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KANONG CHAOTHONGLANG, PHRAMAHA : WAYS TOWARD ENLIGHTENMENT
IN THERAVADA AND RINZAI ZEN BUDDHISM. THESIS ADVISOR : ASSIST. PROF.
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The purpose of this thesis is to make a comparative study of the means to the supreme goal of religious life in Theravada and Rinzai Zen Buddhism.

In Theravada, the supreme goal of religious life is called "Nibbana" which is the emancipation from sufferings and defilements which caused the sufferings. The way of practice for attaining Nibbana is based on the threefold method, namely, *Silasikkha* (training in morality), *Cittasikkha* (training in mentality), and *Pannasikkha* (training in wisdom).

The goal in Rinzai Zen is known as "Satori" which is usually defined as "enlightenment" or "the realisation of Buddhahood". The way of practice for attaining Satori consists of three methods, namely, *Zazen* (sitting meditation), *Sanzen* (koan exercise), and *Mondo* (immediate question-answer session)

It is found that the supreme goal in both schools is the same, i.e. to eliminate delusion, called "Avijja", and attain Nibbana (in Theravada) and Satori (in Rinzai Zen). Even though the ways in both schools are different in detail, their aims are the same. The aim of *Cittasikkha* and *Zazen* is to concentrate the mind on particular objects, to have the mind one-pointed. The aim of *Pannasikkha* and *Sanzen* as well as *Mondo* is to eliminate the delusion and finally attain the supreme goal.

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