

Zen and its culture

History of Chan (Zen)

- Chan (Zen) was brought to China by Bodhidharma (ca. 470-532), a south Indian.
- In the Kamakura period in Japan, the monastic form of Buddhism in China was no longer esoteric schools like the originals of Shingon and Tendai, but Chan (Zen).



Eisai and Rinzai Zen

Eisai (1141-1215)

- He studied Tendai and Esoteric Buddhism on the Mt. Hiei.
- In 1168 he made a trip to China and found that the Tendai temples seriously deteriorated and Chan was spreading instead.
- In 1187 Eisai went again to China, this time studying with an aged master of the Linji (Rinzai) lineage on Mt. Tiantai. He returned to Japan in 1191 with a certificate of enlightenment.



- Eisai got permission to start a Zen temple in the new capital of Kamakura, and later in the old imperial capital of Kyoto as well.
- He ended his life as an abbot of Tendai school.

Rinzai Zen

- ☛ *Koan* (riddle-like meditation queries)
 - ☛ ex. Two hands clapping make a noise. What is the sound of one hand? (by Hakuin)
- ☛ Zen and Samurai (warrior)
 - ☛ The discipline of Zen went well with the warrior spirit.
 - ☛ The austere but elegant arts of Zen suited the rising warriors' aspirations to refinement.

Dogen and Soto Zen

Dogen (1200-1253)

- ☛ He studied Tendai Buddhism on Mt. Hiei. He worked with a disciple of Eisai, Myozen, in Eisai's old Rinzai temple, Kennin-ji.
- ☛ In 1223 he went to China and studied in the Caodong (Soto) monasteries, where he appreciated the way they emphasized quiet sitting and living Zen in the context of all one's life.
- ☛ On returning to Japan in 1227 he went first back to Kennin-ji, then lived at other temples, but finally established Eihei-ji, where he was able to lead a temple following his own concept of pure Zen.




- ☛ In Soto Zen the people focus on the meditation, without using the *Koan*.
- ☛ Dogen emphasized in all his philosophical works the unity of practice and enlightenment – and practice is not only meditation, but the whole life of the practitioner.
- ☛ His master piece: Treasure of Knowledge of the True Dharma (*Shobogenzo*)

Eihei-ji (Fukui Pref.)




Muromachi Zen Culture





Five-mountain Culture

The Wind and Thunder Gods in Kennin-ji

- Muromachi Period (1336-1573)
- Zen culture reached its golden age under the 3rd Shogun, Ashikaga Yoshimitsu, flourished in the five main Zen monasteries of Kyoto.
 - Nanzen-ji
 - 1. Tenryu-ji, 2. Shokoku-ji
 - 3. Kennin-ji, 4. Tofuku-ji
 - 5. Manju-ji



Tofuku-ji







The Golden Pavilion The Silver Pavilion

Zen Culture

- Gardens
- Tea
- Ikebana (flower arrangement)
- Painting
- Noh drama
- The martial arts
- Bushido (the way of warrior)

Rock gardens

Ryoan-ji (Rinzai school)