

The Heart of Dōgen's *Shōbōgenzō*



TRANSLATED BY
Norman Waddell and Masao Abe

The Heart Of Dogens Shobogenzo

William Harmless



The Heart Of Dogen's 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 Ejō 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 **Readings of Dōgen's "Treasury of the True Dharma Eye"** Steven Heine, 2020-05-12 *The Treasury of the True Dharma Eye* Shōbōgenzō is the masterwork of Dōgen 1200-1253 founder of the Sōtō 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 Dōgen'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 Dōgen'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 Dōgen's views on contemplative experience and attaining and sustaining enlightenment showing the depth of his distinctive understanding of spiritual awakening *Readings of Dōgen's Treasury of the True Dharma Eye* will give students and other readers a full understanding of this fundamental work of world religious literature

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 Dōgen 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

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