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**PHRAMAHA SANDHITI VISUDVED : THE COMPARATIVE STUDY OF
THERAVADA AND TIBETAN BUDDHIST MEDITATION METHODS : A CASE
STUDY AT WAT PAKNAM AND DHARAMSALA(INDIA). THESIS ADVISORS :
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The objective of this thesis was a comparative study of Buddhist practices between the Theravada and Tibetan traditions as represented by the Wat Pak Nam temple of Bangkok and Dharamsala (India). The author has examined the aspects of Pariyatti(scriptual teaching), Patipatti(practice) and Pativedha (insight) as found in the Tripitaka Commentary and respected associated texts in both English and Thai languages in addition to attending meditation retreats at both Wat Pak Nam and the Dharamsala meditation center. The objective was to present the way of teaching & practice of Wat Pak Nam which has sometimes been considered to resemble the Tibetan Mahayana model and to examine how both temples are attracting a large degree of interest in the present day.

This study has found that the methodology of Wat Pak Nam includes both concentration and insight meditation and teaches within the criteria of the Theravada Pali Canon and it's commentaries. Specifically the teaching as presented by Wat Pak Nam recommends the use of the Aloka Kasina(light Kasina) together with recollection of the Buddha and mindfulness of breathing in order to refine the mind until the attainment of jhana(absorption) ensues, and then to proceed meditating upon the body in the body onwards from the human body to the refined Dhammakaya body. The insight attained at the Dhammakaya level is then used to examine and investigate phenomena according to dhamma.

According to Tibetan methodology one begins with a study of Sutra which closely resembles Theravada texts and Lam Rim theory in order to comprehend "emptiness" and to comprehend "bodhicitta". which is an altruistic aspiration to attain full enlightenment as a Buddha thereby being more able to help other samsaric beings. When there is a firm foundation of understanding one commences to cultivate the 6 paramitta and practice meditation under the close personal guidance of an accomplished teacher(lama) developing concentration and insight up to the highest levels.