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Warm Zen Practice: A Poetic Version of Dogen's Bendowa

Tai Sheridan Ph.D.

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Warm Zen is an easy to read and understand poetic interpretation of Dogen's complex philosophical essay 'Bendowa'. Dogen's writing is based on the Buddhist philosophy and experience of 'no-self' and the unconditioned reality of existence-being, also called the 'dharmakaya', the mystical and transcendent body of light. Topic headings and contemporary verses give insight into spiritual awakening. This clear presentation of the complexities of 'Bendowa' eliminates the redundancies, dogmatism, circularities, anachronisms, Buddhist terms, and dialectical arguments of the original. Dogen's difficult and non-dual philosophical essay has been recast into contemporary verse and subdivided into topics.

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