

Shobogenzo PDF (Limited Copy)

Eihei Dogen

Shōbōgenzō
Zen Essays by Dōgen

Translated by
Thomas Cleary



More Free Book



Scan to Download

Shobogenzo Summary

The Essence of Enlightenment Through Direct Experience.

Written by Books OneHub

More Free Book



Scan to Download

About the book

"Shobogenzo" by Eihei Dogen is a profound spiritual text that invites readers into the depths of Zen Buddhism, transcending mere intellectual understanding to touch the core of existence itself. Composed in 13th-century Japan, Dogen's work weaves together poetry, philosophy, and meditation, inviting practitioners to explore the intimate relationship between enlightenment and daily life. Central to his teachings is the notion of 'genjokoan,' or the realisation of one's true nature in the present moment, urging us to awaken to the profound reality that unfolds in ordinary experiences. Whether you are a seasoned practitioner or simply curious about Zen, Dogen's insights challenge us to examine the very fabric of our existence and inspire a transformative journey into the heart of mindfulness and being.

More Free Book



Scan to Download

About the author

Eihei Dogen, a 13th-century Japanese Zen master and philosopher, is renowned for founding the Soto school of Zen Buddhism, which emphasizes the practice of zazen (sitting meditation) as a means of enlightenment. Born in 1200, Dogen was deeply influenced by his early experiences with death and loss, which led him on a quest for understanding and spiritual truth. He traveled to China, where he studied various teachings and returned to Japan with a unique perspective that integrated Chinese Zen practices with his own insights. His seminal work, the "Shobogenzo" (Treasury of the True Dharma Eye), is a profound collection of essays that articulates his views on Zen practice, the nature of reality, and the intricacies of existence, establishing Dogen as a pivotal figure in Japanese spiritual thought.

More Free Book



Scan to Download



Try Bookey App to read 1000+ summary of world best books

Unlock **1000+** Titles, **80+** Topics
New titles added every week

- Brand
- Leadership & Collaboration
- Time Management
- Relationship & Communication
- Business Strategy
- Creativity
- Public
- Money & Investing
- Know Yourself
- Positive Psychology
- Entrepreneurship
- World History
- Parent-Child Communication
- Self-care
- Mind & Spirituality

Insights of world best books



Free Trial with Bookey

Summary Content List

Chapter 1: Editor's Preface

Chapter 2: Introduction

Chapter 3: ShMbmgenzM Zuimonki, Book 1

Chapter 4: ShMbmgenzM Zuimonki, Book 2

Chapter 5: ShMbmgenzM Zuimonki, Book 3

Chapter 6: ShMbmgenzM Zuimonki, Book 4

Chapter 7: ShMbmgenzM Zuimonki, Book 5

Chapter 8: ShMbmgenzM Zuimonki, Book 6

Chapter 9: Introduction

Chapter 10: Translation and Commentary

More Free Book



Scan to Download

Chapter 1 Summary: Editor's Preface

In the editor's preface to **Shōmeigenshū Zuimonki**, a deeply personal journey of engagement with Dōgen. Initially challenged by the complexity of Dōgen's **Shōmeigenshū**, Layton found the **Shōmeigenshū Zuimonki** accessible, fostering a connection that felt immediate and personal despite the centuries separating them. This text became a significant resource during his early years of Zen practice when he sought clarity amidst confusion.

Layton recounts the opportunity he had to edit the translation of **Shōmeigenshū Zuimonki**, aspiring to create a bilingual edition with extensive notes to aid those unfamiliar with the cultural or historical backdrop of Dōgen's time. He notes the need for such translations often lacked the contextual explanations necessary for new readers. The aim was to allow readers to immerse themselves in the text without feeling overwhelmed by terminology or allusions to other Zen writings.

The editorial efforts included specific conventions for translation, ensuring that readers could appreciate the nuances of Dōgen's texts were added in various instances to clarify interpretations that might be unclear in English, reflecting grammatical structures of Japanese that allow for omitted subjects or objects. Layton adhered to a transliteration system for

More Free Book



Scan to Download

Japanese that deviated minimally from the original language, employing modern character forms to ensure clarity.

Additionally, the preface elaborates on the inclusion of Chinese and Sanskrit terms, providing a thoughtful approach to honoring the broader traditions within which DMgen's thoughts are rooted. The over preface centers on delivering a respectful and accurate translation, though Layton humbly acknowledges potential errors and invites readers to approach the text with a forgiving and open mind.

By emphasizing this blend of accessibility and tradition, Layton underlines the importance of DMgen's teachings not only in a historical context but also in their relevance to contemporary practitioners, thereby fostering a continued exploration of Zen practice that resonates across time and space. This is a heartfelt invitation to engage deeply with the text, as it aims to make it comprehensible and actionable for both students and scholars alike.

More Free Book



Scan to Download

Chapter 2 Summary: Introduction

Eihei Dōgen, the founder of the Sōtō school of Zen, led a remarkable yet poorly chronicled life, largely defined by his profound spiritual journey. Born in Kyoto in 1200 to an aristocratic family, he was profoundly affected by his mother's death at a young age, which spurred his early interest in Buddhism. By the time he was just nine years old, he was already delving into complex Buddhist texts, indicating his deep intellectual inclination nurtured during his formative years. This early education, combined with the expectations of his family for him to pursue a more conventional life as a court official, created tension that would lead Dōgen to eventually abandon these societal expectations in favor of genuine Buddhist practice.

Notably, during his time as a Tendai monk in the monastery on Mt. Hiei, Dōgen grew disillusioned with the moral decay he observed in the community, where more emphasis was placed on worldly recognition and power than on genuine practice. Following the teachings of significant figures in Zen history, Dōgen rejected this superficial approach, emphasizing personal insight into the nature of existence. His journey led him to explore Zen practices more authentically, eventually moving to study under Myōzen at Kennin-ji, one of Japan's first Zen temples. This experience proved instrumental in shaping his spiritual outlook.

More Free Book



Scan to Download

DMgen's expedition to China was pivotal in his life; challenges, including time spent waiting on a boat, he eventually found a true teacher in Rujing at Tiantong Monastery, where he received Dharma transmission. This transformative experience deeply influenced his subsequent teachings and writings, particularly in presenting Zen principles in a pragmatic manner through collections like "Zuimonki," which articulates fundamental aspects of Buddhist practice.

Upon returning to Japan, he established KMshM-ji, where he taught teachings to a wider community. Among his most notable disciples, who recorded DMgen's informal talks, ultimately compiled into what we know as Zuimonki. This collection reflects a direct engagement with Buddhist practice, characterized by DMgen's ideas of detachment from ego, and the importance of zazen or "just sitting."

The teachings encapsulated in Zuimonki emphasize several core principles that align with foundational Buddhist teachings:

1. Arousing Sincere Aspiration: Cultivating a genuine desire for awakening is critical (sections 1-13, 3-11, 3-16, and others).
2. Seeing Impermanence: A recognition that all things are transient (numerous sections including 1-6, 2-2).
3. Monastic Community: Engaging in practice alongside others is essential (1-7).

More Free Book



Scan to Download

4. Following Teachings: Adhering to the guidance of one's teacher and the Buddha's teachings is emphasized (1-5, 1-13).

5. Liberation from Personal Views: Freedom from habitual perspectives (multiple sections).

6. Compassion for Others: Practicing with a mindset aimed towards benefiting all beings (various sections).

7. Detachment from Ego: Recognizing the absence of a permanent self as critical to practice (multiple sections).

8. Non-clinging Attitude: Emphasizing the need to refrain from attachment to both body and mind (varied sections).

9. Practice Without Gain: Encouraging practice without the expectation of reward (2-7, 4-3).

10. Embracing Simplicity: Living in poverty unencumbered by desires for material wealth (numerous sections).

11. Avoiding Fame-Seeking: Rejecting the pursuit of social status or recognition (various sections).

12. Collective Harmony: Emphasizing the need for harmony with others (certain sections).

D M g e n ' s t e a c h i n g s i n Z u i m o n k i d e m o n s t r a t e h o w a u t h e n t i c p r a c t i c e i s n o t a m e r e i n t e l l e c t u a l e x e r c i s e b u t r a t h e r a l i v e d e x p e r i e n c e t h a t i n c o r p o r a t e s d a i l y a c t i o n s , c o m m u n i t y l i f e , a n d d i r e c t e n g a g e m e n t w i t h t h e t r u e n a t u r e o f o n e s e l f a n d e x i s t e n c e . T h i s r i c h i n t e r p l a y o f p e r s o n a l e x p e r i e n c e a n d d o c t r i n a l u n d e r s t a n d i n g p r o f o u n d l y m

More Free Book



Scan to Download

the context of Zen practice, urging practitioners to embody these principles in their daily lives.

Through his reflections, practices, and teachings, Dharma resonate with those who seek a path rooted in compassion, awareness, and authenticity, reflecting the timeless nature of his insights into the human condition and nature of reality.

More Free Book



Scan to Download

Chapter 3: Sh Mb M gen z M Zuimonki, Book

In this chapter, D M gen shares profound teachings on emphasizing the importance of mindfulness, community, and the sincere cultivation of the mind of awakening. His instructions are guided by personal experiences and reflections on the nature of practice, community, and the spiritual journey.

1. The first principle D M gen emphasizes is the value when selecting teachers or mentors. He recounts a moment from his time in Song China, where he chose not to accept a prestigious position as an attendant to Preceptor Jing, as he was concerned it might be perceived as an indication that his home country lacked capable individuals.

2. D M gen asserts that regardless of one's current state or feelings of unworthiness—everyone has the potential to practice the Way. He articulates that great practitioners of the past were not all endowed with extraordinary abilities, yet they pursued the path with diligence and sincerity. Therefore, one must not allow physical limitations or

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey



Why Bookey is must have App for Book Lovers



30min Content

The deeper and clearer interpretation we provide, the better grasp of each title you have.



Text and Audio format

Absorb knowledge even in fragmented time.



Quiz

Check whether you have mastered what you just learned.



And more

Multiple Voices & fonts, Mind Map, Quotes, IdeaClips...

Free Trial with Bookey



Chapter 4 Summary: Shōbōgenzō Mōzuimon

In this section of "Shōbōgenzō", Dōgen, the founder of Zen, elucidates various principles related to Buddhist practice through instructive dialogue and anecdotes. These teachings focus on the significance of genuine practice, the nature of precepts, and the importance of inner purity over external appearances.

1. The Nature of Worship: Dōgen recounts the story of a monk who venerates Buddha images and relics but is warned by a Zen master of the danger of misplacing worship without genuine understanding. True realization cannot come solely from external practices; instead, it must stem from authentic engagement in the Buddha's teachings.

2. The Essence of Practice: The path to realization is highlighted as being fundamentally about zazen (sitting meditation). Though keeping the precepts has value, overemphasizing them without sincere practice leads to misunderstanding. True practice should be pursued in accordance with the Zen tradition, always with an understanding that rigorous sitting is paramount.

3. Detachment from Worlds of Desire: Dōgen emphasizes the significance of relinquishing attachments, such as to ego and desires, to align with the teachings. He insists that students should follow their

More Free Book



Scan to Download

teachers' guidance and structure their practice around renouncing worldly attachments, understanding that this may involve breaking down self-centered views.

4. **Simplification of Efforts:** He cautions against expansive learning in favor of focused study and practice. Learning widely often leads to superficiality, while concentrating on one essential practice can lead to genuine understanding and mastery.

5. **Compassionate Instruction:** D M gen advocates for addressing with compassion rather than harshness. Even corrective actions must come from a place of understanding and kindness, thereby fostering an atmosphere of mutual respect in the sangha (community).

6. **Recognition of True Intent:** A significant teaching is to act without concern for reputation. Even when faced with moral complexities in interactions with laypeople, monks should focus on altruistic aims and the benefits their actions can bring to others.

7. **Preceptual Understanding:** D M gen discusses the nature of p pointing out that merely adhering to regulations is not sufficient for true practice. Genuine understanding comes through action arising from a sincere heart, rather than through the mechanical following of rules.

More Free Book



Scan to Download

8. The Role of Inner Integrity: He stresses that monks should not gauge their or others' worth based solely on external behavior or appearances. Inner virtue is what truly matters, and practicing without the consideration of reputation aligns more closely with the true nature of the Dharma.

9. Life's Impermanence: D M gen reflects on the fleeting nature of life, emphasizing the urgency to practice the Buddha Way diligently, as our time is limited. He warns against distractions that can lead one away from earnest practice.

10. Selfless Action: The teachings of D M gen suggest that monks should strive to act in ways that benefit others, even at the expense of personal comfort or societal expectations. This underscores the notion of selflessly fulfilling one's role in the community guided by the principles of the Dharma.

11. Awareness of Conditions: D M gen reminds practitioners to be mindful of their circumstances and act appropriately without losing sight of the Buddha's teachings, adapting practices to align with cultural settings without compromising their integrity.

12. Cultivation of Single Focus: Ultimately, D M gen calls for a deep and dedicated focus on the path, promoting zazen as the core of practice that all monks should strive to emulate, regardless of their individual capacities. This centralized commitment is deemed vital for both personal development and the sanctity of Buddhist teachings.

More Free Book



Scan to Download

Through these teachings, DMgen reinforces the idea enlightenment is rooted in authentic practice, fostering compassion, and aligning one's intentions to serve the greater good, all while recognizing the dance of impermanence in life.

Key Concepts	Description
The Nature of Worship	DMgen warns against misplaced worship and emphasizes for genuine understanding and engagement with the Buddha's teachings.
The Essence of Practice	Highlights zazen (sitting meditation) as central to actual realization, cautioning against overemphasis on precepts without sincere practice.
Detachment from Worlds of Desire	Emphasizes the importance of relinquishing attachments and following teachers' guidance to align with Buddhist teachings.
Simplification of Efforts	Advocates for focused study and practice over expansive learning to avoid superficiality and achieve genuine understanding.
Compassionate Instruction	DMgen promotes addressing errors with kindness to foster respect within the sangha (community).
Recognition of True Intent	Encourages acting selflessly without concern for reputation, focusing on altruistic aims and benefiting others.
Preceptual Understanding	True practice arises from a sincere heart, rather than just following precepts mechanically.
The Role of Inner Integrity	Monks should value inner virtue rather than external appearances, acting in accordance with the true nature of the Dharma.
Life's	DMgen reflects on the fleeting nature of life, urging

More Free Book



Scan to Download

Key Concepts	Description
Impermanence	diligently pursue the Buddha Way.
Selfless Action	Advocates for acting in ways that benefit others, aligning with the principles of the Dharma even at personal expense.
Awareness of Conditions	Reminds practitioners to act mindfully within their circumstances while staying true to Buddha's teachings.
Cultivation of Single Focus	Pursuing focused dedication to zazen as core practice is vital for personal development and integrity of Buddhist teachings.

More Free Book



Scan to Download

Critical Thinking

Key Point: The Essence of Practice

Critical Interpretation: Reflecting on the core teaching of D regarding zazen, you may feel inspired to delve deeper into your own spiritual practices. Imagine setting aside distraction and dedicating yourself wholly to the meditative experience, allowing the world to fade as you connect with the essence of your being. As you engage in this genuine practice, you might discover that true understanding comes not from external validations, but from the profound stillness and clarity that arises within. This commitment to focused meditation does not just enhance your spiritual journey; it can ripple into your daily life, urging you to approach each moment with mindfulness and sincerity, ultimately nurturing a harmonious relationship with yourself and those around you.

More Free Book



Scan to Download

Chapter 5 Summary: Shōbōgenzō Zuimon

In this passage from "Shōbōgenzō," Eihei Dogen shares profound reflections on Buddhist practice, the nature of practice itself, and the commitment required to attain enlightenment. His teachings emphasize a range of crucial principles that interconnect the inner world of the monks with their outward actions and the larger Buddhist community.

1. The regulation of the mind is paramount. Dogen asserts that when practitioners control and refine their thoughts, they can easily detach from worldly concerns. True renunciation arises not simply from avoiding wrongful actions due to fear of judgment but from a fundamental commitment to the Buddha's teachings, which urges reality itself to be the primary focus of practice.
2. Compassionate action is crucial. Dogen recounts a story of a monk who, despite lacking material goods, sacrifices resources intended for a statue to aid a starving family. He urges the importance of acting out of compassion, aligning one's actions with the Buddha's intentions even if it leads to personal loss. The depth of one's compassion must prioritize helping beings over strict adherence to ownership or precepts.
3. Filial piety in relation to broader compassion is a theme addressed by Dogen. He differentiates the lay practice of honoring parents through

More Free Book



Scan to Download

specific rites from the monk's broader responsibility to all beings. A monk's understanding of parental gratitude should encompass all living beings, recognizing our debts of compassion extend beyond individuals.

4. A diligent and steadfast practice is necessary for realization. Dogen illustrates that while innate wisdom varies among practitioners, unwavering determination in seeking truth is key. He communicates that realization is possible for anyone who ardently pursues the Way, regardless of perceived intellect or ability.

5. In the context of worldly concerns, Dogen stresses the futility of chasing societal norms or accolades. He warns against becoming overly concerned with how one is perceived by others, emphasizing that true practice transcends societal expectations. Practitioners should prioritize the Buddha's teachings over seeking external validation.

6. The relationship between the mind and body in practice is succinctly stated: the Way is attained by integrating both, not separating them. He advocates for heartfelt practice through sitting (zazen) as the direct path to understanding and embodying the Dharma.

7. Dogen's emphasis on impermanence is clear; he urges students to focus on the present moment, given the uncertainty of life and death. He encourages practical engagement in zazen without distraction, reiterating that daily

More Free Book



Scan to Download

activities should align with this acknowledgment of impermanence.

8. Finally, Dogen uses historical references to illustrate the dilemmas of complacent attitudes among monks in monasteries, calling for a return to vigorous practice. He contextualizes this within a broader understanding of the monastic life—focused on heartfelt and continuous practice, as opposed to the pursuit of comfort or leisure.

Throughout these teachings, Dogen masterfully illustrates the intertwined nature of thought, action, and intention in achieving true understanding and compassion—all while firmly rooting his teachings in the realities of impermanence and the immediate present. The essence of his instruction is one of continuous striving toward the highest virtue through earnest practice and a selfless heart.

Key Themes	Summary
Regulation of the Mind	Control and refinement of thoughts help detach from worldly concerns, focusing on the Buddha's teachings.
Compassionate Action	True action comes from compassion, demonstrated through help to others over material possessions.
Filial Piety and Compassion	Monks should extend gratitude toward all beings, recognizing a broader sense of responsibility beyond parents.
Diligent Practice	Steadfast and determined pursuit of truth leads to realization, regardless of individual wisdom.

More Free Book



Scan to Download

Key Themes	Summary
Transcending Societal Norms	True practice focuses on Buddha's teachings rather than societal validation or accolades.
Mind-Body Integration	The Way is achieved by integrating mind and body through heartfelt practice like zazen.
Impermanence	Focus on the present moment and engage in zazen, recognizing life's impermanence.
Vigorous Practice	Encourages continuous and heartfelt practice in monastic life rather than complacency.

More Free Book



Scan to Download

Critical Thinking

Key Point: The regulation of the mind is paramount.

Critical Interpretation: Imagine stepping away from the relentless buzz of the world around you, finding a serene corner where you can reflect. Dogen's profound insight on the regulation of the mind invites you to take that step, teaching you that true enlightenment begins within. As you nurture control over your thoughts, you gradually disentangle yourself from the distractions of life. This practice not only frees you from worrying about others' judgments but also deepens your understanding of what it means to live authentically. By embracing Dogen's wisdom, you can cultivate a focus on reality itself, transforming your inner landscape and enriching every interaction with mindful awareness. Your journey towards enlightenment transforms from a distant goal into a daily practice, empowering you to live fully present and compassionate in each moment.

More Free Book



Scan to Download

Chapter 6: Shōbōgenzō Zuimonki, Book

In this reflection upon Dōgen's teachings found in "Shōbōgenzō," various aspects of Zen Buddhism and the practice of the Way are espoused through instructive dialogues and insights. The core principles revolve around renunciation of worldly attachments, the pursuit of spiritual truth over material wealth, and the significance of selfless compassion.

1. Dōgen emphasizes the need for practitioners to remind themselves to fully immerse in the Buddhadharma. He cites the metaphor of climbing a hundred-foot pole to illustrate the necessity of taking that final step, suggesting that true commitment to the practice involves abandoning all worldly attachments, including profession and livelihood. Without this profound surrender, one cannot genuinely pursue the Way, regardless of outward appearances.

2. When addressing a nun's query about the differences between lay practitioners and nuns, Dōgen insists that the mental

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey



Positive feedback

Sara Scholz

...tes after each book summary
...erstanding but also make the
...and engaging. Bookey has
...ling for me.

Fantastic!!!



I'm amazed by the variety of books and languages Bookey supports. It's not just an app, it's a gateway to global knowledge. Plus, earning points for charity is a big plus!

Masood El Toure

Fi



Ab
bo
to
my

José Botín

...ding habit
...o's design
...ual growth

Love it!



Bookey offers me time to go through the important parts of a book. It also gives me enough idea whether or not I should purchase the whole book version or not! It is easy to use!

Wonnie Tappkx

Time saver!



Bookey is my go-to app for summaries are concise, ins curated. It's like having acc right at my fingertips!

Awesome app!



I love audiobooks but don't always have time to listen to the entire book! bookey allows me to get a summary of the highlights of the book I'm interested in!!! What a great concept !!!highly recommended!

Rahul Malviya

Beautiful App



This app is a lifesaver for book lovers with busy schedules. The summaries are spot on, and the mind maps help reinforce wh I've learned. Highly recommend!

Alex Walk

Free Trial with Bookey

Chapter 7 Summary: Shōbōgenzō Zuimonki

In this chapter of "Shōbōgenzō Zuimonki," Dōgen presents teachings aimed at guiding students on their path towards enlightenment. The emphasis is on relinquishing personal views, the importance of shared practice in the community, and understanding the nature of the self in relation to the teachings of Buddhism.

1. Dōgen urges students to detach from their personal views, even while having some understanding, they should remain open to the possibility that their views might be flawed or that there are better insights available. He shares an anecdote of an imperial monk whose views were no different from those of a child, illustrating the futility of clinging to one's opinions. Instead, students should explore and critically examine the words of their predecessors but ultimately seek their own understanding.

2. The essence of Dōgen's instruction is the necessity of letting go of attachment to the self when pursuing spiritual knowledge. He explains that clinging too tightly to the body and ego prevents genuine understanding and the attainment of the Way, which transcends personal attachment. He encourages students to reflect on the impermanence of the body and the true nature of the self — which is ultimately unobtainable.

3. In reflecting on the influences of others, Dōgen emphasizes the importance of understanding the self in relation to the teachings of Buddhism.

More Free Book



Scan to Download

nature of genuine learning. He suggests that, like a child unknowingly absorbing teachings by being in the presence of wise masters, practitioners can deepen their insight simply through the act of sincere zazen (meditative sitting). It is through consistent practice that one realizes the importance of zazen in attaining awakening.

4. D M g e n r e c o u n t s h i s e a r l y e x p e r i e n c e s a n d t h e g r a d u a l u n d e r s t a n d i n g o f t h e W a y . I n i t i a l l y i n f l u e n c e d b y c o n t e m p o r a r y v a l u e s a n d s c h o l a s t i c a m b i t i o n , h e l a t e r r e c o g n i z e d t h e f u t i l i t y o f s u c h a s p i r a t i o n s w h e n c o m p a r i n g h i m s e l f t o g r e a t m a s t e r s o f t h e p a s t . T h i s r e a l i z a t i o n l e d t o a t r a n s f o r m a t i o n — h e f o c u s e d o n e m b o d y i n g t h e t r u e p r i n c i p l e s o f B u d d h i s m r a t h e r t h a n s e e k i n g s u p e r f i c i a l r e c o g n i t i o n .

5. The teachings emphasize unity and harmony within the practicing community. D M g e n d r a w s p a r a l l e l s b e t w e e n t h e i n t e r l a y p e o p l e a n d t h a t r e q u i r e d a m o n g m o n k s , c a l l i n g f o r c o l l e c t i v e e f f o r t i n s p i r i t u a l p r a c t i c e . H e c a u t i o n s a g a i n s t d i v i d i n g o n e ' s t h o u g h t s a n d a c t i o n s , a d v o c a t i n g f o r a u n i f i e d a p p r o a c h t o t h e D h a r m a , e c h o i n g t h e h i s t o r i c p r a c t i c e s m a i n t a i n e d s i n c e t h e t i m e o f t h e B u d d h a .

6. On the topic of external circumstances, D M g e n r e m a i n s c o n s i s t e n t w i t h i n t h e p r a c t i c e o f z a z e n . H e n o t e s t h a t t h e q u a l i t y o f t h e p h y s i c a l e n v i r o n m e n t i s i r r e l e v a n t t o t h e d e p t h o f r e a l i z a t i o n ; w h a t m a t t e r s i s t h e d i l i g e n c e a n d s i n c e r i t y o f t h e p r a c t i t i o n e r s . I f c o n d i t i o n s a r e p o o r , m o n k s

More Free Book



Scan to Download

should adapt rather than be deterred by their circumstances.

7. DMgen also addresses the themes of sacrifice and practicing Buddhism. Drawing from historical examples, he discusses the resolve required to serve the Way, emphasizing the necessity of placing spiritual commitments above personal safety or familial ties. This spirit of dedication helps in overcoming obstacles in the practice.

8. Further, he hints at the importance of discerning good from evil in both spiritual and mundane aspects of life, advising practitioners to identify what truly benefits their growth on the path of awakening. He takes a critical approach towards aspirations and ambitions, noting that all are capable of attaining enlightenment regardless of their present conditions.

9. He concludes by reminding students of the timeless nature of the teachings and their relevance across ages. The commitment to practice is paramount and should not be postponed, as every moment provides an opportunity for realizing the Dharma.

Ultimately, DMgen's teachings from this chapter are self-examination, community support, and a committed practice that transcends superficial understanding in the pursuit of true enlightenment. Through these principles, he instills a sense of urgency and sincerity towards the transformative path of Buddhism.

Key Teachings	Description
Detachment from Personal Views	DMgen encourages students to relinquish their opinions, illustrating the futility of clinging to them with an anecdote of an imperial monk. He advocates for critical examination of teachings with openness to better insights.
Self-Detachment for Spiritual Growth	DMgen emphasizes the need to detach from the self to achieve genuine understanding and the Way, which transcends personal attachment.
Organic Learning Through Presence	He asserts that authentic learning occurs naturally through sharing space with wise masters and through sincere zazen, highlighting its importance for awakening.
Personal Evolution in Understanding	DMgen reflects on his initial aspirations and the futility, showing a shift towards embodying true Buddhist principles over seeking recognition.
Community Unity and Harmony	The importance of unity among practitioners is emphasized, calling for collective spiritual effort and warns against division of thoughts and actions.
Practicality in Zazen Practice	DMgen discusses adapting to external circumstances, stating that environmental quality does not affect realization, but diligence and sincerity do.
Commitment and Sacrifice	He speaks of the necessity to prioritize spiritual commitments over personal safety or family ties, ensuring that practitioners remain resolute in their practice.
Discernment of Good and Evil	DMgen emphasizes the importance of identifying intentions for spiritual growth and calls for critical examination of aspirations and ambitions.
Timeless Nature of Teachings	He concludes with a reminder of the ongoing relevance of teachings and the urgent need for commitment to practice, emphasizing every moment as an opportunity for realizing the Dharma.

More Free Book



Scan to Download

Chapter 8 Summary: Shōbōgenzō

In this chapter from "Shōbōgenzō," Eihei Dogen imparts profound philosophical insights regarding the practice of Buddhism, emphasizing the importance of dedicating oneself fully to the Dharma, abandoning attachments, and embracing humility in the quest for enlightenment. The text can be summarized through these key principles:

- 1. Abandoning Attachment to Life:** Dogen urges practitioners to not cling to their physical lives or personal relationships when pursuing the Buddha Way. True commitment to the Dharma often requires a selfless dedication that prioritizes spiritual fidelity over worldly concerns.
- 2. Learning for the Dharma's Sake:** Those who study the Buddha's teachings should do so not for personal gain or fame, but purely for the sake of the Dharma itself. This involves letting go of ego-driven intentions and entrusting oneself completely to the principles of the Dharma, allowing oneself to be guided by it.
- 3. Understanding Human Nature:** Dogen reflects on the impermanence of the human heart, stating that it is influenced by external conditions. The practitioner should foster good connections and environments, understanding that one's mind can change based on who or what one is surrounded by.

More Free Book



Scan to Download

4. **Practicing Humility:** He warns against arrogance, noting that true wisdom does not accompany pride. Wealth and status can lead to haughtiness, and even those possessing deep knowledge of the Dharma can fall into arrogance if they look down on others.
5. **The Essence of Zen Practice:** Central to Dogen's teachings is the practice of zazen (sitting meditation). He asserts that regardless of one's intelligence, dedication to zazen can surpass years of study and understanding of scriptures. The focus should remain on sitting, not on external accomplishments or understanding.
6. **The True Nature of Practice:** Dogen speaks against premeditated attachment to outcomes, such as providing for food or cultivating relationships in ways that could compromise one's practice. A true monk should live as freely and unattached as the elements of nature (like clouds and water), fully diving into the practice of the Way without concern for personal safety or comfort.
7. **Selflessness in Action:** He emphasizes that one must practice without any intention to accrue merit for oneself. The ideal is a selfless dedication to the practice that benefits all beings, aligning with the bodhisattva path.
8. **Continuous Learning:** Even after one has achieved a level of

More Free Book



Scan to Download

understanding, it is crucial to keep revisiting the teachings. This continuous engagement helps refine understanding and strengthens one's commitment to the practice.

9. Impermanence of Life: Dogen reminds practitioners of the fleeting nature of existence and the need to utilize every moment wisely for the cultivation of the Way. This perspective encourages a sense of urgency in practice and erodes the tendency to delay one's spiritual journey.

10. Inspecting the Nature of Attachments: He highlights the detrimental impact of attachments—whether to wealth, ego, or personal relationships—on one's spiritual progress. The focus must be on relinquishing these attachments to genuinely transform one's understanding and approach to the Dharma.

Through these principles, Dogen guides his students toward a profound understanding of Buddhist practice that transcends mere intellectual comprehension, urging them to embody the spirit of the teachings through consistent practice, introspection, and selfless dedication to the Way.

Key Principle	Description
Abandoning Attachment to Life	Dogen encourages practitioners to prioritize spiritual fidelity over worldly concerns, letting go of clinging to physical life and relationships.

More Free Book



Scan to Download

Key Principle	Description
Learning for the Dharma's Sake	Study the Buddha's teachings selflessly, not for personal gain, but entirely for the sake of Dharma, letting go of ego-driven intentions.
Understanding Human Nature	Recognize the impermanence of the heart and the influence of surroundings, fostering good environments for spiritual growth.
Practicing Humility	True wisdom does not coexist with pride; humility is essential to avoid the pitfalls of arrogance and haughtiness.
The Essence of Zen Practice	The practice of zazen (sitting meditation) is central, emphasizing dedication over intellectual comprehension or external achievements.
The True Nature of Practice	A true monk practices freely and unattached, prioritizing the Way over personal comfort or safety, like elements of nature.
Selflessness in Action	Practice should be selfless, focused on the benefit of all beings, in line with the bodhisattva path.
Continuous Learning	Even with understanding, continuous engagement with teachings is necessary to refine insights and strengthen commitment.
Impermanence of Life	Recognize the fleeting nature of existence, leading to a sense of urgency in cultivating the Way and avoiding procrastination.
Inspecting the Nature of Attachments	Attachments to wealth, ego, or relationships hinder spiritual progress and must be relinquished for genuine transformation.

More Free Book



Scan to Download

Chapter 9: Introduction

Eihei Dogen is revered as one of the towering figures and the founder of the Soto Zen school, known for his teaching of shikantaza, or "just sitting." His seminal text, *Shikantaza*, encapsulates his teachings and reflects his intellectual prowess as both a monk and a poet. Throughout his life, Dogen engaged in composing over four hundred poems in Chinese and several in Japanese waka. Although he created significant literary works, he paradoxically critiqued the pursuit of literary beauty among Zen practitioners, believing that focusing too much on form detracts from the essence of the Dharma.

1. Literary Critique and Personal Paradox: Dogen's perspective on literature is nuanced, as he acknowledges his deep appreciation for it from a young age, while simultaneously urging monks to prioritize authentic expression of the Dharma over literary sophistication. This duality leaves scholars pondering whether his poetic endeavors contradict his espoused beliefs.

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey



Read, Share, Empower

Finish Your Reading Challenge, Donate Books to African Children.

The Concept



This book donation activity is rolling out together with Books For Africa. We release this project because we share the same belief as BFA: For many children in Africa, the gift of books truly is a gift of hope.

The Rule



Earn 100 points



Redeem a book



Donate to Africa

Your learning not only brings knowledge but also allows you to earn points for charitable causes! For every 100 points you earn, a book will be donated to Africa.

Free Trial with Bookey

Chapter 10 Summary: Translation and Commentary

In Chapter 10 of "Shobogenzo," DMgen Zenji presents an exploration of the Lotus Sutra through a collection of waka (Japanese poems). This chapter offers insight into the relationship between everyday experiences and profound Buddhist truths.

1. The essence of the Lotus Sutra is woven throughout our daily practices, revealing that the sound and heart of the Dharma are present in everything, even in our mundane activities. DMgen emphasizes the practice of zazen (seated meditation) each day, encompassing every moment of our lives, including sleep and daily tasks.

2. The beauty of nature, including the sounds of valleys and the echoing calls of monkeys, resonates with the teachings of the Lotus Sutra, showing that all forms of existence, not just the written texts, provide a pathway to understanding the Dharma. This relationship with nature suggests that every aspect of life expresses the essence of the Buddha's teachings.

3. The idea that even the voices of ordinary marketplace transactions can echo the Dharma supports the notion that all experiences can be infused with profound meaning. DMgen draws parallels between the secular and the sacred, highlighting how life itself can teach us about true reality.

More Free Book



Scan to Download

4. D M g e n ' s e x p r e s s i o n s o f t h e m o u n t a i n c o l o r s a n d v
that all of existence reflects the voice and image of the Buddha. This notion
encourages us to see the interconnectedness of life, where all things
contribute to a greater understanding of existence.

5. T h e r e a l i z a t i o n o f i m p e r m a n e n c e i s a v i t a l t h e m e ,
his sorrow about the rarity of those who awaken to this profound truth. His
reflections convey a longing for awakening, which he associates with the
fleeting nature of life itself.

6. T h e b e a u t y o f s e a s o n a l t r a n s i t i o n s , s u c h a s t h e f i r s t s n o w o n a u t u m n
leaves, symbolizes the profound intertwining of impermanence and beauty.

D M g e n p e r c e i v e s t h i s p h e n o m e n o n a s t h e D h a r m a , l e a
into the nature of existence.

7. I n d i s c u s s i n g t h e p r a c t i c e o f p r o s t r a t i o n a n d t h e h u m b l e a c t i o n o f m o n k s ,
D M g e n n a r r a t e s t h e s i g n i f i c a n c e o f b o w i n g i n r e l a t i o n
Buddha, reaffirming that engagement with life is essential for practicing
Buddhism authentically.

8. T h r o u g h t h e i m a g e r y o f s u n l i g h t g a l l o p i n g l i k e a h o r s e a n d t h e f l e e t i n g
n a t u r e o f l i f e , D M g e n e x p r e s s e s t h e r a r i t y o f t h o s e w
amid the constant passage of time.

More Free Book



Scan to Download

9. The poems reflect DMgen's meditative insights during changes, such as his relocation and the changing seasons, which he uses to illustrate the understanding of the Dharma.

10. The lotus flowers that bloom in the mud embody the possibility of awakening, urging a commitment to continuous practice, regardless of worldly distractions or personal inadequacies.

11. DMgen's interactions with nature, such as with rain, symbolize moments of clarity amidst life's complexities. He affirms that even the apparent chaos offers teachings vital to spiritual growth.

12. The practice of zazen is portrayed as a method of revealing the inherent wisdom of the universe, allowing for clarity amidst the tumultuous waves of thought and experience.

In conclusion, DMgen Zenji's collection of waka serves as a reminder of the Lotus Sutra's integral message: that the Dharma permeates all of life. Through embracing both the profound and the mundane, individuals can uncover deeper truths and wisdom, ultimately guiding them toward enlightenment. Each poem eloquently encapsulates the interconnectedness of existence and the continual unfolding of the Dharma within it.

More Free Book



Scan to Download

Critical Thinking

Key Point: The interconnectedness of existence and the presence of the Dharma in everyday life.

Critical Interpretation: Imagine waking up each morning to the vibrant sounds of life swirling around you, the chirping of birds and the rustling of leaves, echoing the profound truths of the Dharma that

DMgen speaks of in his exploration of the Lotus Sutra. About your daily routine—washing dishes, commuting to work, or simply sharing a smile with a stranger—allow yourself to be fully present in these moments. Recognize that every mundane task can be a doorway to deeper understanding; every breath you take is a chance to touch the essence of the Buddha’s teachings. This realization can inspire you to infuse your life with meaning and awareness, transforming ordinary experiences into opportunities for spiritual growth. As you embrace the beauty in the everyday, you begin to sense that the sacred is woven into every fiber of existence, guiding you gently towards enlightenment.

More Free Book



Scan to Download