



# Theravada Buddhist and Taoist Meditation

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Taoism and Buddhism are the two religions in the world, which go consistently in hand with latest developments in the world. In Theravada meditation, two main categories called Samatha and Vipassana were become evident which are ideologically coinciding with the concentration and insight meditation of Taoism. No researcher had ever done a balanced study by comparing these concepts of both religions. Therefore, a comparative study was conducted focusing on the meditation of Theravada and Taoism.

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