



## Ven Monchai - "A Proposed Mode of Buddhist Meditation Samatha and Vipassanā"

This work provides an analytical study of the two interrelated processes of Buddhist meditation, samatha and vipassanā. Despite their frequent appearance in the Buddhist scriptures, most scholars have not settled the exact role of samatha and vipassanā in the path of enlightenment. They are still divided over the question as to how samatha and vipassanā are related. This paper aims to determine the answer of this question on the condition that the cankers are eradicated. The determination will be performed through the investigation of the main characteristic, functions and benefits of samatha and vipassanā and then their precise role of the destruction of cankers.

The clarification of samatha begins with its etymological study as well as the detailed examination of the principle equivalent term, "samādhi". Its perspective of important set of concentrative attainments, namely, the jhānas will be investigated covering two major areas: the general characteristics of the term "jhāna" and its function in according to the realization of Buddhist liberation from all cankers.

The critical analysis of vipassanā is based on two inquiries: the development of vipassanā, and its advantage. The first inquiry is to explore the etymological characteristic of the term "vipassanā". And then the commencement of vipassanā will be discussed in relation to the complementary process which is samatha. The second inquiry is to examine how the process of vipassanā operates in order to get rid of the mental defilements.

The evaluation of the relation between samatha and vipassanā will be performed to understand the path of enlightenment. This section aims to clarify the issue of whether or not samatha needs to be strengthened during the process of vipassanā and how they work together in order to destroy all cankers.