



# 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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