

Self-Power and Other-Power in Buddhist Traditions

<i>Tradition</i>	<i>Self-Power Aspects</i>	<i>Other-Power Aspects</i>
General Characteristics	<ul style="list-style-type: none"> ▪ Cultivation of morality, meditation, and wisdom ▪ Being one's own refuge ▪ Basic radiance of mind ▪ Buddha-nature ▪ Chanting practice ▪ Compassionate action 	<ul style="list-style-type: none"> ▪ The Buddha and <i>Sangha</i> members as teachers ▪ Oral and textual teachings ▪ Power of chanted texts (e.g. <i>paritta</i> texts or the <i>Lotus Sūtra</i>) ▪ Aid from celestial <i>Bodhisattvas</i> and Buddhas, and gods ▪ Visualized deities ▪ Saving power of Amitābha Buddha ▪ Pilgrimage sites and relics ▪ Magical elements
Chan/Zen	<ul style="list-style-type: none"> ▪ Practice of morality, meditation, and wisdom ▪ Buddha-nature to be known and/or shown 	<ul style="list-style-type: none"> ▪ Prods from a Zen master ▪ Records of past masters' actions and sayings
Theravāda	<ul style="list-style-type: none"> ▪ Being one's own refuge ▪ Cultivation of morality, meditation, and wisdom 	<ul style="list-style-type: none"> ▪ Buddha, <i>Dhamma</i>, and <i>Sangha</i> refuges ▪ Guidance of teachers ▪ Power of <i>paritta</i> chants ▪ Worldly aid from gods
Tiantai/Tendai (Note: <i>Lotus Sūtra</i> is prominent)	<ul style="list-style-type: none"> ▪ Cultivation of morality, meditation, and wisdom ▪ Buddha-nature 	<ul style="list-style-type: none"> ▪ Buddha, <i>Dharma</i>, and <i>Sangha</i> refuges ▪ Help from celestial <i>Bodhisattvas</i> and Buddhas, and gods
Huayan/Kegon (Note: <i>Avatamsaka Sūtra</i> is prominent)	<ul style="list-style-type: none"> ▪ Cultivation of morality, meditation, and wisdom ▪ Buddha-nature 	<ul style="list-style-type: none"> ▪ Buddha, <i>Dharma</i>, and <i>Sangha</i> refuges ▪ Help from celestial <i>Bodhisattvas</i> and Buddhas, and gods
Tibetan Vajrayāna and Shingon	<ul style="list-style-type: none"> ▪ Cultivation of morality, meditation (including potent tantric forms), and wisdom ▪ Buddha-nature 	<ul style="list-style-type: none"> ▪ Buddha, <i>Dharma</i>, <i>Sangha</i>, and <i>Guru</i> refuges ▪ Visualized deities (especially one's <i>yidam</i>, i.e. 'chosen deity') ▪ Help from celestial <i>Bodhisattvas</i> and Buddhas, and gods
Nichiren (Note: <i>Lotus Sūtra</i> is prominent)	<ul style="list-style-type: none"> ▪ Chanting the <i>daimoku</i> ▪ Action to improve society ▪ Buddha-nature 	<ul style="list-style-type: none"> ▪ Truth-power of the <i>Lotus Sūtra</i> ▪ Aid from Śākyamuni, related <i>Bodhisattvas</i>, and gods
Jingtu/Jōdo (Note: In Japan, Hōnen was prominent)	<ul style="list-style-type: none"> ▪ Faith ▪ Compassionate acts 	<ul style="list-style-type: none"> ▪ Saving power of Amitābha Buddha
Jōdo-shin (Note: In Japan, Shinran was prominent)	<ul style="list-style-type: none"> ▪ Faith – although this is said to actually come from Amitābha 	<ul style="list-style-type: none"> ▪ 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.)

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