Invitation to an Event Hosted by the

Department of Buddhology and Tibetan Studies (ELTE, Budapest)

Grzegorz Polak

(Dr hab., UMCS Professor, Institute of Philosophy, Maria Curie-Skłodowska University, Lublin, Poland)

will give a lecture titled:

Why Should Ethical Conduct Lead to Samādhi? Hindrances, Pleasure, and the Transformation of Mind in Early Buddhism

Time:

Thursday, November 12, 2026, 5:30–7:00 p.m.

Location:

ELTE BTK Kodály Zoltán Kamaraterem

1088 Budapest, Múzeum körút 4., F épület (magasföldszint / Fsz. 25.)

Summary of the presentation:

The starting point is a seemingly simple problem: why should ethical conduct facilitate the attainment of *samādhi*? The proposed explanation focuses on the psychological character of the five hindrances, which may be understood not merely as distractions but as expressions of underlying motivational pressures. Their disappearance may therefore produce both a profound sense of relief and pleasure and a transformation of the mind's cognitive functioning. The lecture would explore what this suggests about the relationship between Buddhist ethics, meditation, and psychological transformation. It would also raise some broader questions about how *samādhi* itself should be understood.



Buddha in *samādhi*. Gal Vihara, Sri Lanka © Bernard Gagnon - https://commons.wikimedia.org/w/index.php?curid=6685350