

Snowy Moon Retreat
Mountain Cloud Zen Center
January 2004

A student asked Zhaozhou, "What is meditation?"
"It's not meditation," said Zhaozhou.
"Why is it not meditation?"
"It's alive, it's alive."

... hand in the dark
plucking at the knot that
the same hand tied
in the light.

Robert Pinsky

Someone asked, "One of the ancestors said, 'Everyone has it,' but I'm covered with the dusts of the world and don't know whether I do or not."

Caoshan said, "Show me your hand." Then he pointed to the questioner's fingers:
"One, two, three, four, five. Enough!"

A monk asked Baoshou Zhao, "When all the realms come forward and overwhelm you, then what?"

Baoshou answered, "Ignore it."

The monk bowed.

Baoshou then said, "Don't move. If you move it will break you in two at the waist."