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Resolved Question

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### Devotional Buddhism?

I was wondering if there's a sect of Buddhism (other than Shin Buddhism or Jodo Shu) that concentrates more on Devotional practices (Puja) than Meditation (Dhyana), or at least allows this. I feel that doing Puja gives me more mental peace, or at least helps me with meditation. Thanks for any help :]

2 years ago

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Greg L

Best Answer - Chosen by Voters

There's the practices of repentance bowing in which you bow to the buddhas and bodhisattvas, repenting to your teachers and reforming to do better. This is masked as "devotional" and "worship", but in actuality, few understand this powerful practice that fine-tunes our nature, heart, and mind towards the buddha dharma, strengthening our roots in the buddha dharma.

We also recite the names of buddhas and bodhistvas and make offerings to them. We also chant and sing the praise songs to Kwan Yin Bodhisattva, Amitabha Buddha, Medicine Master Buddha, etc. Recitation is just like focusing on a single entity in meditation and can be used as your concentration tool in meditation, all of which lead to samadhi concentration and zen.

You should read the Mahayana sutras, specifically those in which the Buddha introduced many Buddhas and Bodhisattvas to us. He discussed their vows and "functions" and how we can venerate and practice those dharma doors.

Similar to Amitabah Buddha, there is Medicine Master Buddha. He also created a pureland in the EAST, virtually the same as Amitabha's land in the West. For the same reasons, people recite Medicine Master Buddha's name, just as some recite Amitabha Buddha's name... to reach that Buddha's pure land. Medicine Buddha is like double-insurance.

To reach Amitabha's land, you have to 100%, fully, willingly let go of all your worldly attachments and ultimately choose to go with Amitabha Buddha. If you are attached to this world still, then Amitabha can only grant you your wish and let you stay behind. That's one of the hard parts to pureland buddhism. You have to really let go. Otherwise, you're stuck.

So Medicine Master Buddha makes it even easier, anything to get us out of this suffering pithole. So should our resolves NOT be complete yet upon our deathbeds, the Medicine Master Buddha would guide us at the end of our lives and take us with him. So it's extremely beneficial to recite both Amitabha Buddha and Medicine Master Buddha's name.

One of my favorite practices is venerating and paying respects to the buddhas and bodhisattvas. I have such a deep and profound humbleness and respect to the Enlightened ones and honoring their accomplishment and stillness motivates my studies and practice, as well as brings my mind and heart to peace.

Read Medicine Master Sutra, Amitabha Sutra, Sutra on Avolokiteshvara--bodhisattva that listens to all the sounds of the world, and Earthstore Bodhisattva Sutra here: <http://gbm-online.com/Sutras.asp>

2 years ago

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bodhi

Devotional aspect of Buddhism,  
ethical aspect of buddhism,  
moral aspect of buddhism,  
and practical aspect of buddhism are really need to practise for a buddhist.

2 years ago

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