

The Wholehearted Way



BOOK DETAILS

- Author : Eihei Dogen
- Pages : 224 Pages
- Publisher : Tuttle Publishing
- Language : English
- ISBN : 080483105X



BOOK SYNOPSIS

The Wholehearted Way is a translation of Eihei Dogen's Bendowa, one of the primary texts on Zen practice. Transcending any particular school of Buddhism or religious belief, Dogen's profound and poetic writings are respected as a pinnacle of world spiritual literature. Bendowa, or A Talk on the Wholehearted Practice of the Way, was written in 1231 A.D. and expresses Dogen's teaching of the essential meaning of zazen (seated meditation) and its practice. This edition also contains commentary on Bendowa by Kosho Uchiyama Roshi, a foreword by Taigen Daniel Leighton, and an Introduction by Shohaku Okumura, both of whom prepared this English translation.

THE WHOLEHEARTED WAY - Are you looking for Ebook The Wholehearted Way? You will be glad to know that right now The Wholehearted Way is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The Wholehearted Way may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with The Wholehearted Way and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Wholehearted Way. To get started finding The Wholehearted Way, you are right to find our website which has a comprehensive collection of manuals listed.