

## **Two traditions of Sravaka meditation: Kumarajiva's *Zuo chan san mei jing* and Buddhaghosa's *Visuddhimagga***

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### **Abstract:**

This paper attempts to do a comparative study between Kumarajiva's *Zuo chan san mei jing* (坐禪三昧經, *Sitting Meditation Samadhi Sutra*) and Buddhaghosa's *Visuddhimagga*, and aims to explore main practices of the Sravaka meditation in these two Buddhist meditation manuals. It is worth noting that they represent two main traditions that existed almost contemporarily in the period around fifth century A.D., and one indicates "northern tradition" which influenced north-western India, through central Asia to China, while the other refers to "southern tradition", which brought significant influences to Sri Lanka, as well as Southeast Asia. This study analyses five particular meditation practices in both texts: mindfulness on breathing, observation on the impurities, cultivation of compassionate mind, meditation of dependent origination, and contemplation of the Buddha. Fundamental methods, theories and practical experiences of these meditation subjects will be examined; similarities together with differences in terms of core contents between these two texts, and implications of their significant development, will also be discussed.

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