

Not following after the thinking mind is what is meant by precepts (*śīla*). Not giving rise to thinking but keeping a mind before thinking arises is what is known as meditation (*samadhi*). And not being guided into action by foolish thought is what is known as wisdom (*prajñā*).

The Mirror of Zen

Joeng, B. *Mirror of Zen: The Classic Guide to Buddhist Practice* by Zen Master So Sahn. Translated by H. Gak. Boston, MA: Shambhala, 2006.

To leave the three [poisons] means to go from greed, anger, and delusion back to morality, meditation, and wisdom. Greed, anger, and delusion have no nature of their own. They depend on mortals.

Bodhidharma

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