Mind, Way, Struggle, Oneness, Thinking, Peace, Views, Path, Self, Roots,
Perfect, Two, Disease, Cease, Preference, Spiritual, World, Entanglement, All
Things, Understanding

Stop talking, stop thinking, and there is nothing you will not understand. Return to the root and you will find Meaning.

~Sengcan

If you want to realize the truth, don't be for or against. The struggle between good and evil is the primal disease of the mind.

~Sengcan

Pursue not the outer entanglements; Dwell not in the inner void; Be serene in the oneness of things; And dualism vanishes by itself.

~Sengcan

The two exist because of the One, But hold not even to this One; When the one Consciousness -is not disturbed, The ten thousand things offer no offence.

~Sengcan

Do not try to drive pain away by pretending it is not real. If you seek serenity in oneness, pain will vanish of its own accord.

~Sengcan

Step aside from all thinking, and there is nowhere you can't go.

~Sengcan

To follow the path look to the master follow the master walk with the master see through the master become the master.

~Sengcan

In the World of Reality there is no self, There is no other-than-self.

~Sengcan

Be at peace in the oneness of things, and all errors will disappear by themselves.

~Sengcan

The one is none other than the All, the All none other than the One.

~Sengcan

The struggle between "for" and "against" is the mind's worst disease.

~Sengcan

The great way is not difficult if you don't cling to good or bad. Just let go of your preferences; and everything will become perfectly clear.

~Sengcan

The mind, the Buddha, living creatures - these are not three different things.

~Sengcan

When no discriminating thoughts arise, the old mind ceases to exist.

~Sengcan

Return to the root and you will find the meaning.

~Sengcan

When you try to stop activity to achieve passivity your very effort fills you with activity.

~Sengcan

The perfect way is only difficult for those who pick and choose. Do not like, do not dislike; all will then be clear.

~Sengcan

The struggle of what one likes and what one dislikes is the disease of the mind.

~Sengcan

To set up what you like against what you dislike, this is the disease of the mind.

~Sengcan

The Great Way is not difficult for those who have no preferences.

~Sengcan

The more you think and talk, the more you lose the Way.

~Sengcan

Do not search for the truth; Only cease to cherish opinions.

~Sengcan

In the "Not Two" are no separate things, yet all things are included.

~Sengcan

The ultimate Path is without difficulty. Just avoid picking and choosing.

~Sengcan

If you want the truth to stand clear before you, never be for or against.

~Sengcan

There is no need to seek truth, only stop having views.

~Sengcan

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