

The Philosophy of Zen Buddhism

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Abstract. This article delves into the philosophical underpinnings of Zen Buddhism, exploring concepts such as enlightenment, meditation, and the nature of reality. It examines the historical development of Zen thought and its influence on both Eastern and Western philosophical traditions. Through an analysis of key Zen texts and teachings, the study provides a comprehensive understanding of Zen's approach to existential questions and its relevance in contemporary spiritual discourse.

Keywords: Zen, Buddhism, Philosophy, Enlightenment, Meditation

Introduction

Zen Buddhism, with its emphasis on direct experience and meditation, offers a unique philosophical perspective on existence and consciousness. This paper explores the core tenets of Zen philosophy, including the nature of enlightenment and the role of meditation in achieving spiritual insight. By tracing the historical development of Zen from its origins in China to its spread across Japan and beyond, the study highlights Zen's influence on both Eastern and Western thought. Analyzing seminal Zen texts and teachings, this research aims to articulate Zen's approach to existential questions and its continuing relevance in modern spiritual and philosophical discussions.

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