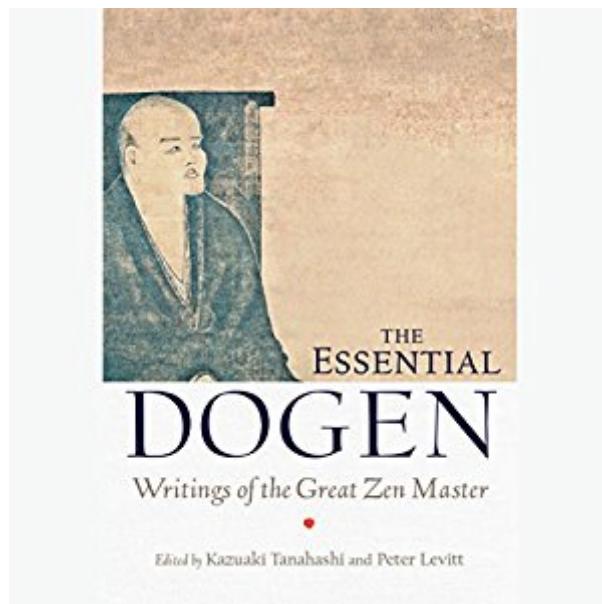


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The Essential Dogen: Writings Of The Great Zen Master



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

Audible Audio Edition

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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

Mindfulness [which I highly recommend for Buddhists/ spiritualists/ etc.]. Soon after, I bought this collection of Eihei Dogen's writings, and I'm glad I did. 2) Dogen's writings will elevate your perception to the next level. Being a 13-century Zen master, the writing is lyrically cryptic/poetic, but also effective. (However, sometimes I couldn't understand his message due to a thicket of esoteric Zen references... In spite of that, I still received 5-star benefit from this book). 3) The translator, Tanahashi, did a great job, and the book is arranged in a very appealing & approachable way; it consists of mini chapters [3-4 pages] full of provocative snippets extracted from Dogen's various works. (—a format conducive to revisiting the text later on). This compilation was exactly the book I needed to get a deeper taste of Zen & further introduce me to the themes that flow through it. *** Recommended Future Readings: Dogen's compilation led me to discover the works of powerhouse D.T. Suzuki, as well as the impeccable "Two Zen Classics: the Gateless Gate & the Blue Cliff Records". Peace. -Paul C.

It's still on my bed and I am unable to really add the stars yet. But I like the quotes that are used.

A wonderfully concise compilation of some of Dogen's writings. Not the full Shobogenzo.

The words of Zen Master Dogen translated clearly for New and experienced students. Provides a clear understanding of the tenets of Zen and guidance to those on the Way

This is a clear description of Zen Buddhism as envisioned by Dogen. Excellent doc

I have both the softcover and audible.com audiobook versions, and use both. The audiobook version is one you listen to dozens if not hundreds of times if you are into mindfulness or Zen practice... it gets richer and deeper as your practice matures. I started with the marvelous Gary Snyder readings from "Moon in a Dewdrop" (called on Audible "Dogen: the teachings of the great Zen master" and as a book it's called "Moon in a Dewdrop") and can hardly play anything else in my car! (Goodbye music!) I will be adding this in also, in rotation. The third book in my rotation is ZEN MIND BEGINNERS MIND. I'm just hoping that some other Tanahashi Dogen books find their way onto Audible.

Just diving into this zazen textual actualization Nice very nice so far,..

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