

Studying the Zen religious music at Kaifeng “daxiangguo temple” for promotion

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Abstract

This research aims to explore Zen music at the Daxiangguo Temple in Kaifeng and its promotion in modern society. The study's objectives include researching the Zen music of Daxiangguo Temple, studying the Diamond Sutra, compiling a handbook of Zen music and the Diamond Sutra, and promoting both through the handbook to the public. This study investigates the impact of Zen music on the spiritual practices of practitioners, the challenges faced during the compilation of the handbook, and effective ways to promote Zen music and the Diamond Sutra to the public. A mixed-methods approach, including interviews and surveys, has been adopted. The goal of this paper is to provide a viable path and reference for the future development of Zen music, balancing its cultural heritage value and market demand, and promoting the development and popularization of Zen music.

This research fills a gap in existing studies on Zen music and contributes to the academic field. Firstly, through in-depth interviews and observational research, this study aims to deepen our understanding of the impact of Zen music on spiritual practice. This will help us better comprehend the spiritual value of Zen music and provide new perspectives for its application. Secondly, this research focuses on simplifying the complex Zen teachings by linking Zen music to everyday life and other art forms. The goal is to make Zen music more accessible to the general public and promote the dissemination of Zen culture. Lastly, by enhancing public understanding of Zen music, we can promote cultural diversity and facilitate cross-cultural exchanges.

Keywords: Zen Music; Daxiangguo Temple; Diamond Sutra; Promote; Meditatio

Introduction

Zen music, as a form of music, attracts attention from various circles with its unique aesthetic and philosophical ideas. As a Buddhist sect centered on meditation and enlightenment, Zen music carries a rich religious color in both its connotation and extension. However, the charm of Zen music is not limited to Buddhists alone; its aesthetics and musicality have wide-reaching influence in modern society. This influence manifests both culturally and economically. For instance, at the Daxiangguo Temple, Zen music has become an essential element in attracting visitors and followers.

The performance and composition techniques of Zen music also possess a distinct uniqueness. Its performance forms include not only choral and solo singing but also instrumental and percussion music, which often interweave into a single song to create a rich layering of emotions and sentiment. The creation of Zen music places more emphasis on the internal spiritual state and personal cultivation experience, rather than external form and

technique. This differs significantly from the compositional methods of many popular and classical music forms.

At Daxiangguo Temple, the performance and creation activities of Zen music have formed a continuous and rich tradition. The Buddhist orchestra within the temple not only inherits and promotes the tradition of Zen music but also continuously innovates and challenges this tradition. The Buddhist orchestra, led by Master Xinguang, has created many acclaimed Zen music pieces. These works not only express the profound connotations of Zen music but also display its innovative vitality within the contemporary music environment.

Despite the long history of Zen music, its status in modern society is not stable. On one hand, the performance and appreciation of Zen music require a particular state of mind and practice, leading to a relatively small audience. On the other hand, given the distinctive musical form of Zen music compared to mainstream pop and classical music, its acceptance in the modern music environment is relatively low. However, despite facing various challenges, Zen music perseveres and continues to develop within temples.

Zen music, as a profound form of religious and musical expression, presents tremendous possibilities and challenges for future development. On the one hand, Zen music needs to find a way to maintain its unique aesthetics and religious attributes while finding space to survive and develop in modern society. On the other hand, the inheritance and development of Zen music require substantial human talent and resources, a significant challenge faced by temples and communities.

The Daxiangguo Temple, an essential hub for the dissemination of Zen music, has a rich historical heritage and cultural accumulation. However, like many temples with abundant historical culture, the development of Zen music has not been smooth sailing. For a long time, due to various factors, the promotion and popularization of Zen music in China and even worldwide have been facing severe challenges.

Firstly, the development of Zen music is constrained by educational resources. Traditionally, the learning and dissemination of Zen music mainly occur among temples, which helps preserve and inherit the authenticity of Zen music but also limits its popularization. Simultaneously, due to limited resources within the temples, they cannot meet the demands of large-scale education and training, causing a relatively slow development pace for Zen music.

Secondly, the development of Zen music is influenced by the social environment. The fast-paced lifestyle of modern society and the richness of various entertainment options provide people with more choices when encountering and appreciating music. Compared to pop and classical music, Zen music has a slower rhythm and simpler melody, making it difficult to resonate with a broad audience. Additionally, Zen music faces substantial pressure in musical innovation and commercial promotion. Under this context, the promotion and popularization of Zen music present significant challenges.

However, despite the various difficulties and challenges, the development of Zen music at Daxiangguo Temple continues to persevere relentlessly. The establishment of the Daxiangguo Temple Buddhist Orchestra allows Zen music to be disseminated and popularized more extensively. The orchestra has not only performed in various temples and Buddhist activities nationwide but also showcased the charm of Zen music on the international stage, making significant contributions to the development and promotion of Zen music.

In the future, the development of Zen music will face more opportunities and challenges. On one hand, with the advancement of society and technology, the education and promotion of Zen music will continue to innovate, offering new possibilities for its development. On the other hand, the innovation and development of Zen music will face greater pressure, and how to innovate while preserving tradition will be a crucial issue for Zen music.

From a cultural perspective, the dissemination of Zen music is closely related to the revival of Chinese culture. This is associated with China's increasingly prominent status on the global stage in recent years, as various traditional cultures have begun to gain attention and recognition from the international community. Zen music, as an essential component of traditional Chinese music culture, undoubtedly holds considerable cultural transmission value.

However, from a marketization perspective, the promotion and popularization of Zen music still face some challenges. Due to its limitations in the commercialization process, Zen music faces relatively significant difficulties in commercial promotion compared to pop and classical music. Take the music industry as an example: pop and classical music have massive markets and audiences, while Zen music has a smaller audience and a relatively contracted market, posing certain resistance to its development.

Yet, this does not mean that the commercialization of Zen music lacks prospects. With the development of the internet, various non-mainstream music forms have found broader development space. For instance, on music sharing platforms, independent musicians can share their works and generate income, opening new possibilities for the development of Zen music. Furthermore, the application of Zen music is becoming increasingly widespread on multimedia platforms such as films, TV series, and advertisements. All of these demonstrate that Zen music has a broader space and possibilities for development.

This research project will delve into these possibilities, attempting to find a solution that can balance the cultural transmission value of Zen music and market demand, providing a feasible path and reference for the future development of Zen music.

Simultaneously, we will also study the influence of Zen music in modern society. This includes how Zen music affects people's ways of thinking, lifestyles, and spiritual lives, and how Zen music is disseminated and developed in different social and cultural contexts. We hope that this research project can provide more in-depth and comprehensive theoretical support for the development of Zen music.

Zen music holds profound significance in modern society, not only for its unique musical form but also for the deep Zen philosophy it conveys. In the fast-paced modern life, Zen music brings a sense of inner calm and peace with its profound and restrained style, thereby securing its place in modern society.

Moreover, Zen music also has a profound impact on individuals and communities. Firstly, Zen music can help people relieve stress and achieve inner tranquility, promoting mental health by guiding meditation. Secondly, Zen music can also help to promote cultural traditions within communities, strengthening their cohesion. By holding performances and lectures on Zen music, community members can understand and recognize Zen music, thus enhancing their identification with local culture.

The unique value of Zen music lies in the fact that it is not just a form of music, but also a philosophy of life. It conveys an attitude towards life, which is to accept life's ups and downs and find inner peace. This philosophy is particularly important in modern society because modern people face various pressures, and Zen music can help them find ways to cope with these pressures.

In summary, the status and value of Zen music in modern society should not be overlooked. Although its commercialization process is relatively slow, its cultural value and profound influence on individuals and communities are irreplaceable. This is also the initial intention of our research. We hope that by deeply exploring Zen music, more people will understand and appreciate Zen music, tapping into its greater value in modern society.

The protection and inheritance of Zen music are also an important part of our research. With the development of society and technology, people's lifestyles and aesthetic views are changing, which undoubtedly presents challenges for the development of Zen music. Many ancient Zen music pieces might gradually disappear due to the loss of musical scores, damage to instruments, or lack of performance skills. This is not only a destruction of our cultural heritage but also a weakening of our spiritual lives.

Facing these challenges, Daxiangguo Temple and many other institutions are dedicated to the protection and inheritance of Zen music. They strive to sustain Zen music in modern society through various means, such as excavating and restoring ancient musical scores, training new performers, and offering Zen music courses. Simultaneously, through their research on Zen music, they deeply explore the cultural value of Zen music, thereby enhancing society's recognition and respect for Zen music.

Education is one of the important means to inherit and promote Zen music. By offering Zen music courses in schools, more young people can understand and learn about Zen music. At the same time, schools can also organize Zen music performances, providing students with the opportunity to personally experience the charm of Zen music, thereby cultivating their love for Zen music.

In addition to education, community activities are also an important way to promote Zen music. For example, Daxiangguo Temple often organizes performances of Zen music, allowing community members the chance to get up close and personal with it. They also introduce the history, cultural value, and performance techniques of Zen music through lectures and workshops, enabling community members to gain a deeper understanding of Zen music.

In our future research, we will explore more ways to protect and inherit Zen music, such as using technological means, like digitization, to preserve Zen music scores and performances. Simultaneously, we will study how to enhance the social influence of Zen music through market-oriented means, such as producing albums and movies featuring Zen music.

As we reflect on the history of Zen music, we cannot overlook its future development. With the continuous development of technology and social progress, we need to think about how to bring Zen music into the future, allowing it to continue playing its role in new historical stages (Liu, 2019).

First, Zen music needs to keep up with the times and find a development path that is compatible with modern society. This might include modernizing Zen music with the help of technology, integrating it into various cultural products like pop music, movies, and TV shows to fit the aesthetic habits and lifestyles of modern people. At the same time, we also need to maintain the original characteristics and spiritual connotations of Zen music, avoiding the loss of its essence in the pursuit of innovation and change.

Second, we need to strengthen the dissemination of Zen music, enabling more people to understand and encounter Zen music. This requires not only traditional education and community activities, but also the utilization of modern means of communication like the internet and social media, thus enhancing the influence of Zen music. We can bring Zen music into more people's lives through online courses, live-streamed performances, and virtual concerts.

Thirdly, we need to intensify our research on Zen music, deepening our understanding continuously. This involves not only the study of the music itself but also the underlying Zen philosophy and culture. Through in-depth research into Zen music, we can not only understand its musical aesthetics but also experience the profound influence of Zen philosophy and appreciate the charm of Zen culture.

However, although we hold great expectations for the future of Zen music, we also face some challenges in the process of studying and disseminating it. Firstly, traditional Zen music requires complicated performance techniques and instruments, which sets high demands on musicians' skills and literacy. Simultaneously, due to the interruption of cultural heritage, some Zen music scores and performance methods have been lost or forgotten, creating significant difficulties for us to restore and perform traditional Zen music.

Additionally, the fast pace of modern life and high stress levels mean many people are unable to calm down and appreciate the connotations of Zen music. Many young people have misunderstandings or unfamiliarity with Zen music, considering it "sophisticated" or "outdated", which also poses challenges to the popularization and dissemination of Zen music. Furthermore, due to its various rises and falls throughout history, the influence of Zen music in contemporary society is far less than that of pop music and Western classical music, leaving Zen music in a relatively marginal position.

Despite these challenges, we remain hopeful for the future of Zen music. Through relentless effort and the assistance of technology, it's possible for us to find a balance that respects and preserves traditional elements of Zen music while enabling it to find new vitality in modern society. This requires us to deeply study Zen music, understand its intrinsic spirit and aesthetic value, and also demands that we keep an open mind, exploring various possibilities for innovation and change (Jia, 2015).

At the same time, we should actively seek and cultivate audiences for Zen music. Through music education, cultural exchange, and public performances, we can introduce more people to Zen music and gradually expand its social influence. Zen music is not only our cultural heritage but also a spiritual resource. It holds a profound historical background and cultural connotation, awaiting our exploration and inheritance.

Looking forward, the development of Zen music will face more opportunities and challenges. With the deepening of globalization, people's acceptance and understanding of diverse cultures are continually improving. Zen music, as an integral part of traditional Chinese culture, is quietly making its way onto the world stage, allowing more people to recognize and appreciate its unique charm. For researchers, this undoubtedly provides an excellent

opportunity. Through in-depth study of Zen music, more people can understand and accept this genre of music, while also using Zen music to disseminate Chinese traditional culture and enhance international cultural exchange.

However, opportunities and challenges often coexist. For Zen music, how to adapt to the needs of modern society while preserving tradition, how to maintain its uniqueness in dissemination, and how to maintain its cultural independence in the tide of globalization are thought-provoking issues. This requires researchers to fully recognize the importance of Zen music, persist in its in-depth study, and also requires researchers to have a forward-looking perspective, focusing on the future development trends of Zen music, to provide guidance for its healthy, sustained development (Pan, 2009).

In addition, researchers should consider the inheritance and protection of Zen music. In modern society, while technological development has facilitated music dissemination, it has also resulted in some traditional music being altered or marginalized during the process. Zen music faces similar challenges, with its instruments, compositions, and performance styles at risk of being changed by modern technology and aesthetic trends. Researchers need to think about how to find a balance between technology and tradition, how to protect the original characteristics of Zen music while disseminating it, enabling its development in both inheritance and innovation.

We cannot ignore the issue of marketization that Zen music faces. With social progress and development, music as an art form, its commercial value is increasingly apparent. Many types of music, in the pursuit of commercialization, have more or less changed their essence, losing their original characteristics. For Zen music, how to maintain its artistic purity and cultural uniqueness while disseminating and popularizing it is also an important challenge.

As Zen music gradually becomes commercialized, it will attract more audiences and may also become more popular. However, if the pursuit of commercialization is excessive, Zen music may lose its essence, dissociate from its original religious meaning, and could even be assimilated by consumerist culture in the process of secularization. This requires researchers to find a balance between commercialization and purity, allowing Zen music to maintain its original charm and depth while being marketed (Cao, 2021).

Moreover, as researchers, we should not only explore the origins and development of Zen music but also focus on its future. Our responsibility is not only to spread Zen music to more people but also to protect and pass down its artistic and cultural value. To achieve this goal, we need a deeper understanding of Zen music, a broader perspective, and a more determined resolution. We need to actively seek new methods and strategies in research to adapt to societal changes and developments. At the same time, we also need to work hard to enhance the public's knowledge and understanding of Zen music, encouraging them to participate in the appreciation and dissemination of Zen music.

As researchers, we must recognize the significance of Zen music extends beyond its musical aspects. Zen music is a manifestation of ancient Chinese culture and serves as a musical expression of Zen philosophy. It is not only an art form but also a spiritual pursuit and a religious practice. Therefore, the preservation and dissemination of Zen music are not only a respect for ancient cultural heritage but also an understanding and continuation of Chinese history and culture.

In contemporary society, Zen music holds special value and meaning. In the fast-paced modern world, people face immense pressure, and the rhythm of life is rapid, often neglecting their spiritual well-being. The mellowness and tranquility of Zen music can bring inner peace and serenity to individuals, helping them detach from the busyness of life and return to a state of inner calmness and clarity. It can serve as a form of spiritual therapy, assisting people in alleviating stress, adjusting emotions, and achieving a balance of body and mind (Ye, 2008).

Furthermore, promoting Zen music also contributes to enhancing public awareness and understanding of Chinese traditional culture, fostering the development of cultural diversity. With its profound cultural heritage, rich artistic forms, and unique musical style, Zen music has made significant contributions to the diversity and richness of world music culture. By promoting Zen music, more people can learn about and appreciate Chinese traditional culture, facilitating cultural exchange and understanding, and deepening respect and admiration for different cultures.

Finally, research and dissemination of Zen music provide new avenues for promoting Chinese culture overseas. With its strong foundation in Chinese culture and high artistic value, Zen music becomes an important means of introducing Chinese culture to the world. Looking ahead, we hope to see Zen music gain greater influence internationally and become a highlight of promoting Chinese culture abroad.

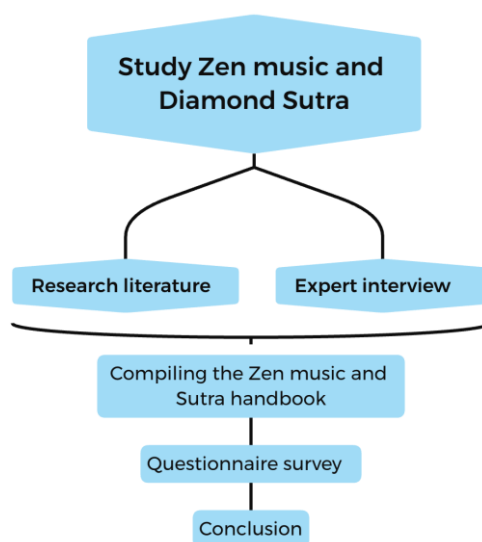
Research Objectives

1. Studying the Zen music in the Daxiangguo Temple.
2. Studying the Diamond Sutra in the Daxiangguo Temple.
3. Compiling the Zen music and Sutra handbook.
4. To promote the Zen music and sutra to public by handbook.

Research Methodology

This study employs a mixed-methods approach. The qualitative research portion involves interviewing key informants and collecting authoritative literature, which will help us gain a deeper understanding of the connotations of Zen music and scriptures. The process of editing the Zen music and scriptures manual and analyzing the response post-publication will be carried out using quantitative research methods.

Conceptual Framework



Research Findings

1. Knowledge of Zen music in the “daxiangguo” Temple

My experience studying Zen music at Daxiangguo Temple confirmed that the traditional plucked instruments of the Daxiangguo Temple Buddhist Orchestra include the sanxian (a three-stringed plucked instrument), pipa (a four-stringed lute), guqin (a seven-stringed zither), guzheng (a zither with more strings), and konghou (an ancient harp). The wind instruments include the sheng (a mouth-blown free reed instrument), guan (a double-reed woodwind), di (a transverse flute), xiao (a vertical bamboo flute), chui (A percussion instrument similar to a stick), and fahao (a type of large horn used in Buddhist ceremonies). The percussion instruments include bells, bianzhong (ancient chimes), drums, cymbals, yunluo (gongs arranged in a frame), and wooden fish, among others. However, as Chinese folk orchestras lack bass instruments, western instruments such as the cello and double bass have been borrowed.

The orchestra's common repertoire includes pieces such as "Pleasure in Suffering," "The Lofty Moon," "Light Pink," and "Falling Swallow." These pieces are not exclusively for Chan music; sometimes folk orchestras also perform them. Usually, the melodies are derived from traditional Chinese folk music, typically utilizing the traditional pentatonic scale. To facilitate performance, music scores are often converted into numerical notation.

Another important aspect of Chan music is Buddhist chanting, which holds significant importance in Chan music. The author lists the daily chanting repertoire of temple monks, including "Correct Conduct," "Three Precious Song," and "The Heart Sutra." These are chanted daily, divided into morning, afternoon, and evening sessions. The lyrics of these chants are composed of scriptures and mantras, which monks believe aid in their spiritual practice. The melody of these chants is kept simple, typically written in C major to avoid confusion among those unfamiliar with musical notation. The melodies often use natural major scales, primarily utilizing perfect fourths and fifths intervals, which sound very harmonious as they are used in a religious context. Although many of the lyrics are in Chinese, there are also many ancient

mantras that are direct transliterations from Indian mantras. These special mantras do not have specific meanings or direct Chinese equivalents, so phonetically similar Chinese characters are used instead. However, to ensure accurate pronunciation, monks' instruction is required.

2. Learn the knowledge of the Diamond Sutra at Daxiangguo Temple

The Zen Buddhist scripture, the Diamond Sutra, stands as a seminal work in this tradition. It primarily records the daily dialogues between Siddhartha Gautama, the Buddha, and his disciple Subhuti. Within these dialogues, we witness not only the profound wisdom of the Buddha but also the essential ideas embedded in the scripture. The Diamond Sutra holds a paramount position within Chinese Zen Buddhist culture.

The author meticulously correlates the 32 chapters of the scripture, a result of in-depth study and investigation within temple precincts. While this chapter primarily addresses knowledge related to Zen Buddhist music, both the musical forms and the lyrical content are deeply rooted in Zen Buddhist culture. Therefore, the study of the Diamond Sutra's content and philosophy becomes particularly crucial.

Through a series of studies and investigations, a comprehensive interpretation and analysis of all 32 chapters of the Diamond Sutra were completed. The Diamond Sutra eloquently conveys the most fundamental Zen Buddhist concepts. It emphasizes the practice of maintaining inner purity, not allowing anything to linger excessively in the mind—a primary method of spiritual cultivation. It underscores the importance of dedicating this lifetime to self-observation, understanding one's true nature through introspection. This true nature, often referred to as "self-nature" in Zen Buddhism, shares similarities with the object of ontological discussions in Western philosophy. Zen Buddhism believes that once one can observe their self-nature, they can attain advanced wisdom, which is beneficial for both themselves and others.

In essence, the Diamond Sutra encapsulates all the essential tenets of Zen Buddhism, advocating inner clarity and the transformative power of introspection. This path of self-discovery, akin to the exploration of the ontological self, holds the promise of profound wisdom that can benefit not only the individual but also the wider world.

3. Creating a Zen Music and Diamond Sutra Handbook

Through diligent study and investigation at the Great Xiangguo Temple, the author has successfully compiled a handbook that intertwines the realms of Zen Buddhist music and the Diamond Sutra. The primary objective behind creating this handbook is to facilitate future dissemination and promotion of these profound traditions.

The author has meticulously selected frequently performed compositions and musical notations from the repertoire of the Great Xiangguo Temple's Zen Buddhist Orchestra. These selections serve as a bridge to connect contemporary audiences with the rich heritage of Zen Buddhist music. Furthermore, the author has taken on the formidable task of dissecting and analyzing the 32 chapters of the Diamond Sutra. This comprehensive analysis encompasses the original scriptures and insightful commentaries.

During the compilation of this handbook, a significant portion of time and effort was dedicated to the analysis of Buddhist chanting practices and the annotation of the Diamond Sutra. These endeavors required extensive research and painstaking attention to detail. The intricate layers of meaning within the sutra and the nuances of Buddhist chants demanded thorough investigation to ensure accuracy and clarity.

This handbook now stands as a testament to the author's dedication to preserving and propagating the profound cultural heritage of Zen Buddhism and the Diamond Sutra. Its purpose extends beyond documentation; it serves as a valuable resource for future enthusiasts, practitioners, and scholars eager to explore the rich tapestry of Zen Buddhist music and the wisdom enshrined within the Diamond Sutra.

4. To promote the Zen music and sutra to public by handbook.

In an earnest effort to propagate Zen music and Zen culture, the author orchestrated an online conference that drew participation from approximately 200 individuals. This virtual gathering spanned a duration of approximately 2 hours, during which the author employed a multi-faceted approach. They disseminated handbooks electronically to all conference attendees and complemented this with comprehensive online video presentations. The intention was crystal clear - to provide attendees with a profound and holistic understanding of Zen music and the revered "Diamond Sutra."

Subsequent to the conference, the author distributed a survey meticulously designed to solicit feedback on the handbook's content and impact. The survey encompassed 13 carefully crafted questions, each offering five response options: "very satisfied," "satisfied," "neutral," "dissatisfied," and "very dissatisfied." The remarkable outcome was the overwhelming preference for the "very satisfied" and "satisfied" categories, with more than 93% of respondents expressing their highest satisfaction levels.

The comprehensive analysis of these results yielded an unequivocal conclusion: the handbook has proven exceptionally effective in the mission of promoting Zen music and Zen culture. It stands as an invaluable resource for disseminating the profound insights encapsulated within Zen music and Zen philosophy. This online conference has not only imparted knowledge but also served as an enlightening platform for a diverse audience to delve into the depths of Zen music and philosophy. The overwhelming interest and unwavering support showcased during this conference underscore the enduring significance of Zen in contemporary society and its enduring relevance.

Discussion

Based on field research conducted within monasteries, it has become evident that there are several challenges and issues in the dissemination of Zen Buddhist music and culture. In light of the author's extensive studies, the following areas require improvement and resolution:

The existing problems :

1. Lack of funds and inadequate government support.
2. Few activities organized within monasteries related to promoting Zen Buddhist music and culture.
3. Limited interaction between monastic residents and visiting tourists and audiences within monasteries, hindering the dissemination of Zen Buddhist music and culture.
4. The secretive nature of the monastic aspects of Zen Buddhism within monasteries, which many people are interested in but cannot find a way to understand.
5. Despite being a precious part of Chinese tradition, Zen Buddhist culture lacks dedicated courses in educational institutions to guide people in learning.
6. In today's digital age, Zen Buddhist culture lacks digital means of dissemination and relies on traditional books, which no longer keep pace with modern developments (Tan, 2005).

7. Lack of specialized organizations for collaborative discussions on how to promote Zen Buddhist music and culture.

8. The Zen Buddhist field is informationally closed, with insufficient cross-disciplinary and international exchanges to promote it among different groups in various countries.

9. A need for innovation in the field, to effectively disseminate it in today's era, we must integrate various art forms to keep this culture vibrant in different times.

In order to better inherit Zen music and Zen culture, the following strategies can be adopted :

1. Fundraising Initiatives: Establish fundraising campaigns or seek sponsorships from individuals, organizations, and even the government to secure necessary funding for the promotion and preservation of Zen Buddhist music and culture.

2. Increased Cultural Events: Monasteries should organize more cultural events, workshops, and performances related to Zen Buddhist music and culture, inviting both residents and tourists to participate. This can create awareness and interest.

3. Interactive Programs: Develop interactive programs within monasteries where residents can engage with tourists and visitors. This could include guided tours, meditation sessions, and discussions on Zen culture, fostering a deeper understanding (Ren, 2020).

4. Transparency in Teaching: Monasteries should consider offering educational programs or workshops that demystify monastic aspects of Zen Buddhism. These classes can provide insights into meditation practices and daily routines.

5. Curriculum Development: Collaborate with educational institutions to introduce Zen Buddhist culture courses. This ensures that people have formal avenues to learn about this rich tradition.

6. Digital Presence: Develop a strong online presence, including websites, social media, and digital libraries, to disseminate Zen Buddhist culture globally. Utilize modern technology to reach a wider audience (Chu, 2017).

7. Establish Cultural Forums: Create specialized organizations or forums dedicated to discussing strategies for promoting Zen Buddhist music and culture. This encourages collaboration and brainstorming among experts.

8. International Exchange Programs: Facilitate international exchanges, workshops, and conferences to promote Zen Buddhist culture worldwide. Encourage scholars, artists, and practitioners to share their insights and experiences.

9. Innovation and Fusion: Encourage innovation by integrating Zen Buddhist culture with contemporary art forms, such as music, visual arts, and theater. This approach can make the culture more accessible and appealing to diverse audiences.

Recommendation

1. Practical Recommendations

When considering how to better disseminate Zen Buddhist music and culture, it is a prudent decision to seek additional research grants and orchestra subsidies from the government. This suggestion holds important practicality and urgency in the current context.

Firstly, by applying for research grants from the government, we can obtain more resources to support the study and preservation of Zen Buddhist music and culture. These funds can be used for in-depth musicological research, historical verification, and the protection of music and culture. In this digital age, digital preservation has also become crucial, which will

help us permanently archive valuable musical and cultural materials for the benefit of future generations to continue learning and appreciating.

Secondly, orchestra subsidies will help drive the performance and dissemination of Zen Buddhist music. This includes concerts, recitals, seminars, and other activities that allow more people to experience the beauty of Zen Buddhist music firsthand. Through subsidies, we can hire professional musicians and performers to ensure they can focus on performing and imparting this unique musical tradition.

Most importantly, government support will help bring Zen Buddhist music and culture to a wider audience. This can be achieved through educational programs, workshops, online platforms, and various other means. In this way, more people will have the opportunity to understand the spiritual essence of Zen Buddhism and better comprehend its philosophy and values through music and culture.

In summary, applying for more research grants and orchestra subsidies from the government is a crucial step in the current promotion of Zen Buddhist music and culture. This action not only contributes to the protection and inheritance of this valuable cultural heritage but also helps convey the beauty and wisdom of Zen Buddhist music to a broader audience. This suggestion is practically feasible and will provide strong support for the promotion of Zen Buddhist music and culture.

2. Recommendation for future research

Curriculum play a crucial role. To enhance the understanding and dissemination of this ancient culture, we propose introducing courses on Zen culture and music in schools and universities. This measure will provide students with the opportunity to encounter and comprehend this profound cultural heritage from a young age.

Furthermore, to deepen the academic research on Zen culture, I suggest that we establish specialized research topics or projects in higher education institutions. Through such academic endeavors, we can encourage students and scholars to engage in more profound and systematic exploration and research of Zen culture. This not only cultivates the interest and enthusiasm of the new generation towards Zen culture but also nurtures specialized research talents, laying a solid foundation for the future research and development of Zen culture.

Such educational programs and curriculum offerings will assist in integrating the rich knowledge and profound wisdom of Zen culture into the contemporary educational system, allowing more young people to benefit from it. In this way, we contribute not only to the preservation and inheritance of this ancient culture but also to the future of societal development and cultural exchange.

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