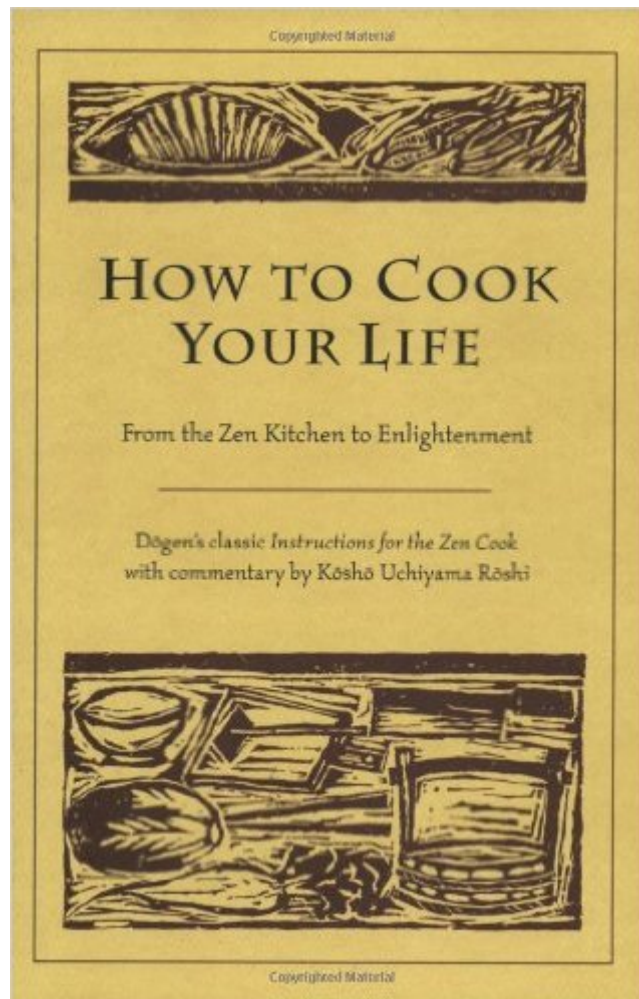


The book was found

# How To Cook Your Life: From The Zen Kitchen To Enlightenment



## Synopsis

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.

## Book Information

Paperback: 136 pages

Publisher: Shambhala (November 8, 2005)

Language: English

ISBN-10: 1590302915

ISBN-13: 978-1590302910

Product Dimensions: 5.9 x 0.4 x 9 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #204,267 in Books (See Top 100 in Books) #187 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy #262 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #285 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

## Customer Reviews

A readable book; sort of a short autobiography of Dogen's travels to China but, more succinctly, an account of his encounters with other travelers of the Way, which sheds some light on how they influenced his thinking.

Dogen is difficult to comprehend, Uchiyama, had the ability to clear things up, it really does still take Zazen to work your way through the cob webs. Terrific book. :)

The book was as expected. I wanted a physical copy of Dogen's "instructions to the cook" essay, and this book has it along with other insightful passages.

The Author has a truly unique capacity to explain. Wonderful book. Inspiring, but down to earth practical, keeping it real.

Use it as a spiritual tool and inspiration. A lot going on here. It will take a while.

Excellent book - very inspiring. Helps to keep you appreciating your life!

Essential for everyone interested in Zen.

Yes, this is the way to live.

[Download to continue reading...](#)

Zen Doodle Drawing BOX SET 5-in-1: Zen Cats, Zen Dogs, Zen Horses, Zen Underwater Life, Zen Girls  
How to Cook Your Life: From the Zen Kitchen to Enlightenment Zen Flesh Zen Bones: A  
Collection of Zen and Pre-Zen Writings Tarot Osho Zen/ Osho Zen Tarot: El juego trascendental del  
Zen/ The Transcendental Game of Zen (Spanish Edition) Zen Flesh, Zen Bones: A Collection of  
Zen and Pre-Zen Writings (Unabridged Selections) ZEN DOODLE: The Art of Zen Doodle. Drawing  
Guide with Step by Step Instructions. Book one. (Zen Doodle Art 1) Mr. Food Test Kitchen Cook it  
Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker From  
Here to Enlightenment: An Introduction to Tsong-kha-pa's Classic Text The Great Treatise of the  
Stages of the Path to Enlightenment Cook It in Cast Iron: Kitchen-Tested Recipes for the One Pan  
That Does It All (Cook's Country) Z.B.A.: Zen of Business Administration - How Zen Practice Can  
Transform Your Work And Your Life Zen: How to Practice Zen Everywhere in Your Daily Life The  
Three Pillars of Zen: Teaching, Practice, and Enlightenment Captain Cook's World: Maps of the Life  
and Voyages of James Cook RN Zen Coloring - Flowers (Zen Coloring Book) Zen Haiku and Other  
Zen Poems of J.W. Hackett Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and  
Practice Osho Zen Tarot: The Transcendental Game Of Zen Create Zen Doodles -Tons of Zen  
Doodles for Creative Drawings: Tangle Tiles Step by Step Instructions Michael Symon's Live to  
Cook: Recipes and Techniques to Rock Your Kitchen Teens Cook: How to Cook What You Want to  
Eat

[Dmca](#)