

To just 'be' is the world of Buddha.
It is not a matter of thinking.
Abide with circumstances and just simply be.

This body of ours must die anyway,
so with all your heart and soul, devote yourself to this.

Nothing can intervene with the Original Nature of things.
Because one raises thoughts of this-and-that,
the Original Nature is lost.

Spare no effort -- Spare no effort

The Mind that seeks the Way is the resolve to endeavor:
With all your heart and soul, give up thinking.

This is what is called Zen Practice, and nothing else.

Aaah.....

Thinking not to think is also thinking.
Be a person who does not think about not thinking.