## Self-Power and Other-Power in Buddhist Traditions

<table>
<thead>
<tr>
<th>Tradition</th>
<th>Self-Power Aspects</th>
<th>Other-Power Aspects</th>
</tr>
</thead>
</table>
| **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 |