Enlightenment in a World of Turbulence: The Teachings of Zen Master Dōgen

This lecture will be given by the Director of Asian Studies Dr. Steven Heine.

March 18, 2020 | 1 P.M.- 2 P.M.
SIPA 103
Dōgen (1200-1253)

Dōgen was the founder of the Soto Zen sect in medieval Japan, who emphasized the practice of continuous seated meditation (zazen) as the key to attaining Buddhist enlightenment. He lived at the beginning of the Kamakura era, when Japan was troubled by civil war and social change along with many natural disasters, such as floods and fires caused by typhoons, earthquakes, and tsunami.