



The Wholehearted Way

Eihei Dogen

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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.

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