

Instructions on Seeing the Mind

*-selected from the writings of Ming dynasty Great Master Han Shan ("Silly Mountain")
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INSTRUCTIONS TO CH'AN CULTIVATOR CHIH YÜN ("Cloud of Wisdom")

These are the prerequisites for a practitioner of the Way:

- 1) He must see through all the states of the world and not be turned by false conditions.
- 2) He must be intent upon the one and only big matter of birth and death, steel his heart, and not allow false thinking and thoughts of climbing on conditions to impede his resolve.
- 3) He must wash away completely all his former evil habits, awarenesses, knowledge, and views, so that not even a hair's breadth of them remains.
- 4) He must truly renounce his body and life and not be hampered by evil conditions such as death, birth, illness, and disasters.
- 5) He must bring forth proper faith and proper views, and not listen to the erroneous doctrines of deviant teachers.
- 6) He must recognize the true and pertinent place where cultivators of old applied their minds and use that mind to investigate the *hua t'ou* (meditation topic).
- 7) In the course of all daily affairs, he should always maintain proper mindfulness and not be confused by states of illusory transformations. In thought after thought he should investigate without a break, so that movement and stillness become one.
- 8) With straight intent he should spur himself forward, but he should not be expecting enlightenment.
- 9) His resolve should be persevering and far-reaching. He should be determined to never stop until he arrives at the accomplishment of the ancients, and to never become satisfied with small attainments.
- 10) When he applies effort, he must, in thought after thought, be able to renounce and put to rest--renouncement upon renouncement, putting to rest upon putting to rest--to the point of being able to renounce until there is nothing more to renounce and to put to rest until there is nothing more to put to rest. Then, naturally, he will perceive some good news. If a practitioner can apply his mind in this way, then he

can be counted as having a minor response with his original share. You should be resolved to strive upward, and constantly exhort yourself to forge ahead!