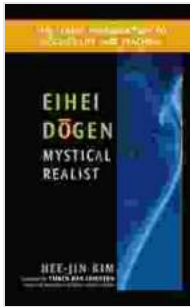


# Eihei Dogen: Mystical Realist



## 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, a towering figure in Zen Buddhism, was a visionary philosopher and a master of meditation. His teachings, marked by their depth, clarity, and profound insights, have left an enduring legacy that continues to inspire practitioners and scholars alike. In this captivating book, Hee Jin Kim unveils the mystical realism that permeates Dogen's philosophy, shedding light on the essence of Zen practice and offering

practical guidance for those seeking to deepen their spiritual understanding.

Dogen's teachings are grounded in the belief that enlightenment is not an abstract concept but a concrete reality that can be experienced in the present moment. He rejected the notion of an otherworldly paradise, instead emphasizing the importance of finding liberation and awakening right here and now. Through meditation and the practice of zazen, Dogen believed, we can cultivate a deep awareness of our true nature and realize our innate Buddhahood.

Kim's book explores the various facets of Dogen's mystical realism, delving into his teachings on:

- The interpenetration of all things
- The non-duality of self and other
- The importance of everyday life in the pursuit of enlightenment
- The role of doubt and inquiry in spiritual practice

With meticulous scholarship and engaging prose, Kim presents Dogen's philosophy in a way that is both accessible to newcomers and deeply enriching for seasoned practitioners. Each chapter is filled with insightful commentary, illuminating examples, and practical exercises that allow readers to integrate Dogen's teachings into their own lives.

Whether you are a seasoned Zen practitioner seeking to deepen your understanding of Dogen's teachings or a newcomer to the world of Zen, "Eihei Dogen: Mystical Realist" is an indispensable resource. Kim's

masterful exposition of Dogen's philosophy will guide you along the path to enlightenment, helping you to discover the mystical realism that lies at the heart of Zen practice.

## About the Author

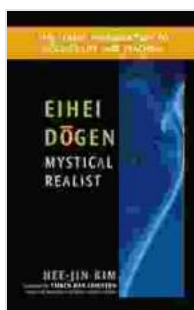
Hee Jin Kim is a professor of Buddhist Studies at the University of California, Los Angeles. She is a renowned scholar and practitioner of Zen Buddhism, and her research focuses on the philosophy and practice of Eihei Dogen. Her previous works include "The Art of Zen" and "The Sound of Silence: Listening in Zen."

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