Discipline Of Tao, by D. T. Suzuki

_A master called Yuan came to Tai-chu Hui-hai and asked: When disciplining oneself in the Tao, is there any special way of doing it?"_  

_Hui-hai: Yes, there is."_  

_Yuan: What is that?"_  

_Hui-hai: When hungry, one eats, when tired, one sleeps."_  

_Yuan: That is what other people do; is their way the same as yours?_  

_Hui-hai: Not the same._  

_Yuan: Why not?_  

_Hui-hai: When they eat, they do not just eat, they conjure up all kinds of imagination; when they sleep, they do not just sleep, they are given up to varieties of idle thoughts. That is why their way is not my way._