

Our wisdom sharing for today at Sangha was about *FLOW*.. to reflect on flowing like a river, rather than resisting—to gently flow around obstacles of life, including the thoughts created by our own minds...

Our true path will become clearer as we do this.

This ancient and powerful poem speaks to this concept - (*the first 3 paragraphs*)

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 in excess.
Indeed, it is due to our choosing to accept or reject
that we do not see the true nature of things.

*Seng T'san, who lived in the sixth century, was the third Chinese patriarch of Zen. The poem attributed to him, the **Hsin Hsin Ming**, is one of the earliest and most influential Zen writings, blending Buddhist and Taoist teachings.*

