

Abstract No 46

Basic Meditative Practices Based on Tripiṭaka and Yoga Sūtras of Patañjali

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Buddhist philosophy has two main objectives. One is short term objective to be happy in the present world. Another objective is to attain final liberation which is called Nibbāna. To attain Nibbāna there are basic meditative practices to be follow to reach the final goal. The word Yoga is derived from the Sanskrit root meaning ‘UNION’ implying the joining or yoking of human consciousness to the diving being. Yoga must not be reduced to a mere system of physical exercise but clearly offers many spiritual methods and approaches. Yoga has a wide variety of meditation techniques and accords marked importance to techniques of meditation. Buddhist philosophy includes original teachings in Tripiṭaka which consists of Sutta, Vinaya and Abhdhamma. In this research paper focuses on how to prepare the state of meditation which happens in one’s practical life. Thus, the emphasis is on the practices of the prerequisites of the body and mind for the spiritual practice of meditation, which are taught by the Buddha and Yoga of Patañjali. When compare with Patañjali’s Yoga is in Eight Limbs, which seems to be quite comparable with the Eight Fold Path of the Buddha’s Middle Way. Here main focus goes to fundamental meditative practices of the Two Ways that one can apply meditative practices in the right ways eradicate Stress and tension of their life. On the basis that the study of the fundamental meditative practices of Patañjali’s yoga and the Buddha’s way in methodological comparison is possible, although it is neither necessary nor helpful to assume that the Buddhist way is either superior or inferior to the Yoga way in meditative tradition.

Keywords: *Eight Limbs, Eight fold path, Patañjali, Meditation, Yoga*