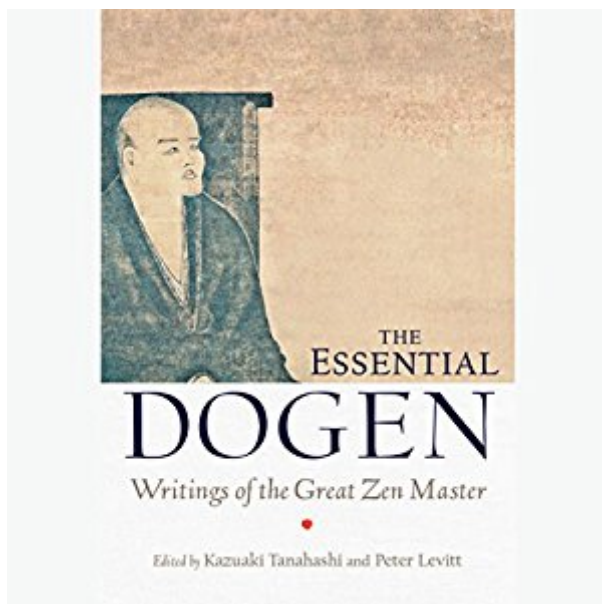


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The Essential Dogen: Writings Of The Great Zen Master



Synopsis

Eihei Dogen (1200 - 1253), founder of the Soto School of Zen Buddhism, is one of the greatest religious, philosophical, and literary geniuses of Japan. His writings have been studied by Zen students for centuries, particularly his masterwork, Shobo Genzo or Treasury of the True Dharma Eye. This is the first book to offer the great master's incisive wisdom in short selections taken from the whole range of his voluminous works. The pithy and powerful readings, arranged according to theme, provide a perfect introduction to Dogen - and inspire spiritual practice in people of all traditions.

Book Information

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Customer Reviews

I love Dogen's teachings and this is one of the most clear writings and translations of his thoughts and being. I like the way it is broken up into chapters, "Practical instructions" such as zazen, bowing, each activity is sacred, etc. And History, Gates of Dharma including sections on buddha nature, compassion, trust, women, precepts, and Students and Teachers, Philosophical View, and Expression, such as poetic expression, intimate language, etc. This contains a wonderful introduction and chronology of Dogen's life. Very well broken out, clear print and language. Nice translations the average zen student can relate to.

1) Having been a practitioner of Theravada Buddhism for a few years, I became interested in Zen Buddhism after reading Shunryu Suzuki's *Zen Mind, Beginner's*

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