

The Heart of Dōgen's  
*Shōbōgenzō*



TRANSLATED BY  
Norman Waddell and Masao Abe

# The Heart Of Dogens Shobogenzo

**R Sanford**



## **The Heart Of Dogens Shobogenzo:**

**The Heart of Dōgen's Shōbōgenzō**, 2010-03-29 The Heart of Dogen's Shōbōgenzō provides exhaustively annotated translations of the difficult core essays of Shōbōgenzō the masterwork of Japanese Zen master Dogen Kigen the founder of Sōtō Zen This book is centered around those essays that generations have regarded as containing the essence of Dogen's teaching These translations revised from those that first appeared in the 1970s clarify and enrich the understanding of Dogen's religious thought and his basic ideas about Zen practice and doctrine Dogen's uncommon intellectual gifts combined with a profound religious attainment and an extraordinary ability to articulate it make Shōbōgenzō unique even in the vast literature the Zen school has produced over the centuries securing it a special place in the history of world religious literature

Dogen's Shobogenzo Zuimonki Eihei Dogen, 2022-06-14 The clearest and most approachable teachings from Dogen the most famous thinker and writer in Zen Buddhism Discover the teachings of the preeminent Zen Master Dogen in his own words written down by his Dharma successor Koun Ejo This edition includes both the Shobogenzo Zuimonki and translations of and commentary on Dogen's luminously evocative waka poetry Distinct from Dogen's similarly titled magnum opus simply called the Shobogenzo the Shobogenzo Zuimonki can be read as a highly practical manual of Buddhist practice Consisting of straightforward and accessible teachings and making more limited use of the allusion wordplay and metaphor that characterize the essays in the Shobogenzo this work is an essential read for any student of Zen Buddhism Among the many topics covered Dogen especially emphasizes the following points seeing impermanence departing from the ego centered self being free from greed giving up self attachment following the guidance of a true teacher and the practice of zazen specifically shikantaza or just sitting Additionally this translation of the Shobogenzo Zuimonki has extensive notes which help to provide you with a new way of approaching the text The collection of waka poems included in this volume are a beautiful artistic expression of the Dharma Rarely seen in this large of a collection or with commentary this poetry offers unique insight into an important expression of Dogen's teachings By the spring wind my words are blown and scattered people may see them the song of flowers These teachings which have informed teachers and practitioners alike throughout the centuries will deepen your knowledge understanding and experience of the Soto Zen tradition **Meeting the Myriad Things**

Shinshu Roberts, 2025-08-19 A guide to awakening buddha mind for the contemporary Zen practitioner In the words of Eihei Dogen the thirteenth century Buddhist monk who introduced the Sōtō school of Zen to Japan To study the Buddha way is to study the self To study the self is to forget the self To forget the self is to be actualized by myriad things Centuries later these enigmatic words from his seminal Genjō kōan Actualizing the Fundamental Point are still studied in Zen communities the world over But what did Dogen really mean when he encouraged studying the self to forget the self In this clarifying new commentary esteemed Zen teacher Shinshu Roberts takes readers on a journey to understand Japan's great Buddhist philosopher Roberts applies her deep familiarity with Dogen's work to illuminate the text as a unified story in which Dogen

reveals the nondual nature of reality In addition to a full translation of Dogen's Genjō Kōan this book includes the commentary *Okikigakish* Notes of What Was Heard and Extracted written by two of Dogen's direct students the first time an English translation of this highly influential work has appeared in print **Being-Time** Shinshu Roberts, 2018-03-20 A tour de force guide to Zen Master Dogen's most subtle and sophisticated philosophical premises that being and time are inseparable Impermanence is time itself being itself yet time and being are not at all as we imagine them to be To really understand and fully embrace this point is to live in a radically different world a world of awakening inclusion and love Zen Master Dogen frames the teaching on impermanence explicitly as a teaching about time and all of Dogen's profoundly poetic teachings flow from his seminal understanding of time as expressed in *Uji Being Time* the famous and famously difficult essay in his masterwork *Shōbōgenzō* In *Uji* Dogen teaches that time itself being itself is luminous awakening It is all inclusive all elusive ultimately healing and eternal In this book Shinshu Roberts does full justice as does no other book I know of to Dogen's words She offers interpretation of *Uji* only after careful consideration and marshaling of many sources and offers simple everyday examples to illustrate points that seem at first abstruse If this text causes you to doubt your most cherished concepts about your life it will have done its work from the Foreword by Norman Fischer *Being Time* thoroughly explores Dogen's teaching on how we practice as Buddhas by understanding the relationship between being and time as it is and as we perceive it to be Using Dogen's *Shōbōgenzō Uji* *The True Dharma Eye Being Time* Shinshu Roberts offers a twofold analysis of this teaching the meaning of the text and practice with the text giving examples how we apply Dogen's complex teaching to our daily lives ^AMystics William Harmless, 2007-12-19 Mystics are path breaking religious practitioners who claim to have experience the infinite word defying Mystery that is God Many have been gifted writers with an uncanny ability to communicate the great realities of life with both a theologian's precision and a poet's lyricism They use words to jolt us into recognizing ineffable mysteries surging beneath the surface of our lives and within the depths of our hearts and by their artistry can awaken us to see and savor fugitive glimpses of a God-drenched world In *Mystics* William Harmless S J introduces readers to the scholarly study of mysticism He explores both mystics' extraordinary lives and their no less extraordinary writings using a unique case study method centered on detailed examinations of six major Christian mystics Thomas Merton Bernard of Clairvaux Hildegard of Bingen Bonaventure Meister Eckhart and Evagrius Ponticus Rather than presenting mysticism as a subtle web of psychological or theological abstractions Harmless's case study approach brings things down to earth restoring mystics to their historical context Harmless highlights the pungent diversity of mystical experiences and mystical theologies Stepping beyond Christianity he also explores mystical elements within Islam and Buddhism offering a chapter on the popular Sufi poet Rumi and one on the famous Japanese Zen master Dogen Harmless concludes with an overview of the century-long scholarly conversation on mysticism and offers a unique multifaceted optic for understanding mystics their communities and their writings Geared toward a wide audience *Mystics* balances state of the

art scholarship with accessible lucid prose      *Zen Pathways* Bret W. Davis, 2022 This book offers an in depth introduction to the philosophy and practice of Zen Buddhism Bret Davis explores the philosophical implications of Zen teachings and koans comparing and contrasting these with other Asian as well as Western religions and philosophies He relates traditional Zen teachings and practices to our twenty first century lives In addition to being a scholarly and philosophical introduction to Zen the book provides concrete instructions for beginning a practice of Zen meditation Its twenty four chapters treat such philosophical topics as the self nature art morality and language as well as basic Buddhist teachings such as the middle way and karma Davis introduces the Zen based philosophies of the Kyoto School and also engages in interreligious dialogue with Christianity and other religions as well as with other schools of Buddhism The concluding chapter reviews the path of Zen practice and enlightenment by way of commenting on the beloved Zen classic *The Ten Oxherding Pictures* The book can be read in its entirety as a coherently organized introduction to the philosophy and practice of Zen or chapters can be read independently according to the reader's specific interests      **Psychoanalysis and Zen Buddhism** Seiso Paul

Cooper, 2023-03-01 In this book Cooper brings together psychoanalysis and Zen Buddhism by offering a comprehensive and integrated model described as *The Realizational Model* that is consistent with the core concepts of Soto Zen Buddhism and psychoanalytic practice Focusing primarily on Soto Zen Buddhism as presented in the original writings of the Japanese scholar monk Eihei Dogen 1200-1253 and supported and elaborated by relevant contemporary scholarship in relation to the writings of the British psychoanalyst Wilfred Bion 1897-1979 this book addresses the issue of how can one understand assimilate and integrate conceptions of the human mind that originate in the 13th and 20th centuries as they are visited and inflected by the unconscious preconceptions of a 21st century perspective Expressing authentic Buddhist tradition within the frame of psychoanalytic thinking and supported by online guided audio meditations that accompany the text this work offers a uniquely interdisciplinary perspective of invaluable clinical significance Case material garnered from 35 years of psychoanalytic practice as well as examples from daily life support the abstract concepts discussed in the text rendering it equally relevant for psychoanalysts and psychotherapists as well as students of Zen wishing to explore its practical applications

*When Thinking Is a Problem* Charles Eigen, 2025-04-15 *When Thinking is a Problem* examines the activity of thinking and how it is a primary factor in suffering at the individual as well as at the collective level while at the same time a necessary function that is often taken for granted and misused *When Thinking is a Problem* is unique in helping the reader to see the activity of thinking from a variety of different perspectives provided by writers representing diverse backgrounds It contains essays contemplations and dialogues by eighteen teachers all of them leaders in their fields In these chapters the mechanics and dynamics of thinking are discussed by well known teachers from the Buddhist and Advaita traditions as well as from noted neuroscientists psychologists philosophers academics and prominent writers In its focus on thinking as it relates to suffering whether by its presence or absence the writers discuss the need to honor both thinking as well as the

dimension or reality beyond conscious thought      *Metaphysics and Mystery* Thomas Dean, 2019-07-15 *Metaphysics and Mystery* The Why Question East and West is a critical analysis comparison and evaluation of philosophical answers Western and Asian to the question Why is there something rather than nothing The question first posed by the 17th C philosopher Leibniz was reintroduced in the 20th C by Heidegger Volume One begins with an introduction that lays out the issues raised by the Why question It then analyzes contemporary Western philosophers who provide either cosmological metaphysical or existential ontological answers to the question It also considers transitional answers that bridge the two Volume Two examines Asian philosophers classical and contemporary who though rejecting the assumptions behind the question put forward nondualist answers that have a direct bearing on it It concludes with an argument for a revised understanding of the Why question that draws on the strengths and weaknesses of these Western and Asian philosophies and explores implications for ethics and religious thought      *Treasury of the True Dharma Eye* Kazuaki Tanahashi, 2013-05-14 The complete English translation of one of the great Zen classics and works of Japanese literature by the founder of the Soto school now in a single volume *Treasury of the True Dharma Eye* Shobo Genzo in Japanese is a monumental work considered to be one of the profoundest expressions of Zen wisdom ever put on paper and also the most outstanding literary and philosophical work of Japan It is a collection of essays by Eihei Dogen 1200-1253 founder of Zen's Soto school Kazuaki Tanahashi and a team of translators that represent a Who's Who of American Zen have produced a translation of the great work that combines accuracy with a deep understanding of Dogen's voice and literary gifts This edition includes a wealth of materials to aid understanding including maps lineage charts a bibliography and an exhaustive glossary of names and terms and as a bonus the most renowned of all Dogen's essays **Recommending Zazen to All People**      **Engaging Dogen's Zen** Tetsuzen Jason M. Wirth, Kanpu Bret W. Davis, Shudo Brian Schroeder, 2017-01-17 How are the teachings of a thirteenth century master relevant today Twenty contemporary writers unpack Dogen's words and show how we can still find meaning in his teachings Zen Master Dogen the thirteenth century founder of Japanese Soto Zen Buddhism is widely regarded as one of the world's most remarkable spiritual thinkers Dogen's influence on both Japanese and Western Zen Buddhism cannot be overstated His writings emphasizing the nonduality of practice and enlightenment are vastly subtle endlessly sophisticated and renownedly challenging to read on one's own This unique collection of essays opens up for the reader new pathways for connecting to and making use of Dogen's powerful teachings Some of Soto Zen's leading scholars and practitioners offer a masterfully guided tour of Dogen's writings organized around two key texts *Shushogi* which is a classical distillation of the whole of Dogen's teachings and *Fukan zazengi* Dogen's universal instructions for Zen meditation Along the way the reader will gain an enriched understanding of the Zen practice and realization of *shikantaza* or just sitting and of the essence of Mahayana Buddhism and a much deeper appreciation of this peerless master Includes essays from Kosho Itagaki Taigen Dan Leighton Tenshin Charles Fletcher Shudo Brian Schroeder Glen A Mazis David Loy Drew Leder Steven DeCaroli Steve Bein John

Maraldo Michael Schwartz Tetsuzen Jason M Wirth Leah Kalmanson Erin Jien McCarthy Dainen David Putney Steven Heine Graham Parkes Mark Unno Shudo Brian Schroeder and Kanpu Bret W Davis      **A Guide to Asian Philosophy Classics**

Puqun Li, 2012-07-19 This book guides readers through ten classic works of Asian philosophy Several major schools of Eastern thought are discussed including Hinduism Buddhism Confucianism Daoism Taoism and Chan Zen The author connects the ideas of these schools to those of Western philosophy thereby making the material accessible to people who are unfamiliar with the cultures and intellectual traditions of Asia A wide range of important topics are addressed reality time self knowledge ethics human nature enlightenment and death      **Dōgen's texts** Ralf Müller, George Wrisley, 2023-12-07 This book addresses the question of how to properly handle D gen s texts a core issue that became critical during the Meiji period in which the philosophical appropriation of D gen became apparent inside and outside of the monastery In present day D gen studies most scholarship is informed by a number of factions representing D gen The chapters herein address the Zennist j zenj ka emphasising practice the Genz nians j genz ka shifting the attention to the close reading of D gen s texts the laity movement opening up both the texts and the practice to people in modern society and the Genz researchers j genz kenky ka searching for the authenticity and truth of D gen s writings The book aims to clarify the rightful place of D gen in the monastery in denominational studies or in modern academic philosophy It brings forth various viewpoints on D gen and analyzes the relations of these viewpoints from the premodern to modern times The collected volume appeals to students and researchers in the field while establishing hermeneutic standards of reading and proposing new original and critical interpretations of D gen s texts Chapter From Uji to Being time and Back Translating D gen into Philosophy is available open access under a Creative Commons Attribution 4 0 International License via link [springer.com](https://www.springer.com)      **Discourse and Ideology in Medieval Japanese Buddhism** Richard K. Payne, Taigen Dan Leighton, 2006-04-18 The medieval period of Japanese religious history is commonly known as one in which there was a radical transformation of the religious culture This book suggests an alternate approach to understanding the dynamics of that transformation One main topic of analysis focuses on what Buddhism its practices and doctrines its traditions and institutions meant for medieval Japanese peoples themselves This is achieved by using the notions of discourse and ideology and juxtaposing various topics on shared linguistic practices and discursive worlds of medieval Japanese Buddhism Collating contributions from outstanding scholars in the field of Buddhist Studies the editors have created an important work that builds on preliminary work on rethinking the importance and meaning of Kamakura Buddhism published recently in English and adds greatly to the debate      *Readings of Dōgen's "Treasury of the True Dharma Eye"* Steven Heine, 2020-05-12 The Treasury of the True Dharma Eye Sh b genz is the masterwork of D gen 1200 1253 founder of the S t Zen Buddhist sect in Kamakura era Japan It is one of the most important Zen Buddhist collections composed during a period of remarkable religious diversity and experimentation The text is complex and compelling famed for its eloquent yet perplexing manner of expressing the core precepts of Zen teachings and practice

This book is a comprehensive introduction to this essential Zen text offering a textual historical literary and philosophical examination of Dogen's treatise. Steven Heine explores the religious and cultural context in which the Treasury was composed and provides a detailed study of the various versions of the medieval text that have been compiled over the centuries. He includes nuanced readings of Dogen's use of inventive rhetorical flourishes and the range of East Asian Buddhist textual and cultural influences that shaped the work. Heine explicates the philosophical implications of Dogen's views on contemplative experience and attaining and sustaining enlightenment showing the depth of his distinctive understanding of spiritual awakening. Readings of Dogen's Treasury of the True Dharma Eye will give students and other readers a full understanding of this fundamental work of world religious literature.

The ^AOxford Handbook of World Philosophy Jay L. Garfield, William Edelglass, 2011-05-23 The Oxford Handbook of World Philosophy provides the advanced student or scholar a set of introductions to each of the world's major non-European philosophical traditions. It offers the non-specialist a way in to unfamiliar philosophical texts and methods and the opportunity to explore non-European philosophical terrain and to connect her work in one tradition to philosophical ideas or texts from another. Sections on Chinese Philosophy, Indian Philosophy, Buddhist Philosophy, East Asian Philosophy, African Philosophy, and Recent Trends in Global Philosophy are each edited by an expert in the field. Each section includes a general introduction and a set of authoritative articles written by leading scholars designed to provide the non-specialist a broad overview of a major topic or figure. This volume is an invaluable aid to those who would like to pursue philosophy in a global context and to those who are committed to moving beyond Eurocentrism in academic philosophy.

*Zen-Brain Reflections* James H. Austin, 2010-09-24 A sequel to the popular *Zen and the Brain*, further explores pivotal points of intersection in Zen Buddhism, neuroscience, and consciousness, arriving at a new synthesis of information from both neuroscience research and Zen studies. This sequel to the widely read *Zen and the Brain* continues James Austin's explorations into the key interrelationships between Zen Buddhism and brain research. In *Zen Brain Reflections*, Austin, a clinical neurologist, researcher, and Zen practitioner, examines the evolving psychological processes and brain changes associated with the path of long-range meditative training. Austin draws not only on the latest neuroscience research and new neuroimaging studies but also on Zen literature and his personal experience with alternate states of consciousness. *Zen Brain Reflections* takes up where the earlier book left off. It addresses such questions as: how do placebos and acupuncture change the brain? Can neuroimaging studies localize the sites where our notions of self arise? How can the latest brain imaging methods monitor meditators more effectively? How do long years of meditative training plus brief enlightened states produce pivotal transformations in the physiology of the brain? In many chapters, testable hypotheses suggest ways to correlate normal brain functions and meditative training with the phenomena of extraordinary states of consciousness. After briefly introducing the topic of Zen and describing recent research into meditation, Austin reviews the latest studies on the amygdala-frontotemporal interactions and paralimbic extensions of the limbic system. He then explores



different states of consciousness both the early superficial absorptions and the later major peak experiences This discussion begins with the states called kensho and satori and includes a fresh analysis of their several different expressions of oneness He points beyond the still more advanced states toward that rare ongoing stage of enlightenment that is manifest as sage wisdom Finally with reference to a delayed moonlight phase of kensho Austin envisions novel links between migraines and metaphors moonlight and mysticism The Zen perspective on the self and consciousness is an ancient one Readers will discover how relevant Zen is to the neurosciences and how each field can illuminate the other

**Enlightened Contemporaries** Steve Kanji Ruhl, 2020-06-16 *Enlightened Contemporaries* is the first book to compare the lives and teachings of three of the world's most admired spiritual masters Francis of Assisi the Christian saint Dogen the great Zen Buddhist teacher and Rumi the Islamic Sufi master They lived during the same turbulent century They integrated mystical experiences of the sacred into their lives and they can inspire us to do the same *Enlightened Contemporaries* combines robust scholarship with brisk engaging lyrical prose Offering a thorough introduction for the general reader as well as specialists it will appeal to those who enjoy an interfaith approach to spiritual exploration one that links Christian Buddhist and Islamic mystical teachings within a vibrant historical context and shows how they not only complement each other but remain profoundly relevant in the twenty first century Bringing Saint Francis Dogen and Rumi vividly to life as complex and compelling human beings *Enlightened Contemporaries* lucidly explains their spiritual paths explores the dynamic age in which these three pioneering teachers struggled and triumphed and investigates their remarkable poetry It also deftly examines how Francis Dogen and Rumi engaged the world in the context of five shared themes spiritual love nature the body the role of women and balancing retreat from society with active involvement By interweaving the spiritual lives of these Christian Buddhist and Muslim teachers *Enlightened Contemporaries* will help readers enhance their own lives and find new paths of spiritual understanding

**Finding the Heart Sutra** Alex Kerr, 2020-11-26 An erudite and charming book both a primer and a paean to one of the central texts of Buddhism known as the Heart Sutra Alex Kerr delves into the Japanese soul Literary Review The material world is itself emptiness Emptiness is itself the material world Powerful mystical and concise the Heart Sutra is believed to contain the condensed essence of all Buddhist wisdom This brief poem on emptiness has exerted immense influence throughout Asia since the seventh century and is woven into the fabric of daily life Yet even though it rivals the teachings of Laozi and Confucius in importance this ancient Buddhist scripture remains barely known in the West During the many years he has spent living in Japan Alex Kerr has been on a quest after the secrets of the Heart Sutra Travelling from Japan Korea and China to India Mongolia Tibet and Vietnam this book brings together Buddhist teaching talks with friends and mentors and acute cultural insights to probe the universe of thought contained within this short but intense philosophical work Marvellous a life's work a brilliant literary form weaving reflections of the sutra with those on Alex's own magical mystery tour Alexandra Munroe Asian Art scholar and curator

**The Theory and Practice of**

**Zen Buddhism** Charles S. Prebish, On-cho Ng, 2022-02-15 This book brings together an impressive group of scholars to critically engage with a wide ranging and broad perspective on the historical and contemporary phenomenon of Zen. The structure of the work is organized to reflect the root and branches of Zen with the root referring to important episodes in Chan Zen history within the Asian context and the branches referring to more recent development in the West. In collating what has transpired in the last several decades of Chan Zen scholarship the collection recognizes and honors the scholarly accomplishments and influences of Steven Heine arguably the most important Zen scholar in the past three decades. As it looks back at the intellectual horizons that this towering figure in Zen Chan studies has pioneered and developed it seeks to build on the grounds that were broken and subsequently established by Heine thereby engendering new works within this enormously important religious cultural scholarly tradition. This curated Festschrift is a tribute both retrospective and prospective acknowledging the foundational work that Heine has forged and generates research that is both complementary and highly original. This academic ritual of assembling a *liber amicorum* is based on the presumption that sterling scholarship should be honored by conscientious scholarship. In the festive spirit of a Festschrift this anthology consists of the resounding voices of Heine and his colleagues. It is an indispensable collection for students and scholars interested in Japanese religion and Chinese culture and for those researching Zen Buddhist history and philosophy.

## The Enigmatic Realm of **The Heart Of Dogens Shobogenzo**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **The Heart Of Dogens Shobogenzo** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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### **The Heart Of Dogens Shobogenzo Introduction**

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