, and equanimity, practitioners can attain a

sense of "heaven on earth" without requiring intense concentration. This method alleviates the stress often linked with achieving deep absorption states and offers a foundational experience of freedom and positivity. (Bhikkhu Analāyo, 2015)

2. **Transformative Effect on Emotions:** In contrast to other meditation practices like *kaṣiṇas* or mindfulness of breathing, which mainly emphasize concentration, the *brahmavihāras* actively work to transform emotional states as well. For instance, regular practice of *mettā* can markedly decrease feelings of anger and foster a tendency to respond to difficult situations with kindness rather than hostility. This dual advantage of promoting mental tranquility while transforming negative emotions makes the *brahmavihāras* especially effective for personal growth and emotional healing. (Bhikkhu Analāyo, 2015)

3. **Suitability for Western Practitioners:** In Western settings, many individuals approach meditation with complex emotional challenges or psychological issues. The *brahmavihāras*, focusing on kindness, compassion, joy, and equanimity, offer a supportive framework that complements insight meditation (*vipassanā*). Unlike some traditional methods that may not directly address deep-seated emotional concerns, the *brahmavihāras* provide valuable tools for emotional healing and personal growth. This makes them particularly accessible and relevant for Western practitioners who may benefit from integrated approaches that combine meditation with psychotherapy. (Bhikkhu Analāyo, 2015)

Cultivating Gratitude for Multicultural Practitioners by Brahmavihara 4

The definition of cultivating gratitude for multicultural practitioners can be defined as the following details:-

1. **Multifaceted Approach:** Cultivating gratitude among multicultural practitioners involves a comprehensive strategy that addresses cognitive, emotional, attitudinal, and behavioral dimensions. This approach honors and respects diverse cultural interpretations and values of gratitude. In positive psychology, gratitude is understood as both an emotion and a mindset that acknowledges positive outcomes from external sources. It fosters feelings of appreciation and provides benefits such as reduced psychological distress, improved sleep quality, enhanced relationships, and greater workplace engagement. (Nausheen Pasha-Zaidi et al., 2021)

2. **Applications in Therapy:** Gratitude practices hold considerable potential in therapeutic settings, enhancing mental health and promoting healing in relationships. These practices can be purposefully cultivated through a variety of self-strategies and techniques. (Emmons and Stern, 2013)

3. **Educational Settings:** Incorporating gratitude into daily school routines can enhance students' satisfaction with their relationships, academic experiences, and overall life. This integration fosters a sense of generosity and encourages prosocial behavior among students. (Hillary M. Franks, 2021)

4. **The effectiveness of gratitude interventions can differ;** some research shows that they offer modest but meaningful benefits, particularly when compared to negative conditions. However, other studies suggest that gratitude may not be more effective than other positive psychology methods. (Dickens, 2019)

The practice of cultivating gratitude for multicultural practitioners can be noted as follows:-

1. **Benefits Across Domains:** Cultivating gratitude has shown significant benefits in various areas, including mental health, overall well-being, and professional engagement. This makes it a valuable intervention for practitioners working in diverse cultural settings. (Cheng, Tsui and Lam, 2015).

2. **Reduction of Stress and Depressive Symptoms:** Research indicates that gratitude can significantly reduce stress and depressive symptoms among healthcare practitioners. By helping them focus on appreciative aspects of their work environment, gratitude interventions have shown positive effects, as demonstrated in a randomized controlled trial conducted in public hospitals. (Cheng, Tsui and Lam, 2015)

3. **Improvement in Psychological Well-Being and Sleep:** Additionally, gratitude interventions have been found to improve psychological well-being and sleep quality. This is particularly relevant for health professionals and students who are experiencing increased stress and burnout, especially during the COVID-19 pandemic. (Hollingsworth and Redden, 2022)

4. **Educational Benefits:** Gratitude practices offer advantages beyond healthcare settings, extending to educational environments as well. They can improve student satisfaction with relationships and school life, and also promote a sense of community and contribution. (Franks, 2021)

5. **Addressing Burnout:** Programs that focus on gratitude practices (GPP) have been proposed as effective interventions for reducing burnout among educators in non-traditional educational settings. These programs have shown promise in enhancing work engagement and overall well-being. (Wandell, 2016)

6. **Cultural Considerations:** Despite the recognized benefits of gratitude interventions, there is a notable lack of research conducted within multicultural contexts. This highlights the need for further studies to fully understand the impact of gratitude practices across diverse cultural backgrounds. (Dickens, 2019)

Gratitude allows people to have more positive feelings, appreciate pleasant times, fosters health, cope with adversity and may maintain healthy inter-personal relationships. (KHAN et al., 2021) These virtues can be quite helpful to a multicultural practitioner, especially in the areas of emotional resilience, positive relations with others, and one's own well-being. For example, loving-kindness and compassion increase feelings of empathy and reduce prejudice; empathetic joy strengthens social connections, while equanimity helps one manage stressful situations and emotional instability (Neff, 2003).

1. Integrating Gratitude and Loving- Practitioners can nurture this gratitude by practicing appreciation and acknowledging positive contributions of others. It will be further instigated by other loving-kindness practices such as meditation and affirmations, which create a supportive and positive environment. Loving-kindness meditation has been found to enhance such positive feelings and social interaction through research (Fredrickson and Joiner, 2002).

2. Compassion Enhancement through Gratitude. Gratitude further deepens compassion as it is a way in which focus can be changed from personal grievances toward the endeavors and struggles of others. This can relieve frustration, increase empathy, and therefore make one more effective. It is said that compassion-focused therapies help people in toning down their self-criticisms and other negative thoughts, thus increasing emotional resilience (Gilbert, 2009).

3. Promoting Empathetic Joy. Through celebration of others' successes and happiness, one can create an uplifting and inclusive environment. Gratitude practices that focus on celebrating the accomplishments of colleagues and clients foster ties with the community and personal well-being. This has been advanced to build supportive relations and social unity (Salzberg, 2002).

4. Maintaining Equanimity. It seems that gratitude helps put challenges into perspective, keeping equanimity even when things are difficult. It has been suggested that recognizing the positive elements alongside challenges can form a more resilient and stable mindset required for managing the multiple pressures of multicultural practice. Such

equanimity practices as mindfulness meditation have been shown to reduce stress and improve emotional regulation.

Cultivating gratitude among practitioners in a multicultural society can be achieved through the training of mindfulness and loving-kindness. This approach is grounded in the teachings of the Buddha, particularly regarding loving-kindness as found in the Four Divine Abodes (Brahmavihara). The implementation of the Mindfulness Wisdom & Loving Kindness program not only helps practitioners become aware of their own feelings and emotions but also enables them to recognize the importance of gratitude within the context of Thai culture.

Gratitude is a fundamental value in Thai society, serving as a foundation for positive relationships within families and communities. This practice allows those living abroad to teach their children the significance of gratitude, from showing respect to benefactors to supporting and helping one another within the family.

In practice, this program involves activities that encourage participants to cultivate mindfulness and engage in meditation, which fosters a deeper connection to their families and cultural roots. Furthermore, the practice of loving-kindness through sending well-wishes to others enhances love and understanding within the family, resulting in a more peaceful atmosphere and improved communication.

By instilling gratitude in the younger generation through this educational framework, families can effectively reduce misunderstandings. This creates a foundation of love and trust, guiding them to live meaningful lives and establishing strong, lasting relationships in a diverse cultural society.

Conclusion

The present article has explored the critical role of gratitude in enhancing multicultural practitioners' well-being through the frame of Brahmavihara 4 in Buddhism teachings. By integrating gratitude into such elements as loving-kindness (metta), compassion (Karuna), empathetic joy (Mudita), and equanimity (Upekkha), the practitioners may be able to foster a more resilient, positive way of approaching their mental and physical well-being.

Existing research has also suggested that many western-practitioners come to meditation with complex and emotional baggage or some type of psychological issues. The Brahmavihara 4, with their emphasis on kindness, compassion, joy, and equanimity, offers a supportive framework that complements insight mindfulness meditation (vipassanā). Unlike some traditional methods that may not directly address deep-seated emotional issues, the Brahmavihara 4 provide tools for emotional healing and personal growth, making them more accessible and relevant for Western practitioners who may benefit from integrated approaches combining meditation and psychotherapy. (Ibid)

We recommend future research further exploring how to cultivate these different principles of Buddhist teachings such as gratitude, Brahmavihara 4, mindfulness meditation practice and the long-term impacts on multicultural practitioners' psychological well-being and effectiveness.

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