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*Zen Buddhism and St. John of the Cross. Similarities and Differences*

This article compares Zen Buddhism with the mysticism of St. John of the Cross. There are some similarities in these two systems (eg. the relief of suffering on the way to full development or love for other people – as a manifestation of the highest moral attitude). On the other hand, there are some differences (the main one is the concept of the Christian God as an omnipotent being, in which a man is always an insignificant and sinful unit). The author argues that the mysticism of both East and West can complement philosophical thinking, because, in times of crises in life, people usually turn to religion to obtain comfort.

Keywords:

Zen Buddhism, St. John of the Cross, mysticism of East, mysticism of West