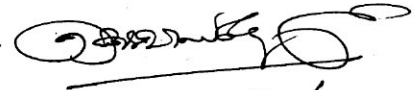


RECOMMENDED TO THE  
Library .   
2015.5.6.

POSTGRADUATE INSTITUTE OF PALI AND BUDDHIST STUDIES

Ven. Prof. Kotapitye Rahula  
(UNIVERSITY OF KELANIYA, SRI LANKA) DIRECTOR  
Postgraduate Institute of Pali and Buddhist Studies  
University of Kelaniya  
No 113, Dutugemunu Steet, Kohuwala, Sri Lanka

**A CRITICAL STUDY OF THE BUDDHIST METHODS OF  
MEDITATION WITH REFERENCE TO PLANNING FOR  
HUMAN CAPACITY BUILDING**

**Soma Mallika Karunaratne**

**(2012 / Ph.D /E/ 2194)**

**A DISSERTATION SUBMITTED TO THE POSTGRADUATE INSTITUTE OF PALI AND  
BUDDHIST STUDIES IN PARTIAL FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF DOCTOR OF PHILOSOPHY**

**February 2015**