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YUGANADDHA: AN ESOTERIC PRACTICE OF TANTRIC BUDDHISM

PARTHASARATHI BHATTACHARYA

The summum bonum of Buddhism is to attain nirvāṇa. But to achieve this ultimate reality at first we have to consider this phenomenon world i.e. samsāra. Here Tantric Buddhism (an offshoot of Vajrayāna; mainly the later developed phase of Mantrayāna) leads iis to realize the innermost relation between nirvāṇa and samsāra. The kernel of Tantric Buddhism is the secret union; "the integrating of the conflicting elements in the nature of Hying beings, the oneness of all forms of existence, and the identity of samsāra with nirvāṇa" and this realizationtonly only possible through the practice of Boddhi-sattva, i.e. the assimilation of Śunyatā and Karuṇā or Prajāā and Upāya which turned into a concept of Yuganaddha. i.e. the female and male unity. According to the Tantra it is nothing but a monotheistic view of life which leads us to the ultimate bliss i.e. Mahāsukha. Buddhist Tantrism is a life based "middle-way" path where shaking with the two hands of samsāra and nirvāṇa anyone can assimilate himself or herself with the summit realization i.e. Buddha-hood.

Keywords

Mahayāna, Vajrayāna, Tantrayāna, Yogacāra, Prajñā, Karuņā, Sexoyogic practice, Yuganaddha (Yab-Yum).

Introduction

The true spirit of Buddhism was developed with Buddha's own enlightenment. According to the *Majjhima Nikāya*. 'This doctrine is profound, hard to see, difficult to understand, calm, sublime, not within the sphere of logic, subtle, to be understood by the wise". But gradually it became so complicated that several offshoots with different philosophical tenets (like Hina Yāna, Mahayāna, Vajrayāna,' Mantrayāna, Tantrayāna, Kālacakrayāna, Sahajayāna and so on) amalgamated with it which takes Buddhism far away from its pristine doctrine. Astounding number of scholars including

different sects of Buddhism had made various interpretations of Buddha's own messages according to their own merit and philosophical premises. As results several concepts like deities, mudrās, dhārņis, āsanas, yogas as well as many yogic postures with conjugal intercourses were admixture which represents the age-old Buddhist tradition in an esoteric form. It does not indicate that these ideas were totally corrupted or degenerated but.somehow it reinvigorated Buddhism from its age of decline. As we know according to the Buddha in this universe nothing is static, i.e. everything is changeable. Interestingly, the intellect of people as well as their power of acceptance is also changeable and modified according to their demand of daily physical and psychological needs. Only that philosophy or ideology remains sustain whichever is able to fulfil most of the demands or needs of the society. Buddhism is still survived because of its potentiality to evolve itself according to the needs of common masses and through the process of evolution they were exchanging their thoughts as well as ideas with others. As a result, several mixed, compiled offshoots have raised their voices which are externally different outlooks but internally follow the ultimate realization of Buddhism (that which lord Buddha have spoken). History of the origination of Tantric Buddhism follows the same criteria as we have mentioned before but the uniqueness of Tantric Buddhism is its inner most esoteric practises. In this paper our humble attempt is to discbse some main principles of popularized Tantric Buddhism (the contemptuous branch of Vajrayāna) and its relevance to the concept of Yuganaddha (Tib. Yab-Yum) i.e. the male female unison; which is nothing but a monotheistic approach of Tantrism.

Evolution of Tantric Buddhism and its principle doctrines

Before elaborating the core concept of Tantric Buddhism we have to understand the root causes behind its emergence. Since Lord Buddha there Srāvakavāna respectively paths Yānas two or Pratyekabuddhayāna. Srāvakas were used to follow from Buddha' teaching but neither could teach nor were eager to help others to attain liberation whereas Pratyekas were eminent men; they could attain nirvana by their own efforts but could not impart nirvana to others. But during 8th to 12th century C E the Mahayana (Great Vehicle) sects became more popular which was quite difficult to the ethico-religious rigorism of Hīnayāna (Little Vehicle). The summum bonum of Hīnayāna is to attain Arhattva-hood or final liberation of the self from the whirl of existence through strict process of jhana (Sk. Dhyana, meditation), whereas the final achievement of Mahayana was to attain the Buddha-hood through different stages of Bodhisattva-hood, means attainment of Bodhi-citta or mind which is association of perfect knowledge (Prajñā) about the void nature of self and compassion to other (karuṇā). This concept of Bodhisattva-hood became simultaneously played a predominant role in the Mahayana as well as in the contemptuous Tantric Buddhism because both deals with the potentiality of every human becoming the enlightened one (samyak-sarnbuddha). Bodhisattva-hood means the attainment of the Bodhi-mind or citta, which is defined as a united state of Vacuity (Śunyatā) and universal compassion (Karuṇā).1 Another noteworthy approach of Mahayāna is the doetic representation of the three $k\bar{a}yas$ (bodies) of Buddha. The ultimate principle embodies in the three Kāyas such as Dharma-kāya (primordial element, or the 'thatness' underline all the existences), the Sambhoga-kāya (the body of bliss, or the effulgent body in the form of the Bodhisattvas), and the Nirmāṇa-kāya (the body of transformation, or the historical personage of Buddha).2 This same concept also implied in Buddhist Tantra system whereas the body, speech and mind; the three fundamental elements Sambhoga-kāya and Dharma-kāya and represent as Nirmāna-kāya, altogether it is indentified with 'the secret union', the core concept of Tantric esoteric Buddhism. The Tattva-ratnāvalī of Advaya-vajra-samgraha mentioned that in later days there were two sub branches respectively Pāramitā-naya and Mantra-naya had been originated from Mahayāna. The Pāramitā-naya is very deep, subtle and inaccessible to ordinary people while Mantra-naya is free from all kind of delusion and appreciable to common people that alluded Mantra-naya was the introductory state of Tantric Buddhism and also became the progenitor of other offshoots like Vajra-Yana, Kalacakra-Yāna, Sahaja-jana and so on.3 As fer as history is concerned there is no as such hardcore philosophical demarcation line between Mahāyāna and Mantrayana-Vajrayana, "Mantrayana is the "vehicle" in which the Mantrs, words and syllables of mysterious power, are the chief means of attaining salvation. Vajrayana is the "vehicle" which leads men to salvation not only by using Mantras, but by means of all things which are denoted by the word Vajra."4 There are several concepts regarding the nature of Vajra which fingers to the 'thunderbolt" but gradually it also embodies with the concept of Sunyata.5 One of the earliest authentic sources of Tantric Buddhism is Guhyasamāja-tantra and Mañjuśrī-mūlakalpa. First one deals with yoga, annutarayoga and different kinds of mudrās, mandalas, mantras, kriyās, caryās śīla, vrata, śaucācāra, niyama, japa, yāna and so on. While second one is the storehouse of different representation of gods and goddesses in the domain of Tantric pantheon.6 The influence of Tantric Buddhism upon Hinduism was so profound that some of the Western scholars are of the

opinion that Buddhist Tantra system is one of the brain-child of Hinduism. But Mañjuśrī-mūlakalpa holds that since 1st century CE due to early Mahāsangikas different kinds of dhāranis, maṇḍalas, mudras were developed which reconstructed its total shape within 3rd CE, which is enough to re-establish that it is not an offshoot of Hinduism. There is another opinion which emphasis Buddhist Tantrism is an outcome of Hindu Saivism. Although there are several pertinent similarities between the two sects which does not clarity of its origination from Saivism because of its unique representation. Simultaneously there is a scope of huge controversy about the possible origin of Tantric Buddhism from Saktism. But it is quite inapplicable because both have different Philosophical and cultural premises. According to Anagarika Govinda the prominent dissimilarity of Tāntric Buddhism is about the concept of Śakti; which does not play any predominant role in Buddhism while in Śaktism it is the furthermost concept that illumes all from where the World is created.

There is also another view which opines that the Tantra was evolved by Buddha himself through some esoteric discussion with his disciples. There are some references in Pali and Sanskrit texts like Dīgha Nikāya's Aṭānaṭiya Sutta which indicates Vaiśravaṇa can be seen reciting the protecting spell on Gṛdhrakuṭa hill in the presence of Buddha. The text

Sekaddesoţikā, storehouse of Kālacakrayāna, denotes several verses that support its relevance. But as iar as history is concerned Buddha was totally antagonistic to all sorts of sacrifices, necromancy, and sorcery or magic which alludes that it might be propagated through less advanced disciples who seemed to incline more for this world than for the nirvana." The Tattva-samgraha of Śāntārakṣita and also its commentary of Kamalaśīla alludes Buddha was believed in four iddhis (rddhi) or miraculous power obtained by the advance disciples but the text itself is insufficient which cannot be proved of Buddha's sanction of Tāntrism. From the seventh century CE astounding number of Siddhacāryas introduced many Tantric esoteric practises which imbedded through mystic language of Caryāgiti and Caryāpada-s in Dohākoṣa although they gave more emphasis in practices rather to mere philosophical premises. They also used to express their deeper thoughts

through the symbolic language. Some deep concepts were represented through the symbolic union of male and female figures also. Intuitive wisdom i.e. prajñā was consider to be passive female quality of human nature while compassionate action was the male quality, i.e. upāya and a unbn of both

represent the ultimate bliss, i.e. Mahāsukha where all opposite appear in dynamic unity.

Tradition holds that Asanga the great exponent of Yogacāra School was

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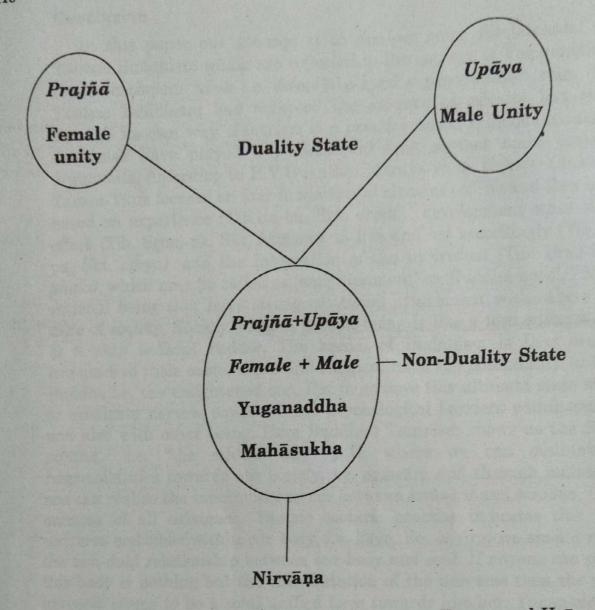
responsible for the development of Tantrism because in Mahāyāna-sutralankāra there is a clear indication of sexo-yogic practice regarding Tantric Buddhism. The term is parāvṛtti that occurs several times for constituting with the supreme greatness of Buddha. 13 According to Sylvain Lévi parāvṛtti refers to sexual act which seems to the mystic couples of Buddha and Bodhisattva whereas M.Winternitz is of the opinion that parāvṛtti means which is trying to keep aside, discard. So, there is enough reason to estimate that Buddhist Tantras were a development of the Yogacara School which was inspired by the Śūryavāda of Mādhyamikas. Vajrayāna is on advance step of the Yogacaric thought because they are almost similar to each other. Too some extend Yogacarin holds that this world or samsara is not like as much as a barren woman's son (vandyāsuta) rather it likes a Snake superimposed on a rope called as a bhranti. Only the enlightened one or Bhodhi-sattva is able to discard the bhranti and when it is gone the essence of samsāra and its relation with nirvāna will flourish in our mind or citta14 whereas Vajrayanist opines this phenomenal world is as non existence like as horns of a hare (śaśaśṛṅga) or the son of a barren women (vandyāsuta).15 The Vajrajanist takes the ultimate Truth as which Indrabhuti takes as Mahāsukha while Anarivajra takes as prajnopaya, the combination of Prajñā or knowledge and Upaya or compassion; is nothing but the two opposite sides of a same coin which begins the journey of Tantric Buddhism. Tantric Buddhism represents the transformation of the idea of Śūnyatā (vacuity) into the ideas of Vajra or the thunderbolt. In the Advaya-vajra-samgraha it is said that "Śūnyatā, which is firm, sustainabte, indivisible, impenetrable, incapable of being burnt and imperishable, is called Vajra."17 The supreme deity of Vajrayāna is Vajra-sattva (vajra-Śūnyatā-acuity, sattva-quintessence) and this Vajra-sattva the supreme lord has been described as well as invoked with various attributes in all Tantric sects.18 This Vajra-sattva is the self reality in and often described as the ultimate reality in the form of Bodhicitta. This is nothing but the combination of perfect wisdom (bodhi) with the strong emotion of universal compassion (Karuṇā) which gradually turned into a supreme deity in Tantric pantheon which carries a monotheistic conception of the Godhead. In the sect of Sahaja-Yana the concept of Śūnyatā and Karuṇā embodied with Prajñā and Upāya which is indentified with female and male representation. Upaya is explained in the Saddharma-puṇḍarika and also in the Bodhisattva-bhumi of Vasubandhu as missionary works which are prompted by universal compassion for the suffering beings. 19 This concept of $Praj\bar{n}\bar{a}$ and $Up\bar{a}ya$ with the female and the male in the idea of Śakti and Śiva was established in Sexo-yogic practises in Mahājāna philosophy which transforms into physical organism and $Prajar{n}ar{a}$

and Upāya into ida and pingala, the moon and the sun, the left and the

right, vowels and consonants and also in female and male.²⁰
Gradually through the evolution of *Vajra-sattva*, the concept of one AdiBuddha i.e. the enlightened one with the association of five *Dyāni* deities of Buddha developed in the Buddhist pantheon.²¹

The concept of Yuganaddha (principle of Union)

To achieve the state of Female-Male unison i.e. non-duality is the core concept of Tantric Buddhism. This state is called as Yuganaddha. It a combination of different words; first one is Yuga i.e. togetherness and second one is Naddha indicates which binds or which is inseparable.22 This principle of unity is clearly described in the fifth chapter of the Pañca-krama i.e. yuganaddha-krama. It is said that "Yuaganadha is a state of unity reached through the purging off of the two notions of the creative process (samsāra) and absolute cessation (nirvṛtti), it is called Yuganaddha. When the transcendental nature of phenomenal (samkleśa) and the absolute purified (vyavadāna), realities realized and the two become unified into one, it is called Yuganaddha. This is the state of the unification of the grahya (perceivable) with the grahaka (perceiver), of the temporal with the eternal, and the Prajñā (perfect knowledge) with Karunā (universal compassion)."23 The nature of samurti (the provisional truth) and the paramartha (the ultimate truth) and then to unite together—this is what the immutable state of Yuganaddha. Sādanamālā describes the unity of both Śūnyatā and Karunā is called neuter (napumsaka) or as Yuganaddha (Yab-Yum).24 According to Buddhist Tantra Prajña in generally refers to female or woman for the sake of sādhana. Śrīguhyasamāja-tantra holds a sixtten year girl is appreciated in the practice and she becomes as Prajñā.25 In the Hevajratantra prajña is elaborated as mother (janani), sister (bhaginī), washerwomen (raiakī). dancing-girl (nartakī), daughter (duhitā), Dombi-girl (dombī) etc Tantrism giving more emphasises to Prajña compare to Upaya because Prajñā is the progenitor of all beings and origin of all things.26 Processing through the way we will get the ultimate bliss which Tantra defined as Mahā-sukha. "The all Buddha knowledge which is to be experienced within one's inmost self is called great bliss (Mahāsukha) because it is the most excellent of all pleasure".27



The two cardinal principles of $S\bar{u}nyat\bar{a}$ and Prajñā or $Karun\bar{a}$ and $Up\bar{a}ya$ were transformed into Vajrayāna to the female and the male which is closely associated with the concept of Sameness or Oneness or Sama-rasa. In Hevajya-tantra it is said that in the Sahaja or ultimate state there is the neither cognition of $Prajn\bar{a}$ nor of $Up\bar{a}ya$, there is no sense of duality rather oneness, in such a state everything, whether the best, or the middle or the best, should be realised as the same. There is another verse which denotes that all entities come out of transcendental knowledge of the form of Samarasa they are all equal and non dual in nature and this will be lead to $Mah\bar{a}$ -sukha which leads to $nirv\bar{a}na$. Through the yogic practises when one enters into the state of supreme bliss $(Mah\bar{a}-sukha)$, the whole universe becomes of the form of unique emotion in the nature of $Mah\bar{a}$ -sukha, and through this emotion of bliss the whole world as static and dynamic becomes one.

Conclusion

In this paper our attempt is to disclose some fundamental tenets of Tantric Buddhism which are reflected to the concept of Yuganaddha; where the monotheistic view i.e. Advaita played a predominant role. It alludes Tantric Buddhism had accepted the essence of advaita but represents through its own way. Tantrism is a practice based religious opinion where Sadhanas have played a predominant role against mere philosophical arguments. According to H.V.Guenther Mantra-yana, Sahaja-Yana and also Tantra-Yana focused on four fundamental elements of life and they are-view based on experience (Tib.Ita-ba, Skt. drstti), development what this view offers (Tib. Sgom-pa, Skt. bhāvanā to live and act accordingly (Tib. Spyodpa, Skt. cārya) and the integration of the individual (Tib. Bras-bu, Skt. phala) which may be called as 'enlightenment' or 'Buddha-hood'.29 Man is a rational being that have strong emotional attachment with others for the sake of society. Society without human being is like a bird without feather or a ship without rudder. The kernel of Buddhism is that everybody irrespective their caste, creed and religion, have the potentiality to become Buddha i.e. the enlightened one. But to achieve this ultimate state we have to eradicate narrow psychical and psychological barriers within ourselves and also with other being. Here Buddhist Tantrism shows us the Sahajai.e. "the middle way" path where we can maintain our responsibilities towards our society, i.e. samsara and through maintaining one can realize the innermost essence between samsāra and nirvāna, i.e. the oneness of all existence. Tantric esoteric practise indicates this whole universe embodies within our body, i.e. kāya. So, at first we should realize the non-dual relationship between our body and soul. If anyone can realize this body is nothing but the manifestation of the universe then the whole universe seems to be a total unified form towards him/her. Yuganaddha is a monotheistic concept where female male unity leads us to the ultimate bliss, i.e. Mahāsukha where all are unified and this togetherness leads us to realize the unity in diversities.

References

- Śunyatā-Karuņā-bhīnnam bodhi-cittam iti smṛtam... S Dasgupta:1995: 17.
- 2.
- The Paramitanaya was written in only Sanskrit whereas Mantrayana were written in different languages like Sanskrit, Prākṛta, Apabhramśa, and even non Sanskrit languages with different commentators which seem to be clear that the Paramita-naya was less popular offshoot compare to Mantra-naya. "samskṛta-bhāṣayā Pāramitānayam/ mantranayath tantra-tantrantaram

samskṛta-bhāṣayā Prākṛta-bhāṣayā Apabhramśa-bhāṣayā asamkṛta-śavarādimleccha-bhāṣayā..." (S Dasgupta: 1995:17, S Dasgupta:1950:61).

M Witernitz:1933:388.

dṛḍham sāram asauśīram acchedyā-bhedya-iakṣaṇam/ adahi avināśi ca śunyatā vajramucyete // i.e. it is hard, compact, impenetrable that cannao be cleft, nor brunt, nor destroyed. (Advaya-vajra-samgraha, p 37). This indicates the general meaning of Vajra but apart from this there are also several concepts associated with Vajra. According to the Buddhist Mythology Vajra means 'thunderbolt' the weapon of the god Indra in Hinduism who appears to the god of Vajrapani (Le. he who holds Vajra in hand) in the Buddhist pantheon. Vajra is also applicable for the sense of holistic power of monks when they are fighting against the evil or hostile powers. In many mystic languages of the Vajrayana and that of the Saktas, Vajra means the male organ, just as Padma, 'the lotus' indicates the female sexual organ. Furthermost, the Vajrayana teaches the monistic (Advaita) view of life. Thus, there are several ideologies are identified by the term of Vajra. (M Winternftz: 1933: 388, S Dasgupta: 1995:18, B Bhattacharyya: 1958:11).

The Cultural Heritage of India (Vol I):1958:487.

According to B Bhattacharyya "it is possible to declare, without fear of contradiction, that the Buddhists were the first to introduce the Tantras into their religion, and that the Hindus borrowed them from the Buddhists in later times, and that it is idle to say that the later Buddhism was an outcome of saivism" Tantric Esoteric Buddhism: 147.

"United with the Sakti be full of power (Kula-cūdāmani Tantra). "From the union of Siva and Sakti this whole the world is created. The Buddhist, on the other hand, does not want the creation and unfoldment of the world, but the coming back to the "uncreated and unformed" state of Sunyata, from which all creation proceeds, or which is prior to and beyond all creation (if one may put the inexpressible into human language)" 2500 Years of Buddhism'. 1956:365.

9. Pranshu Samdarshi: 2014:88-89.

10. grdhrakute yathasastah prajñā Pāramitānaye/ tatha mantranayeprokta sridhanye dharmadesanall grdhrakute mahasaile Prajñā Pāramitānayam/ sandesya bodhisattvanam Mahayanam niruttaram// "it is said that the teaching ofthe Mantrayana (Vajrayana) were given first by Diparikara, the Buddha preceding the historic one.-.Sambuddha (that is to say Gautama) summoned a council in Śridhānya in Grdhrakuţa, in which the system of Prajñāparāmitā was first expounded and also the source of Vajrayāna (Sekaddesatikā: 1941:3-4 & 9).

11. B Bhattacharyya: 1958: p9.

12. S Dasgupta: 1995:18. According to Harunaga Isaacson in many cases including Tantric sects many scriptures were convinced that their origins were the direct impact by the Buddha or other enlightened being, or they were communicating teachings that had been taught by the historic personage of Buddha or another

Buddha but not transmitted in writing which alludes that they might be copied from the non-Tantric texts. (Tantric Buddhism in India: 1-3).

13. maithunasyaparāvṛttau vibhutvam labhyafe param/ buddha-sankhya-vihāre'

iha dara 'sarifclesa-darsane// Ibid, p 18.

14 udadher yathā taraṅgā hidarpane supine yatha/dṛśyanti yugapatkale tathā

cittamm svagocare// Lankavatara: 48

15 śaśaśrngam na tadvettinapi vandyasutarh tatha/ abhavatvat katham vetti nirakaram ato bhavet// 'None cares to know what is hare's horn or son of a barren woman ; how can one know objects which are mere absence (of existence) and are without any form '-Inanasiddhi (Gaekwad's Oriental

16 Prajñārahita Upāya bandhah, Upāyarahitaprajñā bandhah, prajnasahita moksahr moksah, UpāyasahitaPrajñā iva sahajasiddham evadhigamyaie sadgurupadesatahpradfpalokayor Advaya-vajra-samgraha, p 2 at Guenther: 1952:29.

Schools and Sects of Buddhism at The Cultural Heritage of India (Vo! I):

17 dṛdham saram asausiryam accheya-bhedya-lasartam/adahi avinasica Śunyatā

S Dasgupta: 1950:86, B Bhattacharyya: 1958: p 11.

- 18 vajrena Šunyatā proktā sattvena jāāna-matrata/ tadatmyam anayoh siddham vajra-sattva-svabhavatahlI Advaya-vajra-samgraha: 24.
- 19 S Dasgupta:1995:28.

20 Ibid, 29.

21. jino vairocano khyāto ratnasambhāva eva ca Amitābhāmoghasiddhiraksobhyas ca prakirtitah/ varņā amīṣām sitahh pīto rak to haritamecakau bodhyangś varado Dhyanam mudra abhaya-bhūsprśau// Sādhanamālā, p. 568-9 at B Bhattacharyya:1958:47.

"khorjjurīskandhānām to combine. 22 Naddha (nah-ktvd) Raghuvamśa 4.57, to engrave, to mingle, vanndhanasādham...Haricaran:

2011:1174.

ekibhavo dvaya varjanat/ kalpanā csti nivrtis 23 samsāro bhavedyatrayuganaddham tad ucyate// samkleśam vyavadānanca jñātvā tu paramārthatah / eki-bhavam tuyo vetti set vettiyuganaddhakam// sākāra-bhāva-samkalpam nirakaratva-kalpanām/ ekī-kṛtva catet yogi sa vettiyuganaddhakam// S. Dasgupta: 1950: 127.

24. ekah svābhāvikah kāyah śunyatā-karuṇā-dvayah/ napumsakam iti khyāto

yuganaddha iti kvacit // Sādhanamālā, Vol. II, pp 5, 505.

25. yosit tvat bhavet Prajñā Upāyah purusah smṛtah...Hevajratantra: MS. P. 21(A).

26. dharmo-dayo-dbhavam jñānam kha-samam sopāyā-nvitam/ traihkyas tatra jāto hi prajňo-paya-svarupatah// ibid. 23(B).

 $svasamvedyasvabhar{a}vakam$ svarvasaukhyāgrabhūtatvāt mahāsukham iti smṛtam.. Jñānasiddhi inanam 27. svarvatāthagatam Indrabhuti at Yuganaddha: 1952: 16.

28. hīna-madyo-tkṛṣṭāny eva anyāni yāṇi tānico / sarve tani samāṇī'ti

drastavyam tattva-bhavanaih// Ibid 31.

29. 2500 of Buddhism: 1956: 380.

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