

Maintain the same state of mind in every moment of thought, in every phase of mental activity. Do not enjoy the present while planting the seeds of future suffering – by doing so you only deceive yourself and others and cannot escape from the realm of birth and death. Make effort! Make effort! Although it may seem futile now, your present efforts constitute the causes for your future enlightenment. Do not let time pass in vain while only wasting energy.

Treatise on the Essentials of  
Cultivating the Mind

In McRae, J. R. Northern School and the Formation of Early Ch'an Buddhism (Studies in East Asian Buddhism 3 ed.). Honolulu: University of Hawaii Press, 1986.

When the mind tries to run away, bring it back quickly. Just as a line is tied to the foot of a bird to retrieve it if it tries to fly, you should view that thing all day long, without cease. The mind will then become completely settled.

Essential Teaching of the  
Expedient Means of  
Pacifying the Mind and  
Entering the Path

McRae, J. R. Northern School and the Formation of Early Ch'an Buddhism (Studies in East Asian Buddhism 3 ed.). Honolulu: University of Hawaii Press, 1986.

Every day, whether walking, standing, sitting or lying down, and in all your speech, remain detached from everything within the sphere of phenomena. Whether you speak or merely blink an eye, let it be done with complete dispassion...most students of Zen cling to all sorts of sounds and forms. Why do they not copy me by letting each thought go as though it were nothing, or as though it were a piece of rotten wood, a stone, or the cold ashes of a dead fire? Or else, by just making whatever slight response is suited to each occasion?

Huangbo

Huangbo. The Zen Teaching of Huang Po: On the Transmission of Mind. Translated by John Blofeld. New York: Grove Press, 1958.