

# Finding Our True Home: Living in the Pure Land Here and Now



# Pure Land Buddhism

Cribbed from the WP article on Pure Land Buddhism

- Pure Land Buddhism is a broad branch of Mahayana Buddhism. Pure Land oriented practices and concepts are found within basic Mahāyāna Buddhist cosmology, and form an important component of the Mahāyāna Buddhist traditions.
- The term "Pure Land Buddhism" is used to describe both:
  - The Pure Land soteriology (the doctrine of salvation) of Mahāyāna Buddhism, which may be better understood as "Pure Land traditions" or "Pure Land teachings,"
  - The separate Pure Land sects that developed in Japan from the work of Hōnen.
- Pure Land Buddhism is built on the belief that we will never have a world which is not corrupt, so we must strive for re-birth in another plane, referred to as the "Pure Land".

# Meditation School

According to the Stanford Encyclopedia of Philosophy's article of Chan Buddhism

- The Meditation school is synonymous with both Chan and Zen.
- The Chan School (Chan zong) is an indigenous form of Chinese Buddhism that developed beginning in the sixth century CE and subsequently spread to the rest of East Asia (Japanese: Zen; Korean: Sôn; Vietnamese; Thiền).
- Chan means meditation or meditative state so Chan zong can be translated as the “Meditation School”.
- Chan was not distinctive within Chinese Buddhism in its use of meditative techniques. What distinguished Chan were its novel use of language, its development of new narrative forms, and its valorization of the direct and embodied realization of Buddhist awakening

# My Biases

# Preface: The Pure Land is Now or Never

by sister Anabel Laity



# **Part 1: Practicing in the Pure Land**

**Where is the Pure Land?**

# **The Three Levels of Practice**

**The Lowest Level of Practice: Aspiring to Be Born in the Pure Land**

**The Middle Level of Practice: Wholesome Recollection**

**The Highest Level of Practice: Pure Land in the Mind and Body**



# **The Nine Lotus Grades**

**The Meditation School and the Pure  
Land School Are One**

# **You don't Need to Die to enter the Kingdom of Heaven**

Practicing mindfulness and recognizing that our true nature is Amitabha Buddha, we can live in the Pure Land now.