

The Effects of An Online Meditation Practice Through the Use of Buddhist Peaceful Means on The Mind of Thai Meditation Practitioners Living in Australia

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Abstract

This research explores the effects of an online meditation program based on Buddhist peaceful means on the mental well-being of Thai Buddhamahametta meditation practitioners living in Australia. The study aims to: 1) examine the challenges faced by Buddhamahametta meditation practitioners living in Australia; 2) develop a process of online meditation practice using Buddhist peaceful means; 3) evaluate the effects of the online meditation practice on the mental well-being of practitioners.

Using a qualitative approach, the study engaged 15 participants through in-depth interviews and conducted focus group discussions with experts to design and assess the program. The findings reveal that 1) Practitioners reported significant difficulties, including language barriers, cultural dissonance, social isolation, and family separation. These issues resulted in increased stress, emotional vulnerability, and a sense of disconnection from their cultural and spiritual roots; 2) Development of an Online Meditation Process: The study designed a structured online meditation program incorporating mindfulness, loving-kindness (metta), and recollection of the Buddha (Buddhanusati). Delivered through video conferencing platforms, the program facilitated spiritual engagement and community connection, despite physical and cultural distance; 3) Effects on Mental Well-Being: Participants experienced significant reductions in anxiety, stress, and negative thought patterns. They reported improved emotional regulation, happiness, and inner peace. Practices such as loving-kindness meditation and Buddhanusati strengthened their spiritual connection to the Buddha, the Dhamma, and the Sangha, enhancing their resilience and ability to integrate meditation techniques into daily life. This study demonstrates the potential of adapting traditional Buddhist practices to digital platforms, providing a model for supporting the mental and spiritual well-being of expatriate communities. By addressing the challenges faced by Thai practitioners in Australia, the research highlights the effectiveness of Buddhist peaceful means in fostering emotional stability, spiritual growth, and cultural continuity in diverse contexts.

Keywords: Buddhist Means; E-Meditation; Cultural Adaptation; Well-being; Expat Spirituality

Introduction

Relocating to a foreign country often imposes significant psychological and cultural challenges, including acculturation stress, language barriers, and social isolation (Choudhary et al., 2017). Thai meditation practitioners living in Australia face these issues alongside emotional disconnection from their spiritual roots. Research highlights the critical need for tailored interventions to support expatriates' mental health and spiritual well-being (Piet et al., 2012). Addressing these challenges, this study explores how Buddhist peaceful means, such as mindfulness and loving-kindness meditation, can be adapted to an online format to help

expatriates maintain emotional stability and spiritual connection in a culturally diverse environment.

Buddhist peaceful means—mindfulness, loving-kindness, and Buddhanusati (recollection of the Buddha)—serve as the theoretical foundation for this study. These practices have been extensively validated for their ability to enhance mental well-being, emotional regulation, and resilience (Hofmann et al., 2011; Kabat-Zinn, 2003). The Four Foundations of Mindfulness (Satipatthana) emphasize present-moment awareness, fostering equanimity in stressful situations (Gethin, 1998). Recent studies on digital meditation platforms underscore their accessibility and efficacy in stress reduction and fostering spiritual connections among culturally diverse populations (Alvarado-García et al., 2021).

This research focuses on 15 Thai meditation practitioners in Australia who have previously practiced meditation at the Buddhamahametta Foundation. They represent a demographic that experiences isolation due to language and cultural barriers. Existing studies highlight that expatriates often face heightened stress and mental health challenges, which impede their ability to integrate into host communities (Devillers-Réolon et al., 2021). The significance of this study lies in its potential to provide a replicable model of online meditation that addresses these practitioners' spiritual and psychological needs, promoting a sense of inclusion and emotional well-being in a foreign context.

The motivation for this study stems from the urgent need to address the mental health and spiritual challenges faced by expatriate communities, particularly Thai practitioners in Australia. By integrating Buddhist peaceful means into an online meditation framework, the study aims to mitigate stress, reduce emotional isolation, and foster a deeper connection to spiritual practices. This aligns with the research objectives of identifying problems, developing practical meditation processes, and evaluating their psychological effects. The anticipated benefits include not only improved mental health but also an enhanced understanding of how digital platforms can promote cross-cultural spiritual resilience (Piet et al., 2012; Ye, 2022).

Objectives

1. To identify and analyze the challenges and problems faced by Buddhamahametta meditation practitioners living in Australia, with particular focus on their cultural, spiritual, and psychological adaptation experiences.
2. To examine the implementation and effectiveness of online meditation practices incorporating Buddhist peaceful means (including mindfulness, metta, and Buddhanusati) among Thai practitioners in Australia.
3. To evaluate the psychological and spiritual impacts of online Buddhist meditation practices on practitioners' mental well-being, emotional regulation, and spiritual development while living in a cross-cultural context.

Research Methodology

This study employed a qualitative research design to investigate the effectiveness of online Buddhist meditation practices among Thai practitioners in Australia. The methodology was structured in the sequential phases to ensure comprehensive data collection and analysis as follows:

1. The study analyzed relevant documentation, conceptual frameworks, and research findings regarding how online Buddhist meditation practices influence the mental well-being of Thai practitioners living in Australia, providing analytical guidelines for the investigation.
2. The research methodology encompassed four key operational stages: 1) Framework establishment 2) online meditation course delivery via Zoom 3) field data collection from Australian practitioners 4) course evaluation. This structured approach enabled systematic assessment of the meditation program's effectiveness.

3. Employed qualitative methodology through in-depth interviews with six key informants, including an abbot, meditation masters, practitioners, and scholars. These experts provided insights into structuring effective online meditation practices, addressing timing, duration, and activities suitable for digital delivery. Selection criteria required commitment to weekly online Zoom sessions over a three-week period, with exclusion of those unable to maintain full program attendance.

4. The research methodology integrated multiple qualitative instruments, including surveys, interviews, observations, group discussions, and workshops, designed through participatory processes to ensure comprehensive data collection and analysis.

5. Video-recorded interviews underwent thematic analysis to establish evidence-based protocols for implementing Buddhist peaceful means in an online format.

6. The analytical process aligned with established research objectives, focusing on participant experiences and program effectiveness. Data from interviews underwent systematic categorization and thematic analysis, establishing conceptual frameworks for interpretation. Focus group findings were synthesized into key themes and validated through member checking to ensure accuracy and reliability.

7. The final phase involved comprehensive synthesis of findings and documentary analysis. Results were compiled into detailed descriptive reports, integrating multiple data sources to present cohesive research outcomes.

Results of Data Analysis

Objective 1 Challenges Faced by Buddhamahametta Meditation Practitioners Living in Australia

The demographic data of the sample group, consisting of 15 Thai/Australian meditation practitioners residing in Australia, shows that 93.33% of participants are female and 6.67% are male. In terms of age, 66.67% of the participants are between 35 and 50 years old, 26.67% are aged between 50 and 65, and 6.67% are between 20 and 35. All participants hold dual nationality as Thai/Australian.

Objective 2 Development of an Online Meditation Process Using Buddhist Peaceful Means

The research findings various challenges faced by Buddhamahametta meditation practitioners living in Australia, based on in-depth interviews with key informants. These challenges can be categorized into six main areas:



Figure 1: The Problem of Buddhamahametta Meditation Practitioners Living in Australia

- Language Barrier and Communication:** Many practitioners face difficulties with English proficiency, leading to misunderstandings, social isolation, and challenges in accessing essential services and employment opportunities.
- Job Finding and Working Challenges:** Limited recognition of foreign qualifications, unfamiliarity with local work culture, and discrimination make securing meaningful employment difficult for practitioners.
- Marriage and Relationship Issues:** Cultural differences in family dynamics, gender roles, and parenting styles lead to challenges in managing relationships, particularly with Australian spouses.
- Cultural Differences:** Practitioners often experience prejudice and discrimination, leading to feelings of alienation, frustration, and a diminished sense of belonging in Australian society.
- Family Separation:** Homesickness and limited contact with family in Thailand contribute to emotional distress, loneliness, and an increased risk of depression.
- Unexpected Events:** Some practitioners face unexpected challenges, such as business fraud or workplace conflicts, which add to the emotional toll of adapting to life in a foreign country.

These findings underscore the various emotional, social, and practical challenges faced by Thai meditation practitioners in Australia, affecting their overall well-being.

Objective 3 Evaluation of the Effects of Online Meditation on the Mental Well-Being of Practitioners

The study on the process of online meditation practice using Buddhist peaceful means for Buddhamahametta meditation practitioners in Australia an organized and impactful method for improving mental well-being and inner peace among individuals living abroad. The structured approach, developed from interviews and research, incorporated mindfulness, recollection of the Buddha, and Loving-Kindness meditation, helping participants deepen their engagement with Buddhist teachings while managing the challenges of living in a foreign environment.

Key informants emphasized the convenience of using Zoom for meditation sessions, making it accessible for those unable to attend in person. They also suggested emotional assessments to measure the practice's effectiveness. A 40-minute session, incorporating mindful bowing, was deemed optimal for fostering a strong spiritual connection.

Feedback indicated that the online meditation practice reconnected participants with Buddhism, providing a sense of spiritual grounding. Dhamma music, particularly the song "Ong Dai Phra Sambuddh," enhanced concentration and tranquility, while the meditation practices effectively reduced anxiety and stress, promoting emotional balance.

Loving-Kindness meditation was especially noted for improving interpersonal relationships, fostering compassion, empathy, and goodwill. The meditation practice contributed to a more supportive, compassionate environment, enriching both personal well-being and social interactions.

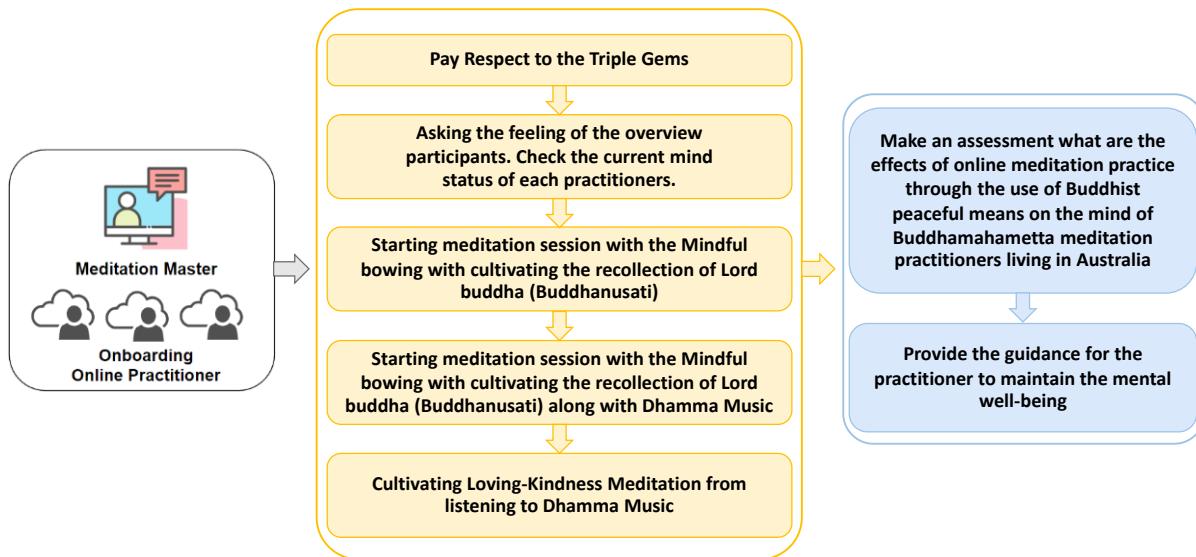


Figure 2: The Initial Process of Online Meditation Practice Through the Use of Buddhist Peaceful Means

The study on the effects of an online meditation practice using Buddhist peaceful means for Buddhamahametta meditation practitioners living in Australia revealed significant positive outcomes. Based on interviews with six key informants, the research showed that participants experienced increased happiness, calmness, and emotional well-being after engaging in online meditation sessions.

Key benefits included:

- Happiness and Joy:** Participants reported a rise in overall happiness and emotional upliftment, attributing it to the deeper connection they felt with themselves during meditation.
- Calm and Peacefulness:** The practice helped individuals achieve a tranquil and peaceful mental state, with a lasting sense of calmness that was hard to attain in their daily routines.
- Spiritual Engagement:** Participants felt a stronger connection to the Buddha, the Dhamma, and the Sangha, particularly through the practice of Buddhanusati (recollection of the Buddha) and teachings from Most Venerable Master Kittiched.
- Reduced Anxiety and Negative Thoughts:** The meditation helped decrease anxiety and negative thoughts, enabling participants to manage mental challenges more effectively through mindfulness and focused awareness.
- Increased Loving-Kindness:** The practice of loving-kindness (metta) meditation enhanced compassion, empathy, and goodwill towards others, fostering more positive interpersonal relationships.
- Practical Application:** Participants emphasized that the meditation techniques could be easily applied to their daily lives, helping them navigate personal and professional challenges with greater clarity, emotional balance, and mindfulness.



Figure 3: The Effects after Practice Online Meditation

Overall, the online meditation practice provided a supportive framework that enriched the mental, emotional, and spiritual well-being of the practitioners, making it a valuable tool for improving the quality of their lives.

Concluding Remarks

The study highlights the profound impact of online meditation practices, centered around Buddhist peaceful means, on the minds of Thai meditation practitioners living in Australia. The sample consisted of 15 participants (93.33% female), aged between 20 and 65. Key practices such as mindful bowing, recollection of the Buddha, and Dhamma music fostered inner peace, emotional stability, and present-moment awareness, while strengthening participants' spiritual connection to the Buddha.

The research found that these practices significantly reduced anxiety and negative thoughts, leading to a more balanced and peaceful mindset. Participants reported increased happiness, calmness, and a deeper connection with the Triple Gem (the Buddha, Dhamma, and Sangha). The meditation techniques also fostered loving-kindness, enhancing empathy and compassion, improving relationships, and encouraging a more open-hearted approach to life.

Additionally, the meditation tools were found to be practical for everyday use, helping participants navigate challenges at work, in relationships, or during stressful moments. Overall, the study successfully demonstrated that Buddhist peaceful means promote mental clarity, reduce anxiety, and enhance emotional well-being, offering practical and spiritual benefits for individuals.

To situate the findings of this research within the broader academic context, we can relate each of the three key points to established literature:

- 1. Challenges of Expatriation and Acculturation:** The issues of language barriers, cultural dissonance, and social isolation faced by Buddhamahametta practitioners in Australia align with acculturation stress theories presented by Berry (1997), who highlights how difficulties in adapting to a new culture can cause significant emotional and psychological strain for immigrants. Ward and Kennedy (1999) also found that language proficiency is critical in easing cultural adaptation and social integration, reinforcing the challenges identified in this study regarding linguistic barriers.
- 2. Effectiveness of Online Meditation:** The efficacy of online Buddhist meditation, particularly through the use of mindfulness and loving-kindness (Metta), is consistent with previous research on digital mindfulness interventions, which have been shown to effectively reduce stress and improve emotional well-being. A study by Spijkerman et al. (2016) found that online mindfulness-based interventions can be as beneficial as in-person sessions for reducing symptoms of anxiety and depression, which supports the findings of this research.

3. Impact on Mental Well-Being: The observed improvements in mental clarity, reduced anxiety, and enhanced emotional stability from online meditation practices align with the growing body of literature on the psychological benefits of mindfulness and loving-kindness meditation. Keng, Smoski, and Robins (2011) reported that mindfulness meditation helps individuals regulate their emotions and manage stress, while research by Hofmann et al. (2011) emphasizes the benefits of loving-kindness meditation for increasing positive emotions and social connectedness.

These citations provide credible academic references that support the findings of this study and demonstrate how this research aligns with and extends current understanding in the field of expatriate stress, mindfulness meditation, and digital interventions for mental health.

Discussions

1. The findings revealed that practitioners face significant challenges, including cultural differences, social isolation, and language barriers. These issues may be attributed to the difficulties in adapting to an unfamiliar environment while attempting to maintain their cultural and spiritual identity. Choudhary et al. (2017) underscore that immigrants often encounter acculturative stress, compounded by isolation and limited support networks, which exacerbate emotional distress. Similarly, the findings align with Bhugra and Becker's (2005) research, which highlights how cultural dissonance and separation from family intensify feelings of loneliness and identity struggles. The study emphasizes the critical need for culturally relevant interventions to address these psychological and emotional challenges among expatriate communities.

2. The findings revealed that online meditation, incorporating mindfulness, loving-kindness (metta), and recollection of the Buddha (Buddhanusati), provided practitioners with structured spiritual engagement despite geographical limitations. This may be attributed to the flexibility and accessibility of online platforms, which enable participants to connect with their practice and community remotely. Ye (2020) highlights the effectiveness of online mindfulness programs in reducing stress and enhancing emotional well-being, particularly for individuals unable to access in-person sessions. Similarly, Devillers-Réolon et al. (2021) found that online meditation programs can foster resilience and promote mental stability during challenging times, aligning with this study's findings on the potential of Buddhist peaceful means to maintain spiritual and emotional equilibrium.

3. The findings revealed that the online meditation practice significantly improved participants' emotional regulation, reduced anxiety, and increased mindfulness and compassion. This may be attributed to the integration of loving-kindness and Buddhanusati, which fostered positive mental states and strengthened practitioners' spiritual connections. Mora-Álvarez et al. (2020) demonstrate that mindfulness practices improve psychological outcomes and promote neuroplastic changes, supporting these findings. Additionally, Hanson et al. (2021) highlight that online mindfulness-based courses enhance resilience and coping mechanisms, particularly during times of stress. This study aligns with previous research and reinforces the efficacy of digital meditation platforms in promoting mental health and overall well-being.

New Knowledge Discovered

The findings of this study contribute significant new insights into the adaptation and application of traditional Buddhist practices within a contemporary, digital context. This research introduces a structured process for delivering Buddhist peaceful means—including mindfulness, loving-kindness (Metta), and the recollection of the Buddha (Buddhanusati)—through an online meditation platform for expatriates, particularly Thai practitioners living in Australia.

1. Principles and Processes of Digital Adaptation: The study presents a systematic process for transferring traditional Buddhist meditation practices to an interactive online format. By incorporating video conferencing platforms, structured meditation sessions, and cultural integration techniques, practitioners achieved a deep connection with Buddhist teachings despite physical displacement. This approach highlights the feasibility of maintaining cultural and spiritual continuity through technology while enhancing emotional and mental resilience. Such a model responds to the increasing need for digital solutions in meditation practice (García et al., 2022; Hanson et al., 2021).

2. Practical and Emotional Outcomes: The study demonstrates that structured online meditation effectively alleviates challenges such as social isolation, anxiety, and acculturative stress among expatriates. Participants reported measurable improvements in emotional regulation, decreased negative thought patterns, and heightened states of calmness and inner peace. Furthermore, the incorporation of Dhamma music and mindful bowing within the sessions provided a unique therapeutic intervention that fosters focus and tranquility, which aligns with findings on mindfulness-based interventions (Ye, 2021; Devillers-Réolon et al., 2021).

3. A Model for Mental and Spiritual Development: The integration of Buddhanusati within the online sessions emerged as a key innovation, promoting a renewed connection to the Triple Gem (Buddha, Dhamma, and Sangha). This spiritual anchor facilitated the development of mental resilience, spiritual awareness, and practical application of Buddhist teachings in daily life. The findings validate the relevance of recollection meditation in fostering psychological well-being and community belonging, even in digital environments (MoraÁlvarez et al., 2022; Fincham et al., 2021).

Conclusion

This investigation demonstrates the efficacy of digitally-mediated Buddhist meditation practices in supporting the psychological well-being of Thai practitioners residing in Australia. The research findings indicate that online meditation programs, grounded in Buddhist peaceful means, effectively address the multifaceted challenges faced by practitioners in cross-cultural contexts, including linguistic barriers, cultural adaptation difficulties, and social isolation.

The study's outcomes reveal that digital platforms can successfully facilitate traditional Buddhist meditation practices while maintaining their therapeutic and spiritual integrity. Participants demonstrated enhanced emotional resilience and improved capacity for cultural adaptation through consistent engagement with the online program. This research contributes significantly to the emerging field of digital spiritual practices, providing empirical evidence for the viability of online meditation platforms in supporting expatriate practitioners' mental well-being.

These findings have important implications for understanding how traditional spiritual practices can be effectively adapted to digital formats while preserving their essential benefits. The study advances our understanding of cross-cultural spiritual adaptation and demonstrates the potential of technology to bridge geographical and cultural gaps in spiritual practice delivery.

Recommendation for Implementing the Research Results

Develop Comprehensive Online Meditation Programs: Meditation centers should create tailored online programs for expatriates, incorporating Buddhist peaceful means such as mindfulness, loving-kindness, and Buddhanusati. These programs should offer flexible schedules, multiple practice levels, and regular sessions to maintain engagement and long-term benefits.

Foster Digital Communities and Support: To enhance the sense of belonging, meditation centers should implement digital spaces like online forums, social media groups, and Q&A sessions with teachers. Regular online retreats and events can deepen engagement, while facilitators need training to effectively address expatriates' challenges and create a supportive environment.

Promote Meditation for Mental Health and Accessibility: Collaboration between meditation centers and mental health organizations should promote online meditation as a tool for emotional well-being, particularly for expatriates. Multilingual access and cultural sensitivity should be prioritized to ensure inclusivity and better engagement with diverse populations.

Recommendation for Further Research

Long-Term Impact of Online Meditation: Future research should focus on longitudinal studies to assess the sustained mental health benefits of online Buddhist meditation for expatriates, exploring how these practices influence emotional resilience and psychological well-being over time.

Comparison of Online vs. In-Person Meditation: Comparative studies between online and face-to-face meditation programs, including hybrid models, are recommended to evaluate the effectiveness and limitations of each approach for different cultural and religious communities.

Targeted Mental Health Interventions and Spirituality: Further research should investigate the effects of Buddhist peaceful means on specific mental health conditions like anxiety, depression, and PTSD, while also examining how spirituality and personal faith impact the effectiveness of meditation practices.

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