

# Hsin Hsin Ming

*(On Faith in Mind)*

## Sengcan

*(Chan/Zen Patriarch Chien-chih Seng-ts'an 496-606 CE)*

The Great Way isn't difficult  
for those who are unattached to their preferences.  
Let go of longing and aversion  
and everything will be perfectly clear;  
when you cling to a hairsbreadth of distinction,  
heaven and earth are set apart.

If you want to realise the truth,  
don't be for or against.

The struggle between good and evil  
is the primal disease of the mind:  
not grasping the deeper meaning,  
you just trouble your mind's serenity.

As vast as infinite space,  
mind is perfect and lacks nothing,  
but because you select and reject,  
you can't perceive its true nature.

Don't get tangled in the world,  
don't lose yourself in emptiness;  
be at peace in the oneness of things  
and all errors will disappear by themselves.

If you don't live the Tao,  
you fall into assertion or denial:  
asserting that the world is real  
you are blind to its deeper reality;  
denying that the world is real  
you are blind to the selflessness of all things.

The more you think about these matters,  
the farther you are from the truth;  
step aside from all thinking  
and there is nowhere you can't go.

Returning to the root, you find the meaning;  
chasing appearances, you lose their source.  
At the moment of profound insight  
you transcend both appearance and emptiness.  
Don't keep searching for the truth,  
just let go of your opinions.

For the mind that is in harmony with the Tao,  
all selfishness disappears  
with not even a trace of self-doubt;  
and you can trust the universe completely.

All at once you are free  
with nothing left to hold on to,  
all is empty brilliant  
perfect in its own being.

In all the world of things as they are,  
there is no self no non-self.  
If you want to describe its essence,  
the best you can say is "not two";  
in this "not two" nothing is separate,  
and nothing in the world is excluded.

The enlightened  
of all times and places  
have entered into this truth;  
in it there is no gain or loss.

One instant is ten thousand years;  
there is no here, no there;  
infinity is right before your eyes.  
The tiny is as large as the vast  
when objective boundaries have vanished;  
the vast is as small as the tiny  
when you don't have external limits.

Being is an aspect of non-being;  
non-being is no different from being:  
until you understand this truth  
you won't see anything clearly.

One is all, all are one; when you realise this  
what reason for holiness or wisdom?  
The mind of absolute trust  
is beyond all thought, all striving,  
is perfectly at peace, for in it  
there is no yesterday no today no tomorrow.