



How to Cook Your Life: From the Zen Kitchen to Enlightenment

Eihei Dogen, Kosho Uchiyama Roshi

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How to Cook Your Life: From the Zen Kitchen to Enlightenment Eihei Dogen, Kosho Uchiyama Roshi
In the thirteenth century, Zen master Dogen—perhaps the most significant of all Japanese philosophers, and the founder of the Japanese Soto Zen sect—wrote a practical manual of *Instructions for the Zen Cook*. In drawing parallels between preparing meals for the Zen monastery and spiritual training, he reveals far more than simply the rules and manners of the Zen kitchen; he teaches us how to "cook," or refine our lives. In this volume Kosho Uchiyama Roshi undertakes the task of elucidating Dogen's text for the benefit of modern-day readers of Zen. Taken together, his translation and commentary truly constitute a "cookbook for life," one that shows us how to live with an unbiased mind in the midst of our workaday world.

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Troy Cochran:

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James Fox:

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Bertha Wood:

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