



Buddhism and Zen

By Nyogen Senzaki

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Pure Land and Zen Buddhism Comparison. Pure land Buddhism offers a path to enlightenment for those who are unable to endure long rituals or meditation, so they rather wish to be reborn into "the pure land" where enlightenment is easier to accomplish. Faith in Amitabha Buddha is not the accomplishment of the believer but is rather a gift from Amitabha Buddha. Pure Land and Zen Buddhism of Pure Land Buddhism § Pure land Buddhism offers a path to enlightenment for those

Zen Buddhism is a stripped-down, determined, uncompromising, cut-to-the-chase, meditation-based Buddhism that takes no interest in doctrinal refinements. Not relying on scripture, doctrine or ritual, Zen is verified by personal experience and is passed on from master to disciple, hand to hand, ineffably, through hard, intimate training. Though Zen recognizes "at least loosely" the validity of normative Buddhist scriptures, it has created its own texts over the generations. Zen Buddhism is a mixture of Indian Mahayana Buddhism and Taoism. It began in China, spread to Korea and Japan, and became very popular in the West from the mid 20th century. The essence of Zen is attempting to understand the meaning of life directly, without being misled by logical thought or language. Zen techniques are compatible with other faiths and are often used, for example, by Christians seeking a mystical understanding of their faith.