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| **Self-Power and Other-Power in Buddhist Traditions** |
| ***Tradition*** | ***Self-Power Aspects*** | ***Other-Power Aspects*** |
| **General Characteristics** | ▪ Cultivation of morality, meditation, and wisdom▪ Being one's own refuge▪ Basic radiance of mind▪ Buddha-nature▪ Chanting practice▪ Compassionate action | ▪ The Buddha and *Sangha* members as teachers▪ Oral and textual teachings▪ Power of chanted texts (e.g. *paritta* texts or the *Lotus Sūtra*)▪ Aid from celestial *Bodhisattvas* and Buddhas, and gods▪ Visualized deities▪ Saving power of Amitābha Buddha▪ Pilgrimage sites and relics▪ Magical elements |
| **Chan/Zen** | ▪ Practice of morality, meditation, and wisdom▪ Buddha-nature to be known and/or shown | ▪ Prods from a Zen master▪ Records of past masters' actions and sayings |
| **Theravāda** | ▪ Being one's own refuge▪ Cultivation of morality, meditation, and wisdom | ▪ Buddha, *Dhamma*, and *Sangha* refuges▪ Guidance of teachers▪ Power of *paritta* chants▪ Worldly aid from gods |
| **Tiantai/Tendai**(Note: *Lotus Sūtra* is prominent) | ▪ Cultivation of morality, meditation, and wisdom▪ Buddha-nature | ▪ Buddha, *Dharma*, and *Sangha* refuges▪ Help from celestial *Bodhisattvas* and Buddhas, and gods |
| **Huayan/Kegon**(Note: *Avatamsaka Sūtra* is prominent) | ▪ Cultivation of morality, meditation, and wisdom▪ Buddha-nature | ▪ Buddha, *Dharma*, and *Sangha* refuges▪ Help from celestial *Bodhisattvas* and Buddhas, and gods |
| **Tibetan Vajrayāna and Shingon** | ▪ Cultivation of morality, meditation (including potent tantric forms), and wisdom▪ Buddha-nature | ▪ Buddha, *Dharma*, *Sangha*, and *Guru* refuges▪ Visualized deities (especially one's *yidam*, i.e. 'chosen deity')▪ Help from celestial *Bodhisattvas* and Buddhas, and gods |
| **Nichiren**(Note: *Lotus Sūtra* is prominent) | ▪ Chanting the *daimoku*▪ Action to improve society▪ Buddha-nature | ▪ Truth-power of the *Lotus Sūtra*▪ Aid from Śākyamuni, related *Bodhisattvas*, and gods |
| **Jingtu/Jōdo**(Note: In Japan, Hōnen was prominent) | ▪ Faith▪ Compassionate acts | ▪ Saving power of Amitābha Buddha |
| **Jōdo-shin**(Note: In Japan, Shinran was prominent) | ▪ Faith – although this is said to actually come from Amitābha | ▪ Saving power of Amitābha Buddha |
| Source:Harvey, P. (2013) *An introduction to Buddhism: teachings, history and practices*. 2nd edn. Cambridge: Cambridge University Press. (pp. 235-236.)Alexander Peck (22 May 2015) |