



Rice Eyes: Enlightenment in Dogen's Kitchen

Tai Sheridan Ph.D.

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A poetic presentation of Dogen's essay Tenzo Kyokun, Instructions to the Cook, by Zen Priest and Poet Tai Sheridan. 'Rice Eyes' is a metaphor for the non-dual world, the essential Buddhist experience of oneness. Dogen uses the role of Tenzo, or head cook, to demonstrate how to live, work, and experience a spiritual life that brings benefit to everyone. His seminal essay is an important expression about living an aware and joyful life during daily activities. The author has transformed Dogen's work from prose into poetry, and created subdivisions by topic to clarify the meanings.

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