



# Returning to Silence (Shambhala Dragon Editions)

*Dainin Katagiri*

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For twenty-five hundred years Buddhism has taught that everyone is Buddha—already enlightened, lacking nothing. But still there is the question of how we can experience that truth in our lives. In this book, Dainin Katagiri points to the manifestation of enlightenment right here, right now, in our everyday routine.

Genuineness of practice lies in "just living" our lives wholeheartedly. The Zen practice of sitting meditation (*zazen*) is this not a means to an end but is the activity of enlightenment itself. That is why Katagiri Roshi says, "Don't expect enlightenment—just sit down!"

Based on the author's talks to his American students, *Returning to Silence* contains the basic teachings of the Buddha, with special emphasis on the meaning of faith and on meditation. It also offers a commentary on "The Bodhisattva's Four Methods of Guidance" from Dogen Zenji's *Shobogenzo*, which speaks in depth about the appropriate actions of those who guide others in the practice of the Buddha Way. Throughout these pages, Katagiri Roshi energetically brings to life the message that "Buddha is your daily life."

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