

Abstract No 31**A Study on Methods of Yoga Practicality Taught in the Path of the Damma in Kaguyth-pa Sect****D.M. Piumi Dissanayaka**

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Tantric religious sect was introduced for the first time in India (Bharatha) and expounded up to Tibet, China and Japan but it inveterated only in Tibet where it still exists in practice. Tantrism is a significant tradition among main Buddhist traditions existing in the world. This tradition which began with the third "Dharma Chakra Pravathanaya" is considered as a neo Buddhist tradition in classical religious history. Present Tibet Buddhism is named as "Vajrayana" Tibet Tantric religion consists of a number of subsidiary sects out of which one sect is open for laity by the name of "Karguyth- Pa" tantric religions sect comprises of very complex meditative techniques. It is very important to study the ways of its teachings in order to understand the extent of its complexities. Six significant Tantric yoga systems have been introduced by one of the educator named "Naropa". They are 'in heat Yoga, illusory body yoga, forcefull projection yoga, clear light yoga, bordo yoga and concionsness transternce yoga'. It implies from studying these yoga methods as to what extent these have been affiliated with the human life. There is a preparatory activity named "Mahamudra" methodology to be performed by the yogi as a training prior to fostering yoga. This is s meditative technique between Mahayanaism and Tantrism. Main expectation of this meditation process is to identity the human mind and its workings and to bring it to control the same by self. Objective of this research paper is to study as to how yoga will virtually assist the practical life by its socialization.

Keywords: Tantric, in heat Yoga, illusory body yoga, forcefully projection yoga, clear light yoga, bordo yoga and consciousness transference yoga.