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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) | | |