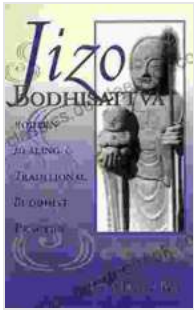


Jizo Bodhisattva: A Modern Healing Tradition Rooted in Ancient Buddhism



Jizo Bodhisattva: Modern Healing & Traditional Buddhist Practice by Jan Chozen Bays

★★★★★ 5 out of 5

Language	: English
File size	: 3027 KB
Text-to-Speech	: Enabled
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In the pantheon of Buddhist deities, Jizo Bodhisattva occupies a unique and compassionate place. Revered as a protector of children, travelers, and the deceased, Jizo's presence brings solace, protection, and guidance to those in need.

Origins and Symbolism of Jizo

Jizo's origins can be traced to the bodhisattva Ksitigarbha, a figure mentioned in the Lotus Sutra. In East Asia, Jizo's cult gained popularity during the 7th century, as people sought solace amidst widespread epidemics and social upheaval. The bodhisattva gradually became known

as the protector of children, particularly those who had died young or through miscarriage or abortion.

Statues of Jizo are often found lining roads and graveyards, representing his role as a guide for lost souls. Jizo's iconic appearance includes a shaven head, a monastic robe, and a staff adorned with six rings that represent the six realms of existence. He often carries a jewel, symbolizing wisdom, and a lantern, representing enlightenment.

Jizo's Compassionate Healing

Jizo's compassion extends to all beings, offering healing not only in the physical realm but also in the emotional and spiritual realms.

For the Deceased

Jizo is believed to protect deceased children and fetuses, guiding them through the intermediate state (bardo) and helping them achieve a peaceful rebirth.

For the Bereaved

Jizo provides solace and support to parents and loved ones who have lost children. His presence reminds mourners that their departed loved ones are not forgotten and are under his compassionate care.

For the Living

Jizo's protection extends to the living as well, safeguarding against accidents, illnesses, and other misfortunes. He is also revered as a guardian of travelers, providing safety and guidance on their journeys.

Modern Healing Practices

In modern times, Jizo Bodhisattva's healing practices have found resonance among individuals seeking solace and transformation. The following are some of the ways in which Jizo's teachings and symbols are used in contemporary healing practices:

Rituals and Ceremonies

Rituals honoring Jizo are often performed by grieving parents or individuals seeking protection. These rituals may involve offering water, flowers, or toys to Jizo statues, chanting mantras, or lighting lanterns.

Meditation and Mindfulness

Meditating on Jizo's qualities of compassion and wisdom can help cultivate inner peace and resilience. Mindfulness practices can also be used to connect with Jizo's presence and receive his guidance.

Symbolic Representations

Jizo statues, images, or amulets are often used as symbols of protection and healing. Carrying or placing a Jizo statue in a sacred space can serve as a tangible reminder of Jizo's compassionate presence.

Jizo Bodhisattva stands as a beacon of hope and compassion, offering healing and guidance to the departed and the living alike. His teachings and practices provide solace, protection, and a path to inner transformation. Whether through ancient rituals or modern healing techniques, Jizo's presence brings comfort, wisdom, and a profound understanding of the interconnectedness of all beings.

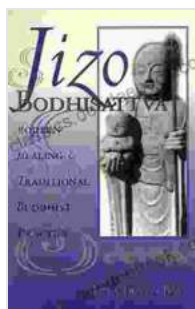


A statue of Jizo Bodhisattva receiving offerings of bibs and toys.

Image by Ashley Clark on Unsplash

- Buddhism: A Concise (Harvey, 2013)
- The Cult of the Bodhisattva Jizo in Japan (Reed, 1992)

- Jizo Bodhisattva: The Compassionate Savior of Children and Travelers (Hodgson, 2010)



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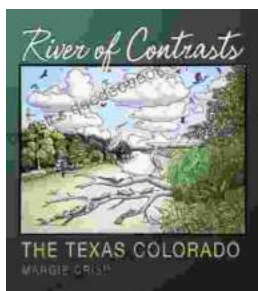
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