

## Overview of Buddhist Traditions

Every Buddhist tradition:

- unites stable attention (shamatha) and insight (vipashyana) to dismantle the perceptual, emotional, and behavioral patterns that create suffering
- uses various methods of raising energy to fuel insight and release of patterns: metta, impermanence, posture, chanting, bowing, visualization, devotion, etc
- includes removing obstacles, cultivating virtues & powers, and opening to full experience
- relies on the transmission of knowledge, insight and faith through lineages of teachers
- integrates with local cultures & worldviews (Hindu, Taoist, Confucian, animist, scientific, psychological)

TRADITION	BASIS	TEACHINGS & PRACTICES	MAJOR TEXTS	WHERE	FOUNDERS
<b>THERAVADA</b>	ethics & renunciation mindfulness concentration	morality, concentration, wisdom insight into 3 marks refuge & precept vows 4 noble truths, 8-fold path interdependent origination & karma bare attention concentrative absorptions (jhanas) brahma-viharas esp. lovingkindness (metta)	Vinaya monastic rules Sutta teachings (incl Dhammapada, Satipatthana Sutta, Anapanasati Suttas) Abhidhamma analyses (incl Visuddhimagga)	India Sri Lanka Thailand Burma Laos Cambodia	Shakyamuni Buddhaghosa
<b>MAHAYANA</b> Mind Only Middle Way	emptiness compassion bodhisattva vow	unites insight into emptiness with compassion 6 perfections (paramitas) buddha nature awakening mind (bodhicitta), bodhisattva vow prayer: bodhicitta, 7-branch, etc 4 immeasurables, esp. compassion graded stages of the path (lam rim) taking & sending (tonglen)	Perfection of Wisdom incl Heart & Diamond Sutras Lankavatara Sutra Lotus Sutra Flower Garland Sutra Shantideva's Guide Vimalakirti Sutra	Tibet China Vietnam Japan	Nagarjuna Dignaga Dharmakirti Vasubhanda Asanga Shantideva Atisa
<b>ZEN</b> Chinese Ch'an Jap. Soto & Rinzai Korean Son	insight direct transmission 4 vows	4 vows simply sitting (shikantaza) insight through koans bowing, chanting, walking, work	Heart Sutra Platform Sutra of Hui-Neng Gateless Gate (Mumonkan) Dogen's Shobogenzo Transmission of the Light	China Japan Korea	Mahakashyapa Bodhidharma Hui-Neng Lin-chi (Rinzai) Dogen
<b>PURE LAND</b> Jodo Shinshu	faith in other-power humility gratitude	other power: relying on Amida's vows compassion & service	Pure Land sutras Shinran's writings	China Japan	Honen Shinran Renryo
<b>NICHIREN</b> Nichiren Shu Nichiren Shoshu Soka Gakkai	faith	chanting veneration of the Lotus Sutra	Lotus Sutra Nichiren's writings	Japan	Nichiren Nikko
<b>VAJRAYANA</b> tantra Shingon	faith & devotion energy transformation samaya bond	samsara is nirvana 100,000 preliminaries (ngondro) rituals 3 roots: guru, yidam, protectors mantra, visualization, internal energy yogas direct presence: mahamudra & dzogchen	father (illusory body) tantras incl Guhyasamaja, Vajrabhairava (Yamantaka); mother (clear light) tantras incl Chakrasamvara, Hevajra, Vajrayogini, Kalachakra	Tibet Japan	84 mahasiddhas Padmasambhava Naropa Milarepa Kukai