Satori

Satori is a term from Zen Buddhism that refers to spiritual awakening. The literal meaning of the word is “understanding” or “comprehension.” Satori describes an experience that unfolds over time, much like a baby learning to walk: after many efforts, the child manages to stand upright, finds balance, takes a few steps, and then falls. After sustained effort, the child eventually realizes one day that walking can be done continuously.

Spiritual awakening, as it is defined in certain mystical traditions of Hinduism, Buddhism, and Christianity, represents the culmination of a personal commitment to a spiritual path.

References

- Zen Buddhism' (selected writings of Zen Buddhism) by D.T. Suzuki - 3 hours and 1/2
    - A foundational reference explaining satori as a sudden yet integrative experience of insight in Zen.
- Kapleau, Philip. (1965). The Three Pillars of Zen. Beacon Press.

– Describes satori as both a breakthrough experience and part of a longer process of spiritual maturation.

- Eliade, Mircea. (1958). Yoga: Immortality and Freedom. Princeton University Press.
    - Discusses spiritual awakening across Hindu and Buddhist mystical traditions.
- Underhill, Evelyn. (1911). Mysticism: A Study in the Nature and Development of Spiritual Consciousness. Oxford University Press.
    - A classic work comparing mystical awakening in Christianity and other spiritual traditions.
- Encyclopaedia Britannica, entry: Satori (Zen Buddhism)
    - Provides a concise and authoritative definition of satori and its role in Zen practice.

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