14-3 Notes

* Japanese believed in both Shinto (concerned with daily life) and Buddhism (concerned with the afterlife).
* Sects – smaller religious groups.
* Pure Land Buddhism – a sect which believes there is a happy life after death.
* Zen Buddhism – a sect which taught that people could find inner peace through self-control and a simple way of life. They practiced martial arts (sports that involved combat and self-defense) to control their bodies. They practiced meditation (where a person sat for hours motionless to clear all thoughts and desires) to control the mind.
* Origami – the art of folding paper
* Calligraphy – the art of writing beautifully
* Murasaki Shikibu – wrote the Tale of Genji, believed to be the world’s first novel.
* Much of Japan’s wealth came from farmers who grew rice, wheat, millet and barley.
* Many artisans and merchants formed guilds – groups who protected and increased their profits.