

This Title	A Comparative Study of Meditation as Practiced by Wat Asokaram and Wat Prathamakaya
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Date of Graduation	19 December 1988

Abstract

The main objective of this thesis is to make a comparative study of Meditation as practised by Wat Asokarem and Wat Prathommakaya. The thesis is devided into two parts: the documentary and the field work.

The first part is concerned with the teaching of meditation both theory and practice as found in the Tripitaka and other related work. It is also a discussion on some practical problems arisen from the observation of the teaching. The field work is focused on the philosophy and different methods of meditation taught by the two wats when the researcher participated in their meditation practices more than 5 years.

According to the finding: Wat Asokaram, both the teaching of meditation and ways of practicing it are conformed to the Tripitaka (Sutta and Vinaya). At this Wat the meditators are exposed to different methods of Meditation and it is up to each of them to choose the way

most suitable to his own temperament. In addition he has to follow the way chosen through the Four Foundations of Mindfulness with much patience and struggle to achieve the goal by his own efforts.

At Wat Prathamakaya, on the contrary, the emphasis is on the way of Thammakaya considered to be the only correct way of Buddhist meditation. Other ways are believed to be wrong and they are not conducive to the goal.

The value of practicing meditation is now well accepted.

Meditation can provide the most sublime happiness which human beings can take. It is also an important way towards the development of moral consciousness among people in this life and a key to unlock the chain of samsara. Meditation will yield such fruits only if it is practiced properly. Since there are many ways of Buddhist meditations those who are interested in meditation should study first the teaching concerning the practice of meditation in the Tripitaka before making decision to be attached to any temple and its way(s).