

Since I escaped to Cold Mountain
I've lived on mountain fruit
What worries does life hold
this time I'm following karma
days and months are like a stream
Time is but a spark
Heaven and Earth can change
I'm happy here in the cliffs

Han Shan

Han Shan. *The Collected Songs of Cold Mountain*. Translated by R. Pine, Trans. Port Townsend, WA: Copper Canyon Press, 2000.

Without desire everything is sufficient.
With seeking myriad things are impoverished.
Plain vegetables can soothe hunger.
A patched robe is enough to cover this bent old body.
Alone I hike with a deer.
Cheerfully I sing with village children.
The stream under the cliff cleanses my ears.
The pine on the mountain top fits my heart.

Ryokan

Kazuaki Tanahashi and Tensho David Schneider, ed. *Essential Zen*. Castle Books, 1996.

I sit on top of a boulder
the stream is icy cold
quiet joys hold a special charm
bare cliffs in the fog enchant
this is such a restful place
the sun goes down and tree shadows sprawl
I watch the ground of my mind
and a lotus comes out of the mud

Han Shan

Han Shan. *The Collected Songs of Cold Mountain*. Translated by R. Pine, Trans. Port Townsend, WA: Copper Canyon Press, 2000.

One experiences emptiness, brightness and purity. Inwardly, one's mind is delighted. One feels tranquil and blissful. There are no situations wherein one is covered over by the hindrances. The mind of goodness comes forth and manifests. One's faith and reverence increase and grow. One's mirror of wisdom becomes clear and bright. The body and mind become supple and pliant. One experiences a subtle and marvelous emptiness and quiescence. One develops a revulsion for and abhorrence of the world. There is nothing which one feels needs to be done and one remains free of desires. One remains sovereignly independent in one's ability to emerge from and enter into

Zhiyi

Zhiyi. Essentials for Practicing Calming-and-Insight and Dhyana Meditation. Translated by B. Dharmamitra. Seattle, WA: Kalavinka Press, 2008.

Cultivating the bliss and absorption of samadhi and the bliss of whatever is present, this is what is called good and undefiled by the wise.

Lankavatara Sutra

Lankavatara Sutra. Translated by R. Pine. Berkeley, CA: Counterpoint, 2012.

Once you stop clinging and let things be, you'll be free, even of birth and death. You'll transform everything. You'll possess spiritual powers that can't be obstructed. And you'll be at peace wherever you are. If you doubt this, you'll never see through anything....Once you see your nature, you're a buddha....

Bodhidharma

Bodhidharma. Zen Teaching of Bodhidharma. Translated by R. Pine. New York: Weatherhill, 1987.

There is an empty and subtle blissfulness. One's happiness and pleasure are pure and indescribable even by simile.

Zhiyi

Zhiyi. Essentials for Practicing Calming-and-Insight and Dhyana Meditation. Translated by B. Dharmamitra. Seattle, WA: Kalavinka Press, 2008.

Samadhi develops in her. Thus her body and mind become blissful, pure, peaceful and secure and she becomes free of any unwholesome characteristics.

Zhiyi

Zhiyi. Essentials for Practicing Calming-and-Insight and Dhyana Meditation. Translated by B. Dharmamitra. Seattle, WA: Kalavinka Press, 2008.