



Engaging Dogen's Zen: The Philosophy of Practice as Awakening

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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.

Engaging Dogen's Zen is a practice oriented study of *Shushogi* (a canonical distillation of Dogen's thought used as a primer in the Soto School of Zen) and *Fukanzazengi* (Dogen's essential text on the practice of "just sitting," a text recited daily in the Soto School of Zen). It is also a study of the entire self. Here, the principles of Soto Zen practice are unpacked and explained by leading contemporary Buddhists from the living tradition—monks, priests, academics, and community teachers. Tackling Dogen's approach to key issues, such as the preeminence of *shikantaza*, universal buddha nature, and what it means to be a Mahayana Buddhist, the contributors to the volume help Zen practitioners and any who are trying to deepen their lives to appreciate better the teachings of Soto Zen and make these teachings part of their lives. By revisiting what remains precious in *Shushogi* and *Fukanzazengi*, we let them breathe just as we learn to breathe in zazen. We find that Soto practice not only engages Dogen and Sakyamuni, but all of our sisters and brothers, and indeed the great earth itself.

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.

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