

# Mysticism in east asia



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Mysticism in East Asia Religion is a which has a role to play towards modernity. It is believed that different religions have different affects on modernity with some of them restricting the development of modernity while others have been promoting it. Buddhism is considered to be an important faith which underwent many changes between the nineteenth and the twentieth century. It is believed that Buddhism played a positive role as a contributing factor towards modernity. This religion had its roots mainly in the Asian countries and Japan was one such country which totally under took this belief as its major faith and it was the first country in the east to actually become as modernized and successful as the western countries.

Zen is considered to be an important aspect of Buddhism which was followed in Japan. This principle was a part of the faith which mainly came in existence at the time of the Second World War. Though it is believed that Zen was a principle which promoted peace and the coming together of people and also was associated with the modernization of Japan, it is also considered to be the reason for the disastrous nuclear bombings that took place during this war. The reason behind this is that it promoted success and it pushed Japan towards breaking the western domination.

Dogen is considered to be the central figure in the belief of Zen. His presentation of Zen showed that it was the ultimate form of leading a life. He considered peace of mind and meditation to be the ultimate reality of life. He taught the princgggiples of Buddhism explaining the fact that mind and body should be brought together. He believed that a person should understand his soul and that a person should spend time every day by not thinking and completely concentrating. He would then achieve spiritual level and become a true Buddha. The teachings of Dogen concentrated upon the

understanding of the self and the unity of the body and soul which should be able to work in alignment.

Dogen laid great stress upon the understanding of the inner self. His teachings present a picture that a person could achieve success if he achieved an understanding of his inner world properly and for that proper consideration of time and concentration was important. He explained that a proper inner appearance was necessary for a proper external appearance and external presentation. His teachings can also be considered to have an impact on modernity. Though he presented his teachings in the thirteenth century, they were understood and utilized by the Japanese in the nineteenth and twentieth century to achieve success and modernity in the world. It is believed that Buddhism and the spiritual teachings of Dogen laid an impact on the changes and development in Japan in making it successful.

Hence great association between religion and modernity can be expressed.

Dogen was one of the very early teachers of the Buddhist principle of Zen. He laid the foundations of the recognition of the inner self and his teachings can also be connected to the development of modernity.

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