

# C O N T E N T S

## PREFACE 7

## Ryōkan [1758–1831] 9

---

- 1 A Mysterious Charm 11
- 2 Taking Religious Vows 18
- 3 Who Am I? 26
- 4 Compassionate by Nature 34
- 5 A Man of Inaction 42

## Yoshida Kenkō [c.1283–c.1353] 51

---

- 6 The Joy of Living 53
- 7 Tranquil in Body and Mind 62
- 8 If You Are Determined to Achieve One Thing 71

## Kamo no Chōmei [c.1155–1216] 77

---

- 9 A Remarkable Master of Prose 79
- 10 Taking Pleasure in the Absence of Grief 88



## Dōgen [1200–1253]

97

- 11 On Being 99
- 12 The Eternal Now 108
- 13 Being Is Time 117
- 14 The World of the Mind 126
- 15 Life and Death 136

## Saigyō [1118–1190]

145

- 16 The Self and the Heart 147
- 17 Rovings 158
- 18 Cherry Blossoms 167
- 19 A Born Poet 178
- 20 Seeing the Afterlife Close at Hand 188

## Yosa Buson [1716–1784]

197

- 21 A Haiku Poet of Grand Vistas 199
- 22 Poems of Deep Feeling 209

## AFTERWORD

219

### The Classics Reborn

A Guide to Titles Cited in the Text 228

References 230