

坐禪箴

Acupuncture Needle for Sitting Meditation (Zuochanzhen, Zazenshin)

宏智正覺禪師

Spacious Wisdom, True Awakening (Hongzhi Zhengjue Chanshi, Wanshi Shogaku Zenji)

佛佛要機、祖祖機要。

The essential function of all buddhas, the functional essence of all ancestors:

不觸事而知、不對緣而照。

Knowing without touching things, illumining without facing objects.

不觸事而知、其知自微。

Knowing without touching things, the knowing is naturally subtle.

不對緣而照、其照自妙。

Illumining without facing objects, the illumining is naturally wondrous.

其知自微、曾無分別之思。

The knowing, naturally subtle, is ever without discriminating thought.

其照自妙、曾無毫忽之兆。

The illumining, naturally wondrous, is ever without a hairsbreadth of separation.

曾無分別之思、其知無偶而奇。

Ever without discriminating thought, this knowing is singular without comparison.

曾無毫忽之兆、其照無取而了。

Ever without a hairsbreadth of separation, this illumining is complete without grasping.

水清徹底兮、魚行遲遲。

The water is clear right through to the bottom; a fish goes slowly, slowly along.

空闊莫涯兮、鳥飛杳杳。

The sky is vast without boundary; a bird flies far, far away.