

A Primitive khecari-technic in the Buddha's First Meditative Practice.

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→ [Short Abstract:-]

The khecari-technic is a popular form at large in yogic practices that developed in many younger Upaniṣads. It is generally known by the term khecari-mudrā ("symbol of movement in the sky") in the Upaniṣads. Its rudimentary forms are traced in some early Upaniṣads, such as: Taittiriya, Aitareya, Chāndogya, Katha, etc. and even in the Gītā. Maitrāyanīya, an earlier Upaniṣad among the younger ones, contains also a reference to para-dhāraṇā, which is recommended elsewhere in other texts as higher type of dhāraṇā in the khecari-technic. J. A. B. van Buitenen and J. Bronkhorst have missed this fact in their interpretation of the para-dhāraṇā.

A closer study of the historical Buddha's first meditative practices from the early Buddhist or Pali sources; for instance: relevant textual pieces supplied in "The Two Traditions of Meditation in Ancient India" (Stuttgart 1986) by J. Bronkhorst, reveals a new fact that even the Buddha had adopted a rudimentary form of khecari-mudrā in his meditation. Being not conversant of the khecari-technic, J. Bronkhorst's interpretation of its features requires reconsideration.

Issues concerned with the khecari-method will be discussed in relevant details in my paper itself.

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