



## Returning to the Root, by Seng T'san

Let go of longing and aversion, and everything will be perfectly clear. When you cling to a hairbreadth of distinction, heaven and earth are set apart.

If you want to realize the truth, don't be for or against. The struggle between good and evil is the primal disease of the mind. Not grasping the deeper meaning, you just trouble your mind's serenity.

As vast as infinite space, it is perfect and lacks nothing. But because you select and reject, you can't perceive its true nature.

Don't get entangled in the world; don't lose yourself in emptiness. Be at peace in the oneness of things, and all errors will disappear by themselves. [...]

Returning to the root, you find the meaning; chasing appearances, you lose their source.

At the moment of profound insight, you transcend both appearance and emptiness. Don't keep searching for the truth; just let go of your opinions.

For the mind in harmony with the Tao, all selfishness disappears. With not even a trace of self-doubt, you can trust the universe completely.

All at once you are free, with nothing left to hold on to. All is empty, brilliant, perfect in its own being. [...]

In it there is no gain or loss; one instant is ten thousand years. There is no here, no there; infinity is right before your eyes.

The tiny is as large as the vast when objective boundaries have vanished; the vast is as small as the tiny when you don't have external limits.

Being is an aspect of non-being; non-being is no different from being. Until you understand this truth, you won't see anything clearly.

One is all; all are one. When you realize this, what reason for holiness or wisdom?

--Seng T'san

