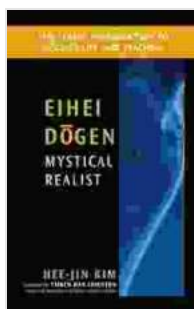


Eihei Dogen: Mystical Realist



Eihei Dogen: Mystical Realist by Hee-Jin Kim

★★★★☆ 4.6 out of 5

Language : English
File size : 2649 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 370 pages



By Hee Jin Kim

Eihei Dogen (1200-1253) was a Japanese Zen master who is considered one of the most important figures in the history of Buddhism. He was the founder of the Soto school of Zen, which is one of the two major schools of Zen in Japan today. Dogen's teachings emphasize the importance of meditation and the practice of zazen, or sitting meditation. He also developed a unique philosophy of Zen that is known as the "Dogen Zen." Dogen's teachings and writings have had a profound influence on Zen Buddhism and continue to be studied and practiced by Zen practitioners around the world.

Dogen's Life

Eihei Dogen was born in Kyoto, Japan, in 1200. His father was a samurai and his mother was a devout Buddhist. Dogen was a precocious child and began studying Buddhism at a young age. He entered a Buddhist monastery at the age of 13 and received ordination as a monk at the age of

18. Dogen studied under a number of different Zen masters and eventually became a master himself. In 1223, he traveled to China to study with the renowned Zen master Tiantong Rujing. Dogen returned to Japan in 1227 and founded the Soto school of Zen at Eihei-ji monastery.

Dogen was a prolific writer and left behind a large body of work that includes the Shobogenzo ("Treasury of the True Dharma Eye"), the Fukanzazengi ("Universal Guidelines for Zazen"), and the Genjokoan ("Actualizing the Fundamental Point"). Dogen's teachings have had a profound influence on Zen Buddhism and continue to be studied and practiced by Zen practitioners around the world.

Dogen's Philosophy

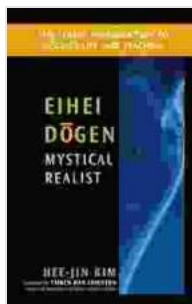
Dogen's philosophy of Zen is known as the "Dogen Zen." Dogen Zen is based on the idea that all things are manifestations of the Buddha-nature. Buddha-nature is the true nature of all reality and is characterized by such qualities as wisdom, compassion, and selfless love. Dogen believed that the practice of zazen is the best way to realize the Buddha-nature within oneself and experience the true nature of reality.

Dogen's philosophy is also characterized by its emphasis on the importance of everyday life. Dogen believed that the practice of Zen is not limited to monasteries but can be practiced in all aspects of life. He taught that even the most mundane activities, such as eating, sleeping, and walking, can be opportunities for spiritual growth and enlightenment.

Dogen's Legacy

Dogen's teachings and writings have had a profound influence on Zen Buddhism and continue to be studied and practiced by Zen practitioners

around the world. Dogen is considered one of the most important figures in the history of Buddhism and his teachings have had a major impact on the development of Zen Buddhism in both Japan and the West.



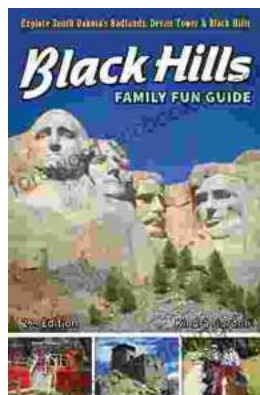
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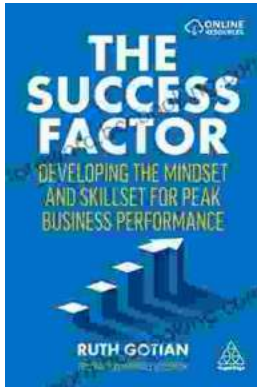
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