信心铭 (节选)

**三祖僧璨大师**

**Hsin-hsin Ming**

***verses on the faith mind*** （excerpts）

**Seng-t'san, the third Zen Patriarch**

**translated from the Chinese by Richard B. Clarke**

**The Great Way is not difficult. 至道无难**

**for those who have no preferences. 惟嫌拣择**

**When love and hate are both absent 但莫憎爱**

**everything becomes clear and undisguised. 洞然明白**

**Make the smallest distinction, however, 毫厘有差**

**and heaven and earth are set infinitely apart. 天地悬隔**

**If you wish to see the truth 欲得现前**

**then hold no opinions for or against anything. 莫存顺逆**

**To set up what you like against what you dislike 违顺相争**

**is the disease of the mind. 是为心病**

**When the deep meaning of things is not understood, 不识玄旨**

**the mind's essential peace is disturbed to no avail. 徒劳念静**

**The Way is perfect like vast space 圆同太虚**

**where nothing is lacking and nothing in excess. 无欠无余**

**Indeed, it is due to our choosing to accept or reject 良由取舍**

**that we do not see the true nature of things. 所以不如**

**Live neither in the entanglements of outer things, 莫逐有缘**

**nor in inner feelings of emptiness. 勿住空忍**

**Be serene in the oneness of things and such 一种平怀**

**erroneous views will disappear by themselves. 泯然自尽**