

Hsin Hsin Ming: The Book of Nothing (excerpt)
Sengstan, 3rd Zen Patriarch,
translated by Richard B. Clarke

*The Great Way is not difficult
for those who have no preferences.
When love and hate are both absent
everything becomes clear and undisguised.
Make the smallest distinction ...
and heaven and earth are set infinitely apart.
If you wish to see the truth
then hold no opinion for or against.
The struggle of what one likes and what one dislikes
is the disease of the mind.*

...

*Do not search for the truth;
only cease to hold opinions.*

...

*When mind exists undisturbed in the Way,
nothing in the world can offend,
and when a thing can no longer offend,
it ceases to exist in the old way.
When no discriminating thoughts arise,
the old mind ceases to exist.*