

AN EXAMINATION OF THE MEANING OF "MĀTRA" IN RELATION TO BUDDHIST MEDITATION IN THE YOGĀCĀRA SCHOOL

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ABSTRACT

"Vijñapti-mātra" (consciousness-only) is a well-known expression in the thought of the Yogācāra school. However, there are many other expressions of "mātra (only)" related to Buddhist meditation in the *Śravakabhūmi* (the thirteenth stage in the *Yogācārabhūmi*) and *Mahāyānasūtrālaṅkāra*, for example, jñāna-mātra, darśana-mātra, pratismṛta-mātra, and nāma-mātra etc. This paper examines the meaning of these terms from their role in the meditation process, and concludes by suggesting a possible relationship or linkage between the refrain section (ñāna-matta, paṭissati-matta) of the *Satipaṭṭhāna sutta* (《念處經》) and the "vijñapti-mātra" of the Yogācāra School from the viewpoint of the meditation process.

KEYWORDS

Jñāna-mātra, Darśana-mātra, Pratismṛta-mātra, Object(ālabhāna), *Satipaṭṭhāna Sutta*.