

**A COMPARATIVE STUDY OF MAHĀYĀNA AND THERAVĀDA BUDDHIST
MEDITATION: READING CHIH-I'S *MOHO CHIH-KUAN* AND BUDDHAGHOSA'S
*VISUDDHIMAGGA***

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ABSTRACT

This paper examines the connection between Mahayana and Theravāda Buddhist meditation from the perspective of Chih-i's *Moho chih-kuan* 摩訶止觀 and considers its differences and similarities from Buddhist meditation and Pure Land Buddhism. Although much scholarship has been devoted to the study of Chih-i's concept of meditation, relatively few works have been engaged in a comparative study of his theory of mediation and Theravāda understanding of meditation. This paper makes such an attempt in the light of works done by exceptional works by scholars such as Swanson, Groner and Habito. In this paper, we examine why Chih-i used the term "*chih-kuan*" 止觀 and what practical implications it may have for meditators, what the philosophical background of *chih-kuan* is, followed by a consideration of the differences and similarities with the concept of meditation in Theravāda Buddhism.

KEYWORDS

Chih-i, *Chih-kuan*, Mahāyāna, T'ien-t'ai, Theravāda