



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 (Chinese "Chan") Buddhism, by contrast, is more austere, with many more practices and conceptual pursuits. It is also more in the here-and-now, and would thus seem to be a return of sorts to the Buddha's original teachings. Buddha, after all, promised no afterlife, no paradise or heaven, and made no claim to being anything other than an enlightened man who had simply discovered the truth of reality " all suffering comes from desire, and to be free one must free oneself from desire " and gave ways to do that.