

Dogen Quotes

*Practice, Mind, Self, Buddhist, Enlightenment, Moon, Thinking, World, Mountain,
Way, Eye, Spiritual, Sky, Spring, Mean, Buddhism, Heart, Water, Ocean, Light*

Do not follow the ideas of others, but learn to listen to the voice within yourself. Your body and mind will become clear and you will realize the unity of all things.

~Dogen

The whole moon and the entire sky are reflected in one dewdrop on the grass.

~Dogen

If you cannot find the truth right where you are, where else do you expect to find it?

~Dogen

Life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken. Awaken. Take heed, do not squander your life.

~Dogen

But do not ask me where I am going, As I travel in this limitless world,
Where every step I take is my home.

~Dogen

A flower falls, even though we love it; and a weed grows, even though we do not love it.

~Dogen

A fool sees himself as another, but a wise man sees others as himself.

~Dogen

Students, when you want to say something, think about it three times before you say it. Speak only if your words will benefit yourselves and others. Do not speak if it brings no benefit.

~Dogen

That you carry yourself forward and experience the myriad things is delusion. That the myriad things come forward and experience themselves is awakening

~Dogen

Those who seek the easy way do not seek the true way.

~Dogen

To study Buddhism is to study ourselves. To study ourselves is to forget ourselves.

~Dogen

When both body and mind are at peace, all things appear as they are: perfect, complete, lacking nothing.

~Dogen

If you want to travel the Way of Buddhas and Zen masters, then expect nothing, seek nothing, and grasp nothing.

~Dogen

To escape from the world means that one's mind is not concerned with the opinions of the world.

~Dogen

Meditation is not a way to enlightenment, Nor is it a method of achieving anything at all. It is peace itself. It is the actualization of wisdom, The ultimate truth of the oneness of all things.

~Dogen

If he cannot stop the mind that seeks after fame and profit, he will spend his life without finding peace.

~Dogen

To be in harmony with the wholeness of things is not to have anxiety

over imperfections.

~Dogen

If you want to do a certain thing, you first have to be a certain person. Once you become that certain person, you will not care anymore about doing that certain thing.

~Dogen

Prefer to be defeated in the presence of the wise than to excel among fools.

~Dogen

Let your heart go out and abide in things. Let things return and abide in your heart.

~Dogen

IF YOU WOULD BE FREE OF GREED, FIRST YOU HAVE TO LEAVE EGOTISM BEHIND. THE BEST MENTAL EXERCISE FOR RELINQUISHING EGOTISM IS CONTEMPLATING IMPERMANENCE.

~Dogen

In the mundane, nothing is sacred. In sacredness, nothing is mundane.

~Dogen

What is reality? An icicle forming in fire.

~Dogen

We must always be disturbed by the truth.

~Dogen

No matter how bad a state of mind you may get into, if you keep strong and hold out, eventually the floating clouds must vanish and the withering wind must cease.

~Dogen

Truth is not far away. It is nearer than near. There is no need to attain it, since not one of your steps leads away from it.

~Dogen

To start from the self and try to understand all things is delusion. To let the self be awakened by all things is enlightenment.

~Dogen

Cease from practice based on intellectual understanding, pursuing words, and following after speech.

~Dogen

There are those who, attracted by grass, flowers, mountains, and waters, flow into the Buddha Way.

~Dogen

Although its light is wide and great, the Moon is reflected in a puddle one inch wide. The whole Moon and the entire sky is reflected in one dew drop on the grass.

~Dogen

Enlightenment is intimacy with all things.

~Dogen

Do not travel to other dusty lands, forsaking your own sitting place; if you cannot find the truth where you are now, you will never find it.

~Dogen

There is no beginning to practice nor end to enlightenment; There is no beginning to enlightenment nor end to practice.

~Dogen

People who truly follow the Way would do well to conceal the fact that they are Buddhists.

~Dogen

Look for Buddha outside your own mind, and Buddha becomes the devil.

~Dogen

Emptiness is bound to bloom, like hundreds of grasses blossoming.

~Dogen

I haven't got any Buddhism. I live by letting things happen.

~Dogen

One must be deeply aware of the impermanence of the world.

~Dogen

A zen master's life is one continuous mistake.

~Dogen

If you want to see things just as they are, then you yourself must practice just as you are.

~Dogen

In the stream, Rushing past To the dusty world, My fleeting form
Casts no reflection.

~Dogen

Though it has no thought of keeping watch, it's not for naught that the scarecrow stands in the grain field.

~Dogen

People like what is not true and they don't like what is true.

~Dogen

Practice and enlightenment are not two.

~Dogen

When the old plum tree blooms, the entire world blooms.

~Dogen

What you think in your own mind to be good, or what people of the world think is good, is not necessarily good.

~Dogen

When we discover that the truth is already in us, we are all at once our original selves.

~Dogen

In a snowfall that covers the winter grass a white heron uses his own whiteness to disappear.

~Dogen

Coming, going, the waterbirds, don't leave a trace, don't follow a path.

~Dogen

Zazen is an activity that is an extension of the universe. Zazen is not the life of an individual, it's the universe that's breathing.

~Dogen

Students today should live fully every moment of time. This dew-like life fades away; time speeds swiftly. In this short life of ours, avoid involvement in superfluous things and just study the Way.

~Dogen

Those who practice know whether realization is attained or not, just as those who drink water know whether it is hot or cold

~Dogen

I asked, "What are words?" The tenzo said, "One, two, three, four, five."
I asked again, "What is practice?" "Nothing in the entire universe is hidden."

~Dogen

Do not think you will necessarily be aware of your own enlightenment.

~Dogen

Those who see worldly life as an obstacle to Dharma see no Dharma in everyday actions. They have not yet discovered that there are no everyday actions outside of Dharma.

~Dogen

Since it is the practice of enlightenment, that practice has no beginning and since it is enlightenment within the practice, that realization has no end.

~Dogen

Just as parents care for their children, you should bear in mind the whole universe.

~Dogen

In a mind clear as still water, even the waves, breaking, are reflecting its light.

~Dogen

Be moderate in eating and drinking. Mindful of the passing of time, engage yourself in zazen as though saving your head from fire.

~Dogen

The true person is Not anyone in particular; But like the deep blue color Of the limitless sky, It is everyone, Everywhere in the world.

~Dogen

To what shall I liken the world? Moonlight, reflected In dewdrops,
Shaken from a crane's bill.

~Dogen

When you walk in the mist, you get wet.

~Dogen

Your body is like a dew-drop on the morning grass, your life is as brief
as a flash of lightning. Momentary and vain, it is lost in a moment.

~Dogen

Sitting is the gateway of truth to total liberation.

~Dogen

Do not be amazed by the true dragon.

~Dogen

If you do not get it from yourself, where will you go for it?

~Dogen

Do not doubt that mountains walk simply because they may not appear
to walk like humans.

~Dogen

Nothing in the entire universe is hidden.

~Dogen

Learn the backward step that turns your light inward to illuminate your
self. Body and mind of themselves will drop away, and your original
face will be manifest.

~Dogen

When you paint Spring, do not paint willows, plums, peaches, or
apricots - just paint Spring.

~Dogen

There are mountains hidden in mountains. There are mountains hidden in hiddenness. This is complete understanding.

~Dogen

Forgetting oneself is opening oneself

~Dogen

Do not arouse disdainful mind when you prepare a broth of wild grasses; do not arouse joyful mind when you prepare a fine cream soup.

~Dogen

You should study not only that you become a mother when your child is born, but also that you become a child.

~Dogen

When one first seeks the truth, one separates oneself from it.

~Dogen

Time is three eyes and eight elbows.

~Dogen

The recognition of the coming and going of things is a first step in training and practice.

~Dogen

Why abandon a seat in your own home to wander in vain through dusty regions of another land? If you make one false step, you miss what is right before your eyes.

~Dogen

Do not view mountains from the scale of human thought.

~Dogen

Handle even a single leaf of green in such a way that it manifests the body of the Buddha. This in turn allows the Buddha to manifest through the leaf.

~Dogen

The coming and going of birth and death is a painting. Unsurpassed enlightenment is a painting. The entire phenomenal universe and the empty sky are nothing but a painting.

~Dogen

An ancient buddha said, "Mountains are mountains; waters are waters." These words do not mean mountains are mountains; they mean mountains are mountains.

~Dogen

Clearly I know, the mind is mountains, rivers, and the great earth; sun, moon, and stars.

~Dogen

Do not miss the opportunity of offering even a single drop into the ocean of merit or a grain atop the mountain of the roots of beneficial activity.

~Dogen

To study the Way is to study the self. To study the self is to forget the self.

~Dogen

Consider that nirvana is itself no other than our life.

~Dogen

If we look at the world with a deluded body and mind, we will think that

our self is permanent. But if we practice correctly and return to our true self, we will realize that nothing is permanent

~Dogen

Working with plants, trees, fences and walls, if they practice sincerely they will attain enlightenment.

~Dogen

When other sects speak well of Zen, the first thing that they praise is its poverty.

~Dogen

Yet, though it is like this, simply, flowers fall amid our longing and weeds spring up amid our antipathy.

~Dogen

If we seek the Buddha outside the mind, the Buddha changes into a devil.

~Dogen

Mountains and rivers at this very moment are the actualization of the world of the ancient Buddhas. Each, abiding in its phenomenal expression, realizes completeness.

~Dogen

Do not practice buddha-dharma with the thought that it is to benefit others.

~Dogen

Realization doesn't destroy the individual any more than the reflection of the moon breaks a drop of water. A drop of water can reflect the whole sky.

~Dogen

To study the self is to forget the self. To forget the self is to be enlightened by the ten thousand things.

~Dogen

Inside the treasury of the dharma eye a single grain of dust.

~Dogen

That the self advances and confirms the ten thousand things is called delusion; that the ten thousand things advance and confirm the self is called enlightenment.

~Dogen

The color of the mountains is Buddha's body; the sound of running water is his great speech.

~Dogen

Does a dragon still sing from within a withered tree?

~Dogen

There are myriads of forms and hundreds of grasses throughout the entire earth, yet each grass and each form itself is the entire earth.

~Dogen

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