

Concentration and Absorption in Trilogy Movie Scenes Based on Vidantasa Samadhimādhī Curriculum of the Willpower Institute*



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Abstract

This research article has the following purposes 1) to study concentration and absorption according to the definitions of the Willpower Institute, 2) to study the mise-en-scene in trilogy films based on the concept of concentration and absorption through semiotic film analysis, and 3) to analyze the coherence of trilogy movie elements in the aspect of concentration and absorption. The methodology is a qualitative research study based on basic research, which interpreted the concept of concentration and absorption from the Willpower Institute. However, the study focused on the absorption level, paṭhama-jhāna and the semiotic theory of Ferdinand de Saussure. The analysis of mise-en-scene in the trilogy movies has presented the benefits of concentration and portrayal of absorption state from *The Matrix* and *Kung Fu Panda* as a guide for movie study concerning concentration and absorption.

The results of research were as follows: 1. The definition of concentration and absorption from the Willpower Institute has the clear idea that concentration is the cause and absorption is a result, which requires concentration as an essential base. Therefore, concentration is divided into three levels: 1) khaṇika-samādhī, 2) upacāra-samādhī, and 3) appanā-samādhī. Moreover, absorption can be divided into two main characteristics; rūpa-jhāna and arūpa-jhāna. 2. The development of absorption in trilogy movies appears from the main characters, Po and Neo. They gradually show intense levels of absorption, respectively. Po in *Kung Fu Panda* illustrated that the state of rūpa-jhāna extends to the arūpa-jhāna. In contrast, *The Matrix* begins by alternating between the arūpa-jhāna and rūpa-jhāna. The step of absorption are more complicated to interpret, which is an exciting presentation of how the meditation process result overlaps with it. 3. Mise-en-scene in the trilogy film study can be classified as 1) awareness mind, 2) delicate mind, 3) mind as one, 4) mind power, and 5) emptiness mind.

Keywords: Concentration; Absorption; Trilogy Movie; Movie Scene; Willpower Institute

*Received November 18, 2021; Revised March 10, 2022; Accepted March 11, 2022

Introduction

Meditation has been known for over 3000 years. In the past, it was used mainly for religious and spiritually-oriented goals. Since the 20th century, many philosophers in the eastern and western countries have modified it for new goals, improved physical and mental health, and enhanced human intellectual potential and aimed at the well-being of the body and mind (Dienstmann, 2018). However, in Thailand, the misconception of meditation as just an activity for senior citizens and retired people remains.

Documentary films and television programs should change this kind of public attitude or value based on the misconception mentioned. If properly practiced, meditation should be an effective tool enhancing the lives of people from 8 to 80 years old, from all walks of life. Appropriate practice and application of meditation should be viewed as a tool for a person to intensify this intellectual potential, creative ideas, and psychic power to the maximum level. There is no doubt that mass media, television, movies, and others can play a crucial role.

The meditation in the Western societies is gaining more and more attention (American Mindfulness Research Association, 2021). The popularity of meditation has appeared in mainstream media worldwide. Meditation in those mediums isn't illustrated in a traditional way. Instead, it is blended into regular life routines that make meditation in the Western world seem accessible to people in various ways. Moreover, movies can present the level of reflection from the beginner to the advanced. Meditation in movies has not often been used for expanding knowledge that most people can understand or have a positive attitude about because of the purpose within the entertainment media.

The benefits of meditation that have been taught in the Willpower Institute include, namely 1) relieving anxiety, 2) eliminating disease, 3) improving the brain and intelligence, 4) causing prudence before work, 5) suppressing insidiousness, 6) alleviating stress, 7) specially happiness, 8) making the mind soft, 9) providing a part of repentance for the wicked, 10) granting access to heaven after death, 11) blessings, and 12) charity with prayer and spreading merit (Somdet Phra Yanavachirodom, 2020). These benefits demonstrate the effectiveness of meditation that arises from the mind and body, extending from the individual to the societal level, covering the present and future. The aims of this institute focus on training the mind to have peace and happiness that is attainable through the practice of meditation. The main objective is to increase the power of the mind. The mind's power can develop from continually practicing concentration, absorption, and Insight, respectively, with concentration as the forces' base. Absorption is the result of concentration, and insight is the knowledge that leads to success which came from concentration and absorption; these three-factors being closely related to each other. These characteristics are challenging to explain, understand, or visualize because only practitioners can understand them clearly. However, there are still ways

to learn meditation: movies, a new branch of arts that can create images and stories for many people.

The movie is high art with a more significant influence on the public's minds than any other art. Cinema is classified as the seventh art form that addresses the aesthetic experience from a superficial appearance, including analyzing the film's functions, composition, and internal relationships (Boonyaketmala, 2009). There are many kinds of mainstream media that reflected to contents and scene elements in many aspect of meditation mind; such as **lifestyle series**: *The Goop Lab*; **documentary** *The Mind Explained*, *Schumacher*, *Accomplice*, *The speedcubers*, *Alphago*, *A Joyful Mind*; **hollywood film**: *The Matrix*, *Doctor Strange*, *the Last Airbender*, *Shang-shi*; **drama**: *Forest Gump*, *Whiplash*, **animation**: *Kungfu Panda*, *Avatar*, *The Legend of Aang*, *Ikkyusan*; **interactive**: *Headspace*. These successful form of media have the meditation concept for mind power, which has been popular in Western countries for more than two decades. In addition, many research had used movies as the therapy tools; for well-being (Madhav Goyal, 2014), positive behaviors (Smithikrai, 2016), including the ways of living within meditation for various activities.

In addition, movies are typically pay close attention to the details of the film's various elements to communicate with the audience to learn from the story through visual and audio language. Movies are worth studying and researching from the point of view of the meditation teacher curriculum. Many hollywood films show aspects of concentration and absorption such as *The Matrix* and *Kung Fu Panda*, which are good examples in this study because they have the appeared in a trilogy. Thus, we can understand the development in meditation practice and powers of the mind from the Willpower Institute aspect. The benefit of this research is to design guidelines for creating meditation scenes and elements in the movie, while expanding inspiration of meditation to the young generation. Ultimately, if adequately used, cinema can be an effective tool enhancing motivation, especially for focused-attention meditation by using technology-based approach. (Ziegler D.A. et al., 2019)

Objectives of the research

1. To study concentration and absorption according to the definitions of the Willpower Institute.
2. To study the mise-en-scene in trilogy films based on the concept of concentration and absorption through semiotic film analysis.
3. To analyze the coherence of trilogy movie elements in the aspect of concentration and absorption.

Research Methodology

1st Step: Documentary Study: literature review from books, research, dissertations, movies.

2nd Step: Field Study: long-term meditation online course generation 1 from Willpower Institute. (Thailand)

3rd Step: Research instruments and methods used in the study.

- Purposive Sampling: the movies trilogy that showed the development of absorption such as (1) *The Matrix; the Matrix, Reloaded, and Revolution* (2) *Kung Fu Panda; 1, 2, and 3*

- Research approaches: the content analysis with semiotic theory and dhamma, regarding concentration and absorption from Willpower Institution.

4th Step: Data analysis from trilogy movies with semiotic theory and the concept of concentration and absorption from Willpower Institution.

5th Step: Synthesize movie elements reflected into the meditation mind.

6th Step: Summary and presentation of the research results.

Research results

The first objective was to study concentration and absorption according to the definitions of the Willpower Institute. The research results found that the conceptual and definition in some parts are relative and overlapping and sometimes are the same thing. Additionally, concentration is a mental practice that has many types and definitions in different contexts or teachers. This institution defined meditation as a concentration that is calming, one emotion and the unification of the mind. However, it is not mean to be exalted into nirvana (Somdet Phra Yanavachirodom, 2020). Meditation is like taking a break to slow down the movement of brain waves by empowering with meditation. The mind is at rest and reduces movement. This process help the brain work more effectively. It is the accumulation of spiritual energy, thus causing a shallow concentration level, which encourages the mind to be practical. Deep Concentration is a supporter of peace that leads to stillness, entering the reverie, being happy in a supernatural way. However, one must have intelligence and be deceptive by the mental verb (Somdet Phra Yana Vachirodom, 2020)

Concentration is divided by sources into two types. The first type is natural concentration, which refers to the mind's power that everyone has carried since birth. The second type is Practical Concentration which has three levels: 1) *khaṇika-samādhī* is the momentary concentration, characterized by a short period to reach a unique comfort. 2) *upacāra-samādhī* is the level of access concentration that having proficient in meditating faster and longer. 3) *appanā-samādhī* is the highest level of concentration in which the mind is at rest as it desires. This stage of concentration can produce the absorption, such as *rūpa-jhāna* and *arūpa-jhāna* (See in table1-2). The aim of concentration is the mind power,

which is the original source of success. It is the only way for psychic energy that is created by practicing concentration.

Definition of Absorption (Jhāna)

Absorption means persisted on the still mind, a feeling of stillness, the feeling of touch. Therefore, comparing concentration with absorption will be like flame and light. Concentration is action, and absorption is the result of the action. Therefore, they came together but performed different functions, indistinguishably. (Somdet Phra Yana Vachirodom, 2020). The process of absorption starts from calming the mind, making the mind unified or one-pointedness, the feeling when touching the rough body, must be perceived to be left with only one feeling, to the left only to “the know”, which is the astral body. Thus, absorption and happiness coexist as bliss deep and sharp; absorption is bliss to the subtle mind, suitable for personal happiness, which may help strengthen the light of body and mind and enter wisdom. The last step of defining absorption is setting the mind to focus on the collective unit with stillness; after that, the mind will go to the profound stage and become contemplation. (Somdet Phra Yana Vachirodom, 2020).

Absorption is divided into two main groups: 1) the four rūpa-jhāna and 2) the four arūpa-jhāna (Table 3). The four rūpa-jhāna is a shallow concentration. It is a feeling of existence that does not mean the mind is gone but still feels. The evidence is to be aware that refers to ekaggatā; is one-pointedness, the process of roughness and subtlety by the emotion. The rūpa-jhāna is a deepening stage of meditation that arises from the power of rotation in the mind when the mind is entirely emotionless. So, it will remain as only one power. This power will simmer and spin that called a matrix. The rotation takes place during the subtlety of the mind. The mind will turn up and then simmer with psychic powers that feel like a specific feeling with nothing to involve, staying focused. Finally, the mind will enter absolute clarity, called “āyatana” meaning the origin of absorption, which does not like ekaggatā; but it is the eliminated emotion. Āyatana will cause external insensitivity; if one can still feel it, it will be a rūpa-jhāna. Concentrating in that place does not loosen up. It is called the first arūpa-jhāna, which will be a vacuum called aether. The mind can be concentrated there for many hours. Focused on the present moment, and it will not perceive what is happening outside. Perceiving only the vacuum is known as ākāśānañcāyatana-jhāna (sphere of infinity of space).

Table 1: The meaning of the elements in the four rūpa-jhāna by Willpower institute and dictionary of buddhism

Elements of the Four Rūpa-Jhāna	Meditation instructors’ Program of Willpower Institute. (Somdet Phra Yana Vachirodom, 2020)	Dictionary of Buddhism P.A. PAYUTTO (Phra Brahmagunabhorn, 2016)
1. Vitakka (Initial Thought)	The determination's mind to repetition in sacrificial words for beginning the concentration.	initial application; thought conception; thought.

Elements of the Four Rūpa-jhāna	Meditation instructors' Program of Willpower Institute. (Somdet Phra Yana Vachirodom, 2020)	Dictionary of Buddhism P.A. PAYUTTO (Phra Brahmaganabhorn, 2016)
2. Vicāra (Sustained Thought)	The mind is in the repetition. Contemplation of one's prayer determines the breath.	sustained application; discursive thinking; deliberation.
3. Pīti (Rapture)	Symptoms of a euphoric mind including goosebumps, bursting with light, tears, getting bigger, heavier, smaller, or floating.	rapture, delight, zest, interest.
4. Sukha (Happiness)	fullness, liberation, light-body and heartedness. The feeling of sheer happiness. It is exquisite physical and mental happiness like never before.	happiness; ease; joy; comfort; pleasure; physical or bodily happiness or ease.
5. Upekkhā (Equanimity)	The passive mind.	equanimity, even-mindedness; neutrality; poise; neutral feeling; neither pleasurable nor painful feeling.
6. Ekaggatā (One-pointedness of mind)	The unity of emotions, oneness, not distracted.	one-pointedness of mind; mental one-pointedness; concentration.

Table 2: Summary of the four rūpa-jhāna (Somdet Phra Yanavachirodom, 2020).

Level of the the four rūpa-jhāna	Vitakka	Vicāra	Pīti	Sukha	Upekkhā	Ekaggatā
1. Paṭhama-jhāna (the first absorption)	●	●	●	●		●
2. Duttiya-jhāna (the second absorption)			●	●		●
3. Tatiya-jhāna (the third absorption)				●		●
4. Catuttha-jhāna (the fourth absorption)					●	●

Table 3: Comparison of the four rūpa-jhāna and the four arūpa-jhāna (Somdet Phra Yanavachirodom, 2020).

The four rūpa-jhāna	The four arūpa-jhāna
1. Paṭhama-jhāna (the first absorption) The mind is in the prayer state. Mind and body are slightly separated. The mood will be calm as one. Don't bother with the hearing sound.	1. Ākāśānañcāyatana-jhāna (the fifth absorption) The Sphere of Infinity of space is nothing but emptiness with no other emotions involved. It is the air of emptiness.
2. Duttiya-jhāna (the second absorption) The prayer will disappear and the sound has no effect on the mind. It will be relieved, satisfied,	2. Viññāṇañcāyatana-jhāna (the sixth absorption) The Sphere of Infinity of Consciousness is specific in knowing; knowing is the soul in the subtle of the

The four rūpa-jhāna	The four arūpa-jhāna
happy, more delicate breathing. At this stage, this can happen after the disappearance of the first stage, then the mind stops thinking, and the breath gradually softens. After that, the mind will plummet into stillness.	body. It is the only feeling that is not an emotion, relying on the simmering of psychic powers for a long time until everything was exhausted, feeling nothing like a vacuity or soulless. It is like being in a place where there is nothing at all.
3. Tatiya-jhāna (the third absorption) The breath was very light, as if not breathing. The mind is bright. The mind has only the subtle pleasures of the mind. It is not related to the body; the mind and the body are entirely separated.	3. Ākiñcaññāyatana-jhāna (the seventh absorption) The Sphere of Nothingness will occur after the simmering of psychic powers by continuously empowering. The mind plummets into the abandonment of empty emotion. This stage will include a separation between the rough body and the subtle body.
4. Catuttha-jhāna (the fourth absorption) The breath will disappear, and it will feel as if they are breathless. Therefore, do not perceive any other emotion. The mind and body are completely separated; there is no feeling of happiness or suffering in silence mode. It does not perceive any physical sensations.	4. Nevasaññānāsaññāyatana-jhāna (the eighth absorption) The Sphere of neither perception nor non-perception. The mind enters the celestial body with power that can set the mind for a long time. This unconscious stage is a phenomenon of the mind where there is nothing, no contract or any feeling. Moreover, the mind will stay there for a very long time. It is called unrelenting concentration.

Tables 1-3 show the research focused on concentration and absorption, which are the basics of meditation. Hence, concentration, absorption, and insight work together in developing systems of mind significantly. Concentration is the force's foundation, Absorption is a force, and insight is the knowledge of success. The practical function of concentration can create absorption and Insight automatically if done in the right way and continuously. It brings many benefits or magical power of the mind to access the various sphere of Infinity. Furthermore, it can heal like a superhero in the movies if the mind achieves in that stage, as shown in the relationship in figure 1.

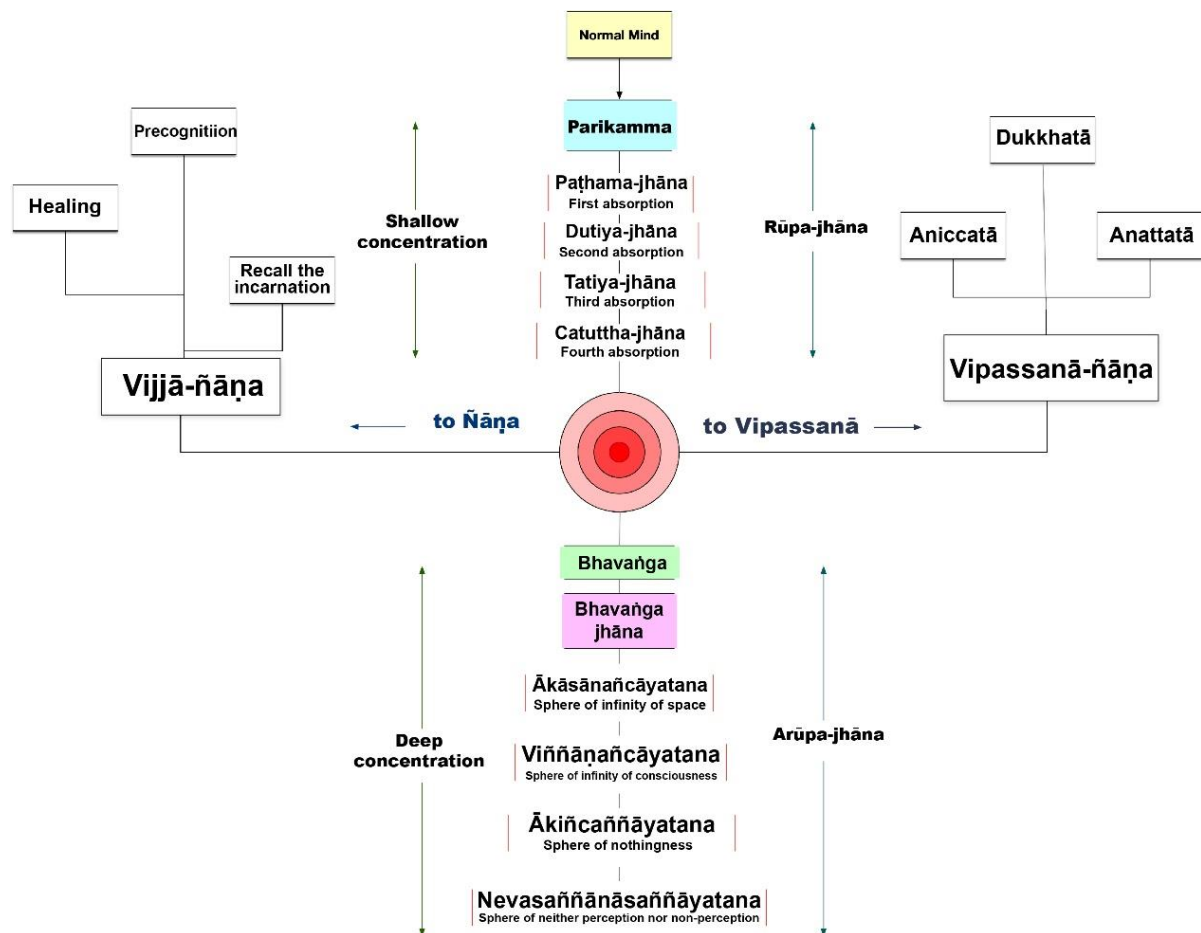


Figure 1: Meditation map of concentration, absorption and insight from the Willpower Institute.

Source: Adapted and translated from Somdet Phra Yanavachirodom (2020)

The second objective was to study the mise-en-scene in trilogy films based on the concept of concentration and absorption through the semiotic film theory of Ferdinand de Saussure. He mentions that linguistic involves two things; concept and sound-image, which is called the sign. They stimulate each other as the psychological entities that the signifier refers to as sound-image and the signified refers to as the concept. The signifier is the psychological imprint of image and sound in the brain, like the sense of "āyatana". It has an abstract character that is concrete in itself, not only a physical entity or phoneme. Furthermore, the signified is the concept that will occur when a signifier appears (Boonme, 2008). The research result found that mise-en-scene in movies contains various communication tools in each frame from perception about speech, facial expressions, gestures, light, color, sound, movement, and costumes. Therefore, learning content is necessary to understand the visual language and its context that was analyzed as below:

Mis-en-scene analysis of absorption in trilogy movies: the first absorption

1. Vitakka (Initial thought)



1



2



3

Content: 1) Oogway doing Absorption, he calls Shifu to talk about Tai Lung. (*Kung Fu Panda1*)

2) Shifu training mind in the cave. (*Kung Fu Panda2*)

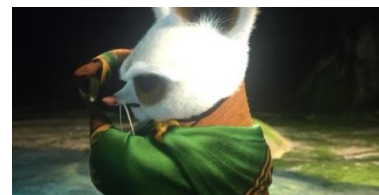
3) Po opened the grimoire, and it appeared empty. He only sees his reflection. (*Kung Fu Panda1*)

(All pictures source was capture from The Matrix trilogy and Kung Fu Panda trilogy movies).

Signifier: Standing upon one thing, focusing on water drop, the empty scriptures with reflection.

Signified: Seeing or keeping oneself from within the mind and mental emptiness.

2. Vicāra (Sustained thought)



Content: 1) Neo realized that there was only a mind in this place, not a coarse body. Therefore, his movement became faster. (*The Matrix*),

2) Shifu can combine psychic powers with water droplets to move as he pleases. (*Kung Fu Panda2*)

Signifier: Supernatural speed of movement, the water drop move follows the hand.

Signified: The development of the mind is enhanced by awareness of present time.

3) Pīti (Rapture)



1



2



3

Content: 1) Neo flew into the sky through the clouds to find the oracle. (*The Matrix Reloaded*)

2) Morpheus is encouraged by Captain Naomi. So, he flew from the captain's car to help the key maker on the truck successfully. (*The Matrix Reloaded*)

3) Po realized the secret of martial arts was emptiness, he calmed his mind, and fought with a sense of fun and natural movement. (*Kung Fu Panda1*)

Signifier: flying through the sky and full moon, a super-precise and powerful jump, the new combat index of death.

Signified: 1) Convenience in mind control,

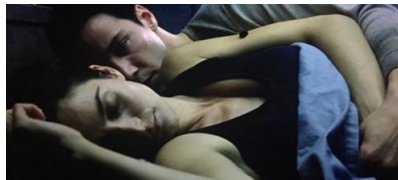
2) A still mind directs the body to fight during the conscious movement of moving objects,

3) Self-confidence leads to a calm mind and wisdom.

4. Sukha (Happiness)



1



2



3

Content: 1) The kisses and declarations of love call Neo's resurrection, which leads to the rise of absorption in the next level. (*The Matrix*)

2) Neo has the omen dream of Trinity in dangerous. (*The Matrix Reloaded*)

3) Neo flew after deciding to choose love over Zion city. (*The Matrix Reloaded*)

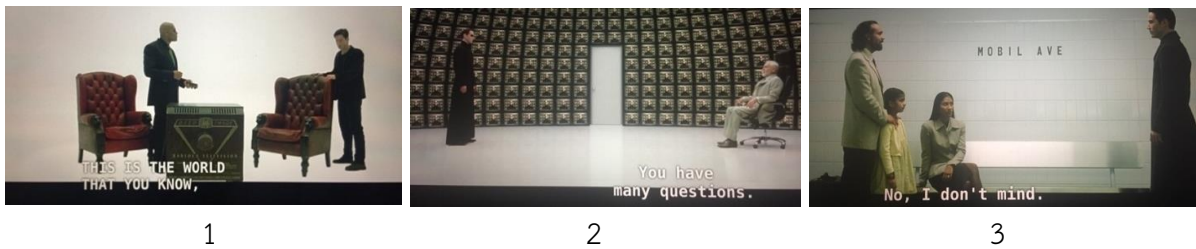
Signifier: The kiss with explosive light behind, the omen dream of Future, the superfast-flying distorted the surroundings and the clenched hands on the chair.

Signified: 1) Kissing stimulates the body, connecting the mind to command the resurrection that caused Neo's mind to rise from death,

2) Neo's subliminal consciousness and visualizing the future of his lover,

3) Flying is like concentrating the mind with high determination and clenching fists when the mind enters the body, trying to focus the mind and body on harmonizing the body and mind. It is a combination to increase the power of movement that is aware both physically and mentally.

5. Upekkhā (Equanimity)



Content: 1) Paradigm shift (*The Matrix*)
 2) Setting question and finding answer (*The Matrix Reloaded*)
 3) Thinking of a solution and the reason for entering the world of trainmen. (*The Matrix Revolution*)

Signifier: White tone scenes, bright and boundless, the protagonist is dressed in black and is always standing.

Signified: The blanking thought between the shifting of two worlds;

1) matrix-machine world,
 2) matrix-control world,
 3) machine-trainman world. This demonstrates awareness of the standing position and conversation with the wiser.

6. Ekaggatā (One-pointedness of mind)

6.1 Ekaggatā Style1



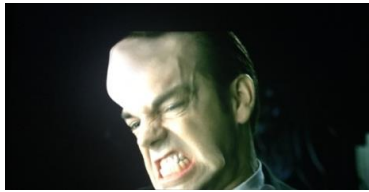
Content: 1) Neo fuses mind and body for the first time. (*The Matrix*)
 2) The prophecy merged with Smith and became the central control of Smithian. (*The Matrix Revolution*)

3) Neo fused with Smith and destroyed all Smith's systems. (*The Matrix Revolution*)

Signifier: The black liquid flowed from the touchpoint and gradually spread into a wide area from the center.

Signified: 1) The fusion of the Rough Body and the Mind control,
 2) Program-to-program convergence, and the stronger will win,
 3) Neo's fusion allows Smith to infiltrate the system and destroy the Smith system.

6.2 Ekaggatā Style2



1



2

Content: 1) Neo fused with Smith and changed Smith from being an agent. This made Smith upgrade to a free virus. (*The Matrix*)

2) Sentinel enters Neo's heart. It makes Neo understand that he must escape the attack by flying up to the sky. (*The Matrix Revolution*)

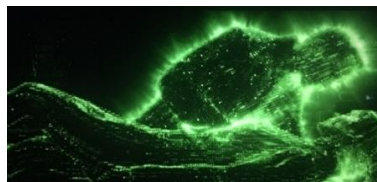
Signifier: The insertion with body exploded, Sentinel's yellow spirit light passes through Neo.

Signified: A fusion that destroys what existed before, Machine and humans connected through the deeper mind to learn and communicate with each other.

6.3 Ekaggatā Style3



1



2



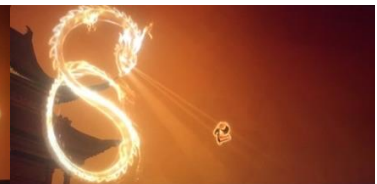
3



4



5



Content: 1) Neo first fused with the Matrix system after his death. (*The Matrix*)

2) Neo emerged into the matrix system to revive the trinity. (*The Matrix Reloaded*)

3) Smith has fused with the oracle but he was swallowed by a prophecy, which turned into a smith instead. (*The Matrix Revolution*)

4) Neo saw Zeref, an oracle protection program. (*The Matrix Reloaded*)

5) Po's spirit was unified with the dragon fighter's mind. (*Kung Fu Panda3*)

Signifier: Green letters line, white light figure, green sparkle radiate light in silhouette shaped, Circle movement of green light to explodes into a whirlwind, yellow-black light emanating from all directions, the yellow glowing light in the silhouette style.

Signified: 1) Integration with the metric system,

2) Convergence between Neo and the metric system so that he can take control of all systems,

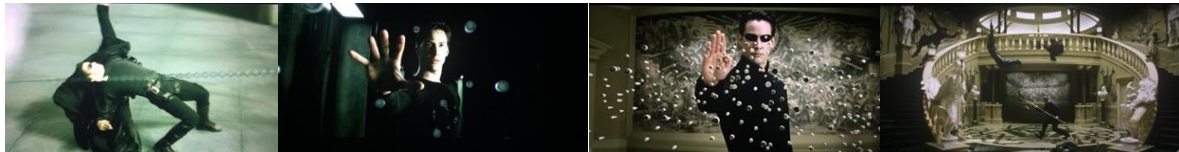
3) The fusion of greater power causing to draw the energy from the surroundings,

4) The protection program that provides peace of mind and powerful mind program,

5) The convergence of the panda's mind reaches the god's mind in battle.

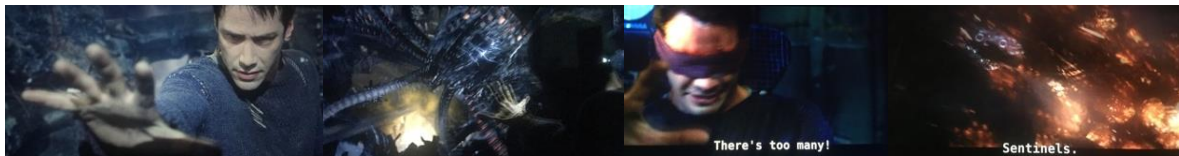
Level of Jhāna

1) The Matrix Trilogy



Paṭhama-jhāna (*The Matrix*)

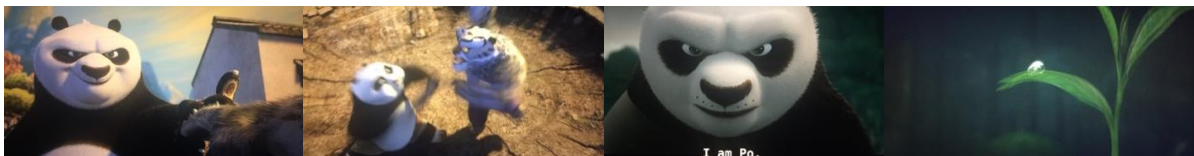
Dutiya-jhāna (*The Matrix Reloaded*)



Tatiya-jhāna (*The Matrix Reloaded*)

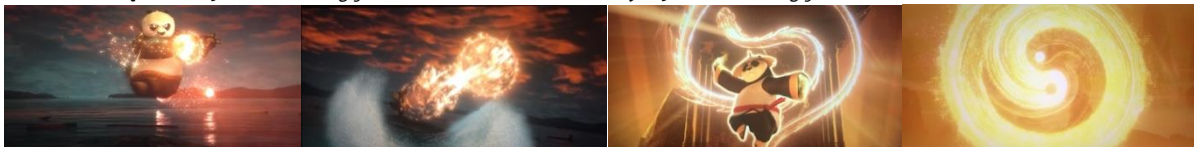
Catuttha-jhāna (*The Matrix Revolution*)

2) Kung fu Panda Trilogy



Paṭhama-jhāna (*Kung fu Panda1*)

Dutiya-jhāna (*Kung fu Panda2*)



Tatiya-jhāna (*Kung fu Panda 3*)

Catuttha-jhāna (*Kung fu Panda 3*)

The Matrix trilogy shows the increasing of Neo's mind power clearly. From sector1 (*The Matrix*), he begins accessing the mind power with a near-defunct bullet dodge and stops a bullet. In sector 2 (*The Matrix Reloaded*), he illustrated the robust palm by stopping many bullets expertly, like pacifying the relatives gesture in Buddha image and his skillfully controlling the movements of the rough and delicate body and mind. At the end of this sector, Neo has the enlightenment of his mind power to stop the sentinel by real body and mind, which he has never done before in the machine world. However, it still fails because after he used this power, he was struck between two worlds. Finally, in the last sector (*The Matrix Revolution*), Neo reached the highest mind power. He enormously expanded the palm's power to destroy a large number of Sentinels that inaction from blindness. The Signifier shown in *The Matrix* trilogy is that hand gestures represent the using the power of the mind.

For the *Kung Fu Panda* trilogy, the level of mind power will increase from discovery himself by the insight. The acceptance of himself and self-esteem is the main power of Po to develop the level of Jhāna. In the end, Po can defeat the enemy by sacrificing his soul. Then

he searches the emptiness and has the most potent mind of nirvana. Overall, the Signifier is the powerful circle of pressure, airflow, fireball, and enlightening glowing yellow light.

Topic 3 was to design guidelines for creating meditative scenes and elements in movies. From the research result, it was found that there are some similar symbols when the mind was in the stage of concentration and absorption as follows

3.1 Awareness Mind is bright white light amid an environment, hand posture.

3.2 Delicate mind with the rough body and the subtle body. It is characterized by fast movements in small straight lines and is similar to the explosion of power.

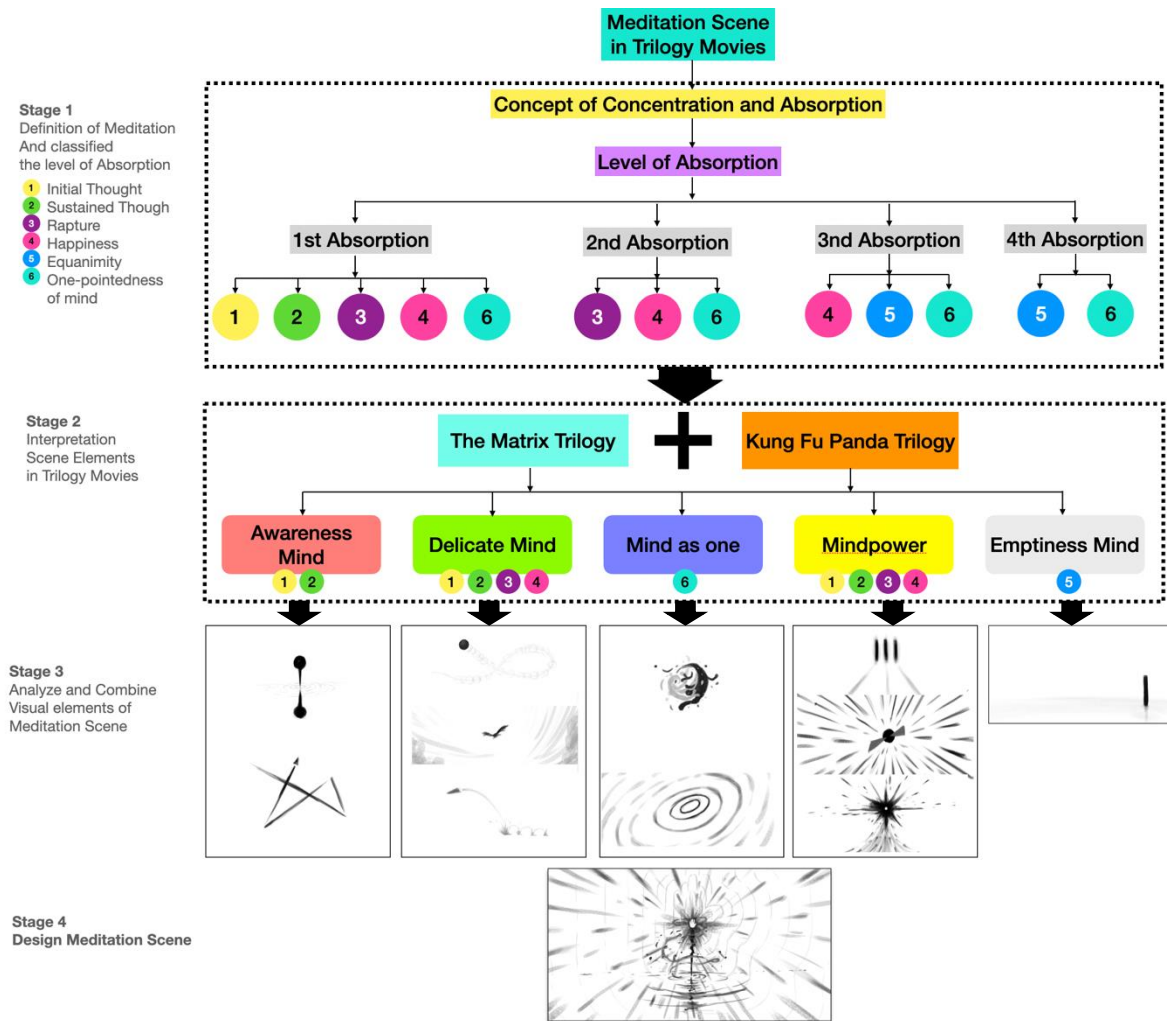
3.3 Mind as one characterized by the movement from the center spreading around, the spiral caused by internal forces to external forces that create harmony with the environment. Therefore, it looks like a green beam. Alternatively, is it similar to a silhouette image is seeing the light around the structure of the object or person.

3.4 Mind power is the appearance of yellow light with the direction of ejection. The color of light represented the mind force from the squad of a good or bad guy.

3.5 Emptiness Mind is to stop things. Seeing only a faint breath.

The new body of knowledge

Five Elements of Mind that arise from the trilogy movies are reflected in the concept of concentration and absorption combined with the semiotic theory: Awareness Mind, Delicate Mind, Mind as one, Mind power, Emptiness Mind. These results distilled from studying the meaning and consolidating to seek the wisdom and find a way to create a prototype of a meditation movie scene-promoting concentration in society and applying various elements to create new meanings that can be creatively communicated to the masses, as shown in the diagram below.



Discussion of research results

From the result of research, the 1st objective, it was found that the definition of concentration and absorption from Willpower Institute. It is a practical definition to create access to meditation and foster an understanding meaning through a creative thinking and positive attitude. Concentration's purpose is a requirement of well-being. Absorption is well-being comparable to concentration which is the cause, and absorption is the result. These two closely intertwined. This is because concentration is the fundamentals state of samādhī, is consistent with the mind of the happy person who concentrates. (Phar Brahmbundit, 2021)

From the result of research, the 2nd objective, it was found that the main characters in the movie trilogys have a more intense level of absorption. They are continually developed with each installment, such as Po in *Kung Fu Panda*. He shows the level of mental development from the rūpa-jhāna to the arūpa-jhāna. In contrast, *The Matrix* presented the separation of Neo's body and mind by the machines. It alternated between the arūpa-jhāna and rūpa-jhāna, making the step of absorption more complicated, which is an exciting presentation of the overlapping main characteristics. This is because *The Matrix* has issues

about the hero-quest myth and contemporary fears centering on technology, leading the main character to solitary enlightenment. (Stroud, 2014) But then, this chaos came from the absorption and insight into being a real human living in the machine world. In contrast to *Kung Fu Panda*, they live in the present moment of practicing kung fu for fighting. Therefore, this martial art needs to be practiced more than meditation activities and will receive the absorption and Insight respectively. This Interpretation from trilogy movies are reflects the effect of social interactions in the text. That allows us to understand the origin of the identity from the source (Sotanasathien, 2020). However, understanding interpretations of the meditative and meditation scenes in cinema cannot precisely determine its exact figuration because cinema is an autonomous dynamic cultural product. In this study, it was helpful to expand the worldview of the masses to reach a positive attitude towards meditation. As Hauser said, cited from (Boonyaketmala, 2009), “True art is progressive and creative. It must inevitably be a complex art which is not that everyone has equal access to art” (as well as absorption in movies).

From the result of research, the 3rd objective, it was found that mise-en-scene in the film was analyzed from semiotics theory, and associated with the interpretation through absorption aspect can classified as follows: 1) Awareness Mind as a straight black figure into the bright white space, 2) Delicate mind as a fast movement in small straight lines and is similar to the explosion of power, 3) Mind as one was characterized by the movement from the center spreading around, circle wave, spiral, green beam which the green color is the healing power of love, openness and flow (AlMuhaiteeb, 2021). 4) Mind power is the silhouette image of yellow light with the ejection direction which related to the color of mental strength and inner power (AlMuhaiteeb, 2021). and 5) Emptiness Mind as a freezing object and faint breath. These follow the principle of seven sappāya which enhance mind power as follows: 1) Place for peace, 2) Person for peace, and 3) Power for peace that enhances concentration and absorption presented in those movies. (Dhammaraso, 2017) Also, these 5 minds influenced by Gestalt theory that explain the perception of people was affected by actions and environment that makes new meaning by using proximity, similarity, closure, and continuity (Pichayapaiboon, 2018).

Conclusion

The meaning of concentration and absorption from the Willpower Institute is the process of practicing mind to set in one position for increasing mind power. The effects of meditation can show the way of happiness and a powerful mind due to having a good view and a correct understanding and encouraging continuous practice. The results will be tangible and create a peaceful society reflected in many movies and from trilogy movies in this research. Concentration and absorption can learn from a good film that can communicate to people in general. Nevertheless, the knowledge of concentration and absorption is also like a

two-sided blade. Suppose that the practitioners were not studied into the essence and had the instructor lead the right way. In that case, that can take them into the misunderstanding of harm. In this regard, the essence of the elements in the film can create perceptions that lead to the understanding of psychic enhancement through meditation and create a representative image to refer to the concept of meditation for the general public to access it creatively.

Suggestions

From the results of the research, the researcher has the suggestions as follows:

1. The suggestions from the research

From the research result of the first objective, it was found that the definition does not cover all aspects of the explanation of Buddhism. Therefore, the related institute should apply for people whose are interested in the online meditation course of the Willpower Intuition.

The research result of the second objective found that the interpretation of absorption in movies depends on the author's experience and education of symbolism in the film combined with meditation, which is the individual and specific area of knowledge. Therefore, the related institute should apply for critical media, semiology in movies study, or students in film school.

The research result of the third objective found that the new knowledge of 5 minds from trilogy movies is created from mixing visual elements that were selected by interpretation. So, there is no conclusion for all media design but just the prototype of visual elements for meditation movie scenes. Therefore, the related institute should apply as follows; media designer, movie maker.

2. The Suggestions for future research

Future research should involve the following issues:

2.1 The limitation of this research is focusing on the definition from Willpower Institute. So, there might be some aspect that is not for universal explanation, but is a new interpretation for realizing the benefits of meditation. Nevertheless, it can still make the masses interested by developing technology.

2.2 The knowledge of meditation is vast and varied, depending on the teacher's teaching. The easy way of understanding can apply in many areas of making media that might include interactive video. It is a new technology of enhancing self-learning and helping cognitive behavior therapy for positive thinking and meditation.

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