The Mind of Absolute Trust

Stephen Mitchell Translation

The great way isn't difficult for those who are unattached to their preferences. Let go of longing and aversion, and everything will be perfectly clear. When you cling to a hairbreadth of distinction, heaven and earth are set apart. 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. Not grasping the deeper meaning, you just trouble your minds serenity.

As vast as infinite space, it is perfect and lacks nothing. But because you select and reject, you can't perceive its true nature. Don't get entangled in the world; don't lose yourself in emptiness. Be at peace in the oneness of things, and all errors will disappear by themselves.

If you don't live the Tao, you fall into assertion or denial. Asserting that the world is real, you are blind to its deeper reality; denying that the world is real, you are blind to the selflessness of all things. The more you think about these matters, the farther you are from the truth. Step aside from all thinking, and there is nowhere you can't go. Returning to the root, you find the meaning; chasing appearances, you lose their source.

At the moment of profound insight, you transcend both appearance and emptiness. Don't keep searching for the truth; just let go of your opinions. For the mind in harmony with the Tao, all selfishness disappears. With not even a trace of self-doubt, you can trust the universe completely. All at once you are free, with nothing left to hold on to.

All is empty, brilliant, perfect in its own being. In the world of things as they are, there is no self, no non self. If you want to describe its essence, the best you can say is "Not-two." In this "Not-two" nothing is separate, and nothing in the world is excluded. The enlightened of all times and places have entered into this truth. In it there is no gain or loss; one instant is ten thousand years.
There is no here, no there; infinity is right before your eyes. 
The tiny is as large as the vast when objective boundaries have vanished; 
the vast is as small as the tiny when you don't have external limits.

Being is an aspect of non-being; non-being is no different from being. 
Until you understand this truth, you won't see anything clearly. 
One is all; all are one. When you realize this, what reason for holiness or wisdom?

The mind of absolute trust is beyond all thought, all striving, 
is perfectly at peace, for in it there is no yesterday, no today, no tomorrow.

Translated by Richard B. Clarke

至道無難  The Great Way is not difficult
唯嫌揀擇  for those who have no preferences.
但莫憎愛  When love and hate are both absent
洞然明白  everything becomes clear and undisguised.
毫釐有差  Make the smallest distinction, however
天地懸隔  and heaven and earth are set infinitely apart.
欲得現前  If you wish to see the truth
莫存順逆  then hold no opinions for or against anything.
違順相爭  To set up what you like against what you dislike
是為心病  is the disease of the mind.
不識玄旨  When the deep meaning of things is not understood
徒勞念靜  the mind's essential peace is disturbed to no avail.

圓同太虚  The Way is perfect like vast space
無欠無餘  where nothing is lacking and nothing is in excess.
良由取捨  Indeed, it is due to our choosing to accept or reject
所以不如  that we do not see the true nature of things.
莫逐有縁  Live neither in the entanglements of outer things,
勿住空忍  nor in inner feelings of emptiness.
一種平懷  Be serene in the oneness of things
泯然自盡  and such erroneous views will disappear by themselves.
止動歸止  When you try to stop activity to achieve passivity
止更彌動  your very effort fills you with activity.
唯滯兩邊  As long as you remain in one extreme or the other
寧知一種 you will never know Oneness.

一種不通 Those who do not live in the single Way
兩處失功 fail in both activity and passivity,
遺有沒有 assertion and denial. To deny the reality of things
從空背空 to assert the emptiness of things is to miss their reality.
多言多慮 The more you talk and think about it,
轉不相應 the further astray you wander from the truth.
絕言絕慮 Stop talking and thinking,
無處不通 and there is nothing you will not be able to know.
歸根得旨 To return to the root is to find the meaning,
隨照失宗 but to pursue appearances is to miss the source.
須臾返照 At the moment of inner enlightenment
勝卻前空 there is a going beyond appearance and emptiness.
前空轉變 The changes that appear to occur in the empty world
皆由妄見 we call real only because of our ignorance.
不用求眞 Do not search for the truth;
唯須息見 only cease to cherish opinions.

二見不住 Do not remain in the dualistic state
慎莫追尋 avoid such pursuits carefully.
纔有是非 If there is even a trace of this and that, of right and wrong,
紛然失心 the Mind-essence will be lost in confusion.
二由一有 Although all dualities come from the One,
一亦莫守 do not be attached even to this One.
一心不生 When the mind exists undisturbed in the Way,
萬法無咎 nothing in the world can offend,
無咎無法 and when a thing can no longer offend, it ceases to exist in the old way.

不生不心 When no discriminating thoughts arise, the old mind ceases to exist.
能隨境滅 When thought objects vanish, the thinking-subject vanishes,
境遂能沈 as when the mind vanishes, objects vanish.
境由能境 Things are objects because of the subject (mind);
能由境能 the mind (subject) is such because of things (object).
欲知兩段 Understand the relativity of these two
元是一空 and the basic reality: the unity of emptiness.
一空同兩 In this Emptiness the two are indistinguishable
齊含萬象 and each contains in itself the whole world.
不見精麁 If you do not discriminate between coarse and fine
寧有偏黨 you will not be tempted to prejudice and opinion.
大道體寛 To live in the Great Way
無易無難 is neither easy nor difficult,
小見狐疑 but those with limited views
轉急轉遲 and fearful and irresolute: the faster they hurry, the slower they go,
執之失度 and clinging (attachment) cannot be limited;
必入邪路 even to be attached to the idea of enlightenment is to go astray.
放之自然 Just let things be in their own way
體無去住 and there will be neither coming nor going.
任性合道 Obey the nature of things (your own nature),
逍遙絕惱 and you will walk freely and undisturbed.
繫念乖眞 When thought is in bondage the truth is hidden,
昏沈不好 for everything is murky and unclear,
不好勞神 and the burdensome practice of judging brings annoyance and weariness.
何用疏親 What benefit can be derived from distinctions and separations?
欲取一乘 If you wish to move in the One Way
勿惡六塵 do not dislike even the world of senses and ideas.
六塵不惡 Indeed, to accept them fully
還同正覺 is identical with true Enlightenment.
智者無爲 The wise man strives to no goals
愚人自縛 but the foolish man fetters himself.
法無異法 This is one Dharma, not many: distinctions arise
妄自愛著 from the clinging needs of the ignorant.
將心用心 To seek Mind with the (discriminating) mind
豈非大錯 is the greatest of all mistakes.
迷生寂亂 Rest and unrest derive from illusion;
悟無好惡 with enlightenment there is no liking and disliking.
一切二邊 All dualities come from
妄自斟酌 ignorant inference.
夢幻虛華 They are like dreams of flowers in the air:
何勞把捉 foolish to try to grasp them.
得失是非 Gain and loss, right and wrong:
一時放卻 such thoughts must finally be abolished at once.

眼若不睡 If the eye never sleeps,
諸夢自除 all dreams will naturally cease.
心若不異 If the mind makes no discriminations,
萬法一如 the ten thousand things are as they are, of single essence.
一如體玄 To understand the mystery of this One-essence
兀爾忘虛 is to be release from all entanglements.
萬法齊觀 When all things are seen equally
歸復自然 the timeless Self-essence is reached.
泯其所以 No comparisons or analogies are possible
不可方比 in this causeless, relationless state.

止動無動 Consider movement stationary and the stationary in motion,
動止無止 both movement and rest disappear.
兩既不成 When such dualities cease to exist
一何有爾 Oneness itself cannot exist.
究竟窮極 To this ultimate finality
不存軌則 no law or description applies.

契心平等 For the unified mind in accord with the Way
所作俱息 all self-centered straining ceases.
狐疑盡淨 Doubts and irresolution's vanish
正信調直 and life in true faith is possible.
一切不留 With a single stroke we are freed from bondage;
無可記憶 nothing clings to us and we hold to nothing.
虚明自照 All is empty, clear, self-illuminating,
不勞心力 with no exertion of the mind's power.
非思量處 Here thought, feeling, knowledge, and imagination
識情難測 are of no value.
眞如法界 In this world of Suchness
無他無自 there is neither self nor other-than-self
要急相應  To come directly into harmony with this reality
唯言不二  just simply say when doubt arises, 'Not two.'
不二皆同  In this 'no two' nothing is separate,
無不包容  nothing excluded.
十方智者  No matter when or where,
皆入此宗  enlightenment means entering this truth.
宗非促延  And this truth is beyond extension or diminution in time or space;
一念萬年  in it a single thought is ten thousand years.

無在不在  Emptiness here, Emptiness there,
十方目前  but the infinite universe stands always before your eyes.
極小同大  Infinitely large and infinitely small;
忘絕境界  no difference, for definitions have vanished
極大同小  and no boundaries are seen.
不見邊表  and no boundaries are seen.
有即是無  So too with Being
無即是有  and non-Being.
若不如此  Don't waste time in doubts and arguments
必不相守  that have nothing to do with this.

一即一切  One thing, all things:
一切即一  move among and intermingle, without distinction.
但能如是  To live in this realization
何慮不畢  is to be without anxiety about non-perfection.
信心不二  To live in this faith is the road to non-duality,
不二信心  Because the non-dual is one with the trusting mind.

言語道斷  Words! The Way is beyond language,
非去來今  for in it there is
        no yesterday
        no tomorrow
        no today.
The Mind of Absolute Trust

Robert F. Olson Translation

The Great Way isn't difficult for those who are unattached to their preferences. Let go of longing and aversion, and everything will be perfectly clear. When you cling to a hairbreadth of distinction, heaven and earth are set apart. 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. Not grasping the deeper meaning, you just trouble your mind's serenity. As vast as infinite space, it is perfect and lacks nothing. But because you select and reject, you can't perceive its true nature. Don't get entangled in the world; don't lose yourself in emptiness. Be at peace in the oneness of things, and all errors will disappear by themselves.

If you don't live the Tao, you fall into assertion or denial. Asserting that the world is real, you are blind to its deeper reality; denying that the world is real, you are blind to the selflessness of all things. The more you think about these matters, the farther you are from the truth. Step aside from all thinking, and there is nowhere you can't go. Returning to the root, you find the meaning; chasing appearances, you lose their source. At the moment of profound insight, you transcend both appearance and emptiness. Don't keep searching for the truth;
just let go of your opinions.
For the mind in harmony with the Tao,
all selfishness disappears.
With not even a trace of self-doubt,
you can trust the universe completely.
All at once you are free,
with nothing left to hold on to.
All is empty, brilliant,
perfect in its own being.
In the world of things as they are,
there is no self, no non-self.
If you want to describe its essence,
the best you can say is "Not-two."

For the mind in harmony with the Tao,
all selfishness disappears.
With not even a trace of self-doubt,
you can trust the universe completely.

In this "Not-two" nothing is separate,
and nothing in the world is excluded.
The enlightened of all times and places
have entered into this truth.
In it there is no gain or loss;
one instant is ten thousand years.
There is no here, no there;
infinity is right before your eyes.
The tiny is as large as the vast when objective boundaries have vanished;
the vast is as small as the tiny,
when you don't have external limits.
Being is an aspect of non-being;
non-being is no different from being.
Until you understand this truth,
you won't see anything clearly.
One is all; all are one. When
you realize this, what reason for holiness or wisdom?
The mind of absolute trust
is beyond all thought, all striving,
is perfectly at peace; for in it
there is no yesterday,
no tomorrow,
no today.