

Having made such a vow, [you] must, in accordance with [your] capacity and without faltering, practice every kind of good at all times and at all places and not be slothful in [your] mind. Except when [you sit] in concentration in the practice of cessation [you] should at all times reflect upon what should be done and what should not be done.

Awakening of Faith

Yoshito S. Hakeda, ed. *The Awakening of Faith: Attributed to Asvagosha*. New York and London: Columbia University Press, 1967.

This is not something which you can accomplish without effort, but when you reach the point of clinging to nothing whatever, you will be acting as the Buddhas act. This will indeed be acting in accordance with the saying, "Develop a mind which rests on no thing whatever."

Huangbo

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

Those who don't make an effort don't become skillful.

Lankavatara Sutra

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

One's determination should be such that, even if one's efforts come up empty and nothing whatsoever is gained, one will still persevere to the end and not turn back or change one's resolve.

Zhiyi

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

If a person is able to feel regret for an offense, having regretted it, one should put it down and let it go. A mind like this abides in happiness. One should not constantly remain attached to it in one's

Nagarjuna

Nagarjuna. (1995). *The Fundamental Wisdom of the Middle Way: Nagarjuna's Mulamadhyamakakarika*. Translated by J. Garfield. Oxford: Oxford University Press, 1995.

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.

If a Bodhisattva, a great being, when this is being taught, does not lose heart, is not cast down, does not get cowed, depressed, and remains stolid and unafraid, then she flows in perfect wisdom.

The Large Sutra on Perfect
Wisdom

Large Sutra on Perfect Wisdom with the Divisions of the Abhisamayalankara. Translated by E. Conze. Berkeley, CA: University of California Press, 1975.