

## **Chinese Zen Buddhism and Philosophy**

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Buddhist meditation usually consists of "Shamatha" and "Vipasana" principles. The former is often related to concentration; focuses on certain objects, and / or settling of mental wondering. The latter is related to inner reflection to produce insight and wisdom. The Chinese 'Zen' is another meditation method. It is a very popular practice of 'Mind and Life Conferences'. In Chinese Buddhist history, it had been told that the origin of Zen Buddhism is brought by Bodhidharma (Bodaidarma, Pu – ti – ta – mo, Dharmo Daishi) around 520 A.D. As Gautama Buddha is the founder of Buddhism, Zen Buddhism's model can be said as, the time when prince Siddhartha started his meditation process in Buddha – Gaya. The author assumes that the origin of Zen Buddhism is when Bodhidharma tried to experience the process of mediation. Until that time, it was told as the way Prince Siddhartha reached his enlightenment. If Zen Buddhism is seen from the point of view of Buddhism, all Mahayana Buddhist sutras can be regarded as Zen Sutras. Lotus sutra is often quoted in the Shobo – genzo, which was written by Dogen, the founder of sote- sect within the Saddharmapundaika and the Lotus Sutra.

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