

## 150 Zen Saying From Walt Whitmans "Song of Myself"

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150 Zen Sayings from Walt Whitman's  
"Song of Myself"

Soiku SHIGEMATSU

This piece of collection follows my earlier "100 Zen Sayings from *The Old Man and the Sea*," "150 Zen Sayings from *The Grades of Wrath*," "Zen Sayings from Ralph Waldo Emerson (I)."

I have picked out 150 Zen expressions from Walt Whitman's "Song of Myself." The number put at the end of each quotation indicates that of the line number in the Everyman's Library edition (1947).

Each extract in this collection is, so to speak, an original Zen saying written in English. Whitman, who was quite ignorant of Zen, did not mean it at all, but it is obvious that there are various Zen viewpoints—what I call Universalism, Individualism, Vitalism, or some other aspects of Zen—vividly expressed in his own native language without any mixture of exoticism nor imitation at all. Undoubtedly, no Zen exists without the self-awareness of seeing the Dharma (Truth) through mind-and-body. So far as words are concerned, however, it is also true that the Zen eye can see in each extract one or more than one aspects of Zen spoken in words. I wish to have put a capping phrase (saying) to each entry even in this collection just as I have done in my earlier ones (except the one from Emerson) to make the Zen viewpoint in each quotation much clearer. For detailed information regarding Zen viewpoints, sayings, and capping phrases, see my introduction to *A Zen Forest: Sayings of the Masters* (New York & Tokyo: Weatherhill, 1981), where I have explained these more in detail.

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