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# Hsin-Hsin Ming

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SENG-TS'AN

*Third Zen Patriarch*



## **Synopsis**

"The Great Way is not difficult for those who have no preferences." "Seng-ts'an The Hsin-Hsin Ming, Verses on the Faith-Mind by Seng-ts'an, the third Chinese patriarch of Zen, is considered to be the first Chinese Zen document. Lucidly translated here by Richard B. Clark, it remains one of the most widely-admired and elegant of Zen writings, and is as relevant today as it was when it was written. In a world where stress seems unavoidable, Seng-ts'an's words show us how to be fully aware of each moment.

## **Book Information**

File Size: 406 KB

Print Length: 12 pages

Publisher: White Pine Press (January 16, 2014)

Publication Date: January 16, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HWL25V2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #145,693 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Literature & Fiction > Poetry > Chinese #13 in Kindle Store > Kindle eBooks > Literature & Fiction > Poetry > Asian #15 in Books > Literature & Fiction > Poetry > Regional & Cultural > Asian > Chinese

## **Customer Reviews**

This is absolutely all you need! This little 12 page book that was the first published sayings of a Zen master (Patriarch of China) in English. It is all you need because you already have everything.

A sweet, delightful read, rich in the essence of non-duality. This book is a constant companion, loved for its purely distilled clarity and its amazing succinctness. Who was this guy? Wow! What seeing!

One of the greatest and most unheralded masterpieces of all time, this poem is more concise and elegant even than the Tao Te Ching. It delivers a pure and refreshing teaching literally in every line. Every human being should be given this book at birth. The instruction is bold and undiluted. What it calls for is nearly impossible --to completely let go at every point of attachment-- but without it there is no freedom. As a readable text, the Clarke translation is superb and the most gratifying I have found. It is full of life, and it is imbued with the gentle spirit and presence of the Third Patriarch. You can find this translation in several places online for free, but the delightful tiny package and reasonable price makes it a great back pocket companion. Buy 10 and give them away.

This is a gem of great price. The translation in this version really sings to my heart! As a teacher of Advaita, and author of books on Nonduality, I found this text to be of great inspiration. And Richard Clarke was so generous to give me permission to include this profound poetry of the 3rd Patriarch in my book, "No Way Out" - The Gift Of Absolute Freedom ... for which I am very grateful indeed. It is my hope that each reader of this Sage's beautiful work of wisdom and love will find the great light of Eternal Being shining in plain view, and the fact that we already are what we were seeking will become utterly obvious to all. In my view, this book is, simply, pure Grace. With great respect and great love, Charlie

This short book of very simple verses describes very clearly the non-dual awareness, and reading it over and over again seems to bring my mind to a place of greater and greater peace! Highly recommend it.

No matter how many books, teachers, retreats you've explored, this little gem contains every pointer to what's true. Seriously. Every element of the wisdom teachings is contained in these pages. Read it until it falls apart in your hands.

First of all; If you are pretending to be a spiritually aware person and you haven't read the Hsin-Hsin Ming, you're doing it wrong. Really. This little gem is a GREAT reminder of what the ultimate goal of the seeking game is. There are many places you can get the text online for free. I have read many of them. I also happen to enjoy the feel of a printed work, so I bought this version. Beautifully done, and the translation is very approachable. Do yourself a favor. Take 15 minutes out of your day (it's a short work) and read the Hsin-Hsin Ming. You will thank me later. ;)

An absolutely delightful Tiny Treasure. The first of all the written jewels of Zen. Have you ever heard: "The great way is not difficult for those who have no preferences"? Or how about: "Do not seek peace, simply cease to cherish opinions." The journey of a thousand Zen sayings began right here.

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