

## **An Examination of the Relationship between the Five Stages of the Yogacara Path to Enlightenment and the Ten Ox-Herding Pictures**

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**Abstract :** This study proposed to compare and analyse the five stages of cultivating the Yogâcâra path and the spiritual journey in the Ten Ox-Herding Pictures. To achieve this, the study investigated the core concepts and practice methods of the two approaches and analysed their relations from the literature reviewed. The results showed that the end goal of the two approaches is the same, the attainment of Buddhahood, with the two having common characteristics including the practice of being aware of the impermanent and non-self, and the fulfilling benefit of sentient beings. The results suggest that our Buddhist practice system needs to sincerely consider the realistic ways by which one can help people in agony in contemporary society, not by emphasizing on the enlightenment through a specific practice way for all people, but by tailored practice methods based on each one's faculties in understanding Buddhism.

**Keywords :** transformation of consciousness to wisdom, enlightenment, the five stages of cultivating the Yogacâra path, the Ten Ox-Herding Pictures, transformation of the basis

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