

Song of the Trusting Mind

Xinxinming by Jianzhi Sengcan (Ch.), Shinjinmei by Kanchi Sōsan (Jap.) (d.606)

Mirror Wisdom, Sangha Gem 鑑智僧璨 (Third Chinese Ancestor)

translated by Richard B. Clarke, revised by Kōkyō Henkel

信心銘

至道無難 The great Way is not difficult
唯嫌揀擇 for those who hold no preferences.
但莫憎愛 When longing and aversion are both absent
洞然明白 it becomes clear and undisguised.
毫釐有差 Make the smallest distinction, however,
天地懸隔 and heaven and earth are set infinitely apart.
欲得現前 If you want the Way to manifest,
莫存順逆 then hold no opinion for or against.
違順相爭 The struggle of likes and dislikes
是爲心病 is the disease of the mind.
不識玄旨 When the deep meaning is not understood,
徒勞念靜 the mind's essential peace is disturbed to no avail.
圓同太虛 The Way is perfect like vast space,
無欠無餘 where nothing is lacking and nothing is extra.
良由取捨 Indeed, it is due to choosing or rejecting
所以不如 that you don't see thus.
莫逐有緣 Live neither in entanglement with things,
勿住空忍 nor passively in emptiness.
一種平懷 Be serene without striving activity in the oneness of things,
泯然自盡 and such erroneous views will disappear by themselves.
止動歸止 When you try to stop activity to achieve stillness,
止更彌動 your very effort fills you with activity.
唯滯兩邊 As long as you remain in one extreme or the other,
寧知一種 you will never know oneness.
一種不通 Those who don't live in oneness
兩處失功 fail in both activity and stillness, assertion and denial.
遣有沒有 To deny the existence of things is to get stuck in existence;
從空背空 to assert the emptiness of things is to turn away from emptiness.
多言多慮 The more you talk and think about it,
轉不相應 the further astray you wander from the truth.
絕言絕慮 Stop talking and thinking,
無處不通 and there is nowhere you can't pass freely.

歸根得旨 To return to the root is to find the meaning,
 隨照失宗 but to pursue appearances is to miss the source.
 須臾返照 At the moment awareness turns around and illuminates itself,
 勝卻前空 there is a going beyond appearance and emptiness.
 前空轉變 The changes that appear to occur in the empty world
 皆由妄見 we call real only because of ignorance.
 不用求真 Do not search for the truth;
 唯須息見 only cease to hold opinions.
 二見不住 Dualistic constructs don't abide,
 慎莫追尋 so there's no need to pursue them.
 纔有是非 If there is even a trace of this and that, right and wrong,
 紛然失心 the mind is lost in confusion.
 二由一有 Although all dualities come from the one,
 一亦莫守 do not be attached even to this one.
 一心不生 The one mind is unborn,
 萬法無咎 and the myriad things cannot offend,
 無咎無法 When things don't offend, they are no longer things.
 不生不心 When mind is unborn, it's no longer mind.
 能隨境滅 When thought objects vanish, the thinker vanishes,
 境逐能沈 and when the thinker vanishes, objects vanish.
 境由能境 Objects are objects because of the subject;
 能由境能 The subject is the subject because of objects.
 欲知兩段 If you wish to understand these two,
 元是一空 originally they are one emptiness.
 一空同兩 In this one emptiness, the two are inseparable,
 齊含萬象 equally containing myriad appearances.
 不見精麤 If you don't discriminate between coarse and fine,
 寧有偏黨 you won't give rise to prejudice.
 大道體寬 The great Way is broad,
 無易無難 neither easy nor difficult,
 小見狐疑 but those with limited views are fearful and doubting:
 轉急轉遲 the more they rush towards it, the slower they go.
 執之失度 In attachment balance is lost,
 必入邪路 and one surely falls onto the wrong path.
 放之自然 Just let things be as they are,
 體無去住 while the essence neither departs nor abides.
 任性合道 Accept your nature and accord with the Way,
 逍遙絕惱 strolling freely and undisturbed.

繫念乖眞 When thought is in bondage the truth is hidden,
 昏沈不好 with everything murky and unclear,
 不好勞神 and this unclarity brings weariness of spirit.
 何用疏親 What's the use of making distinctions and separations?
 欲取一乘 If you want to enter the One Vehicle,
 勿惡六塵 don't disdain the six sense objects.
 六塵不惡 When the six sense objects are not disdained,
 還同正覺 this is the same as true awakening.
 智者無爲 The wise have nothing to do,
 愚人自縛 but the foolish bind themselves.
 法無異法 Within the Dharma there are no separate things;
 妄自愛著 it's foolish to long for anything.
 將心用心 To try to grasp the mind with mind
 豈非大錯 is the greatest of all mistakes.
 迷生寂亂 Delusion gives rise to rest and unrest;
 悟無好惡 awakening has no likes and dislikes.
 一切二邊 All dualities come from
 妄自斟酌 false deliberation,
 夢幻虛華 like dreams or flowers in the sky;
 何勞把捉 why try to grasp them?
 得失是非 Gain and loss, right and wrong;
 一時放卻 let them go at once.
 眼若不睡 If the eye never sleeps,
 諸夢自除 all dreams cease by themselves.
 心若不異 If the mind makes no discriminations,
 萬法一如 the myriad things are one suchness.
 一如體玄 One suchness is the essential mystery,
 兀爾忘虛 released from all entanglements.
 萬法齊觀 When the myriad things are seen as equal,
 歸復自然 they return to themselves.
 泯其所以 They can't be found anywhere,
 不可方比 so no comparisons or analogies are possible.
 止動無動 In stillness or activity, there is no activity;
 動止無止 in activity or stillness, there is no stillness.
 兩既不成 When such dualities cease,
 一何有爾 oneness itself cannot exist.
 究竟窮極 This ultimate finality
 不存軌則 isn't bound by rules or descriptions.

契心平等 In the unified peaceful mind,
 所作俱息 all striving activity ceases.
 狐疑盡淨 Doubts completely vanish
 正信調直 and authentic trust is straightforward.
 一切不留 All is free from fixation;
 無可記憶 nothing can be grasped.
 虛明自照 It's empty, clear, and self-illuminating,
 不勞心力 with no exertion of mental power.
 非思量處 It's beyond thinking,
 識情難測 difficult to measure with consciousness or feeling.
 眞如法界 In this Dharma-realm of true suchness
 無他無自 there is neither other nor self.
 要急相應 To summarize the essential point,
 唯言不二 one can only say it's nonduality.
 不二皆同 In this nonduality everything is the same
 無不包容 and nothing is excluded.
 十方智者 All wise ones everywhere
 皆入此宗 enter this source,
 宗非促延 and this source cannot be hurried or delayed;
 一念萬年 one moment is ten-thousand years.
 無在不在 Without abiding or not abiding,
 十方目前 the ten directions are seen before you.
 極小同大 Infinitely large is the same as small
 忘絕境界 when boundaries are dropped.
 極大同小 Infinitely small is the same as large
 不見邊表 when edges can't be seen.
 有即是無 Existence itself is non-existence,
 無即是有 and non-existence is itself existence.
 若不如此 Anything that's not thus
 必不相守 is not worth holding onto.
 一即一切 One is all,
 一切即一 all is one, without distinction.
 但能如是 To be thus
 何慮不畢 is to not worry about being incomplete.
 信心不二 The trusting mind is nondual,
 不二信心 Nonduality is the trusting mind.
 言語道斷 Words, language, and speech are cut off,
 非去來今 without past, future, or present.