

Everyday Life is the Path

Joshu asked Nansen: 'What is the path?'

Nansen said: 'Everyday life is the path.'

Joshu asked: 'Can it be studied?'

Nansen said: 'If you try to study, you will be far away from it.'

Joshu asked: 'If I do not study, how can I know it is the path?'

Nansen said: 'The path does not belong to the perception world, neither does it belong to the nonperception world. Cognition is a delusion and noncognition is senseless. If you want to reach the true path beyond doubt, place yourself in the same freedom as sky. You name it neither good nor not-good.'

At these words Joshu was enlightened.

I don't have much to add to the discussion between Joshu and Nansen. Well asked and said ... :) It's a good reminder about not adding extra to one's practice.