**Hsin Hsin Ming**

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

When love and hate are both absent everything becomes clear and

undisguised.

Make the smallest distinction, however and heaven and earth are

set infinitely apart.

If you wish to see the truth, then hold no opinions for or against

anything.

To set up what you like against what you dislike is the disease of

the mind.

When the deep meaning of things is not understood, the mind’s

essential peace is disturbed to no avail.

The Way is perfect like vast space where nothing is lacking and

nothing is in excess.

Indeed, it is due to our choosing to accept or reject that we do not

see the true nature of things.

Live neither in the entanglements of outer things, nor in inner

feelings of emptiness.

Be serene in the oneness of things and such erroneous views will

disappear by themselves.

When you try to stop activity to achieve passivity your very effort

fills you with activity.

As long as you remain in one extreme or the other, you will never

know Oneness.

Those who do not live in the single Way fail in both activity and

passivity, assertion and denial.

To deny the reality of things is to miss their reality; to assert the

emptiness of things is to miss their reality.

The more you talk and think about it, the further astray you

wander from the truth.

Stop talking and thinking, and there is nothing you will not be

able to know.

To return to the root is to find the meaning, but to pursue

appearances is to miss the source.

At the moment of inner enlightenment, there is a going beyond

appearance and emptiness.

The changes that appear to occur in the empty world we call

real only because of our ignorance.

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