

And when inside and outside are perfectly clear you will know your own mind. And once you know your own mind you will be free. And once you have gained your freedom, this is the samadhi of prajñā [wisdom]. And the realization of the samadhi of prajñā is no-thought.

Platform Sutra

Platform Sutra: The Zen Teaching of Hui-neng. Translated by R. Pine. Berkeley, CA: Counterpoint, 2006.

Although this inconceivable dharma is abundant in each person, it is not actualized without practice and it is not experienced without realization.

Dogen

Dogen. Moon in a Dewdrop: Writings of Zen Master Dogen. Translated by K. Tanahashi. New York: North Point Press, 1985.

Talking about food won't make you full
 talking about clothes won't keep you warm
 only eating food will make you full
 Only wearing clothes will keep you warm
 people who don't know how to reason
 just say a buddha is hard to find
 look inside your mind there's a buddha
 don't look around outside

Han Shan

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

...[Y]ou should just wholeheartedly sit, and thus drop body and mind....This being so, the zazen of even one person at one moment imperceptibly accords with all things and fully resonates through all time. Thus in the past, future, and present of the limitless universe this zazen carries on the buddha's teaching endlessly. Each moment of zazen is equally wholeness of practice, equally wholeness of realization.

Dogen

Dogen. Moon in a Dewdrop: Writings of Zen Master Dogen. Translated by K. Tanahashi. New York: North Point Press, 1985.

Seeing through the mundane and witnessing the sublime is less than an eye-blink away. Realization is now. Why worry about gray hair?

Bodhidharma

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

Theme

Realization

An explosive shout cracks the great empty sky.
Immediately clear self-understanding.
Swallow up buddhas and ancestors of the past.
Without following others, realize complete penetration.

Dogen

Dogen. Moon in a Dewdrop: Writings of Zen Master Dogen. Translated by K. Tanahashi. New York: North Point Press, 1985.