

Book 1

Daily Devotions



[Contemplative Order of Hsu Yun](#)





A Single Thread



DAILY PRACTICE



Welcome what comes into your life.
What will come will come ---
What will not come, will not come ---



Carry out your best without wanting anything extra.

Expect no particular result.

Concentrate on the work at hand.

Work with what is.

Give full attention.



THE COOK'S PRAYER



Pay full attention to all the work, the way-seeking mind is actualized by rolling up your sleeves.



Attend to every aspect yourself so that it will naturally turn out well.

Put things that naturally go onto a high place, onto a high place, and those that would be most stable on a low place onto a low place.

In this way stability is established.

Keep your mind on your work and do not throw things around carelessly.

Do not lose even one grain of rice.

All ingredients are the same.

Do not let your attitude be influenced by the quality of ingredients.



As Master Dogen asked the Cook from
Ayuwang, “What is practice?”

The Cook replied:

There is nothing in the world hidden from
it.”

May all beings benefit from this practice.



GO WITH GOD



Go with God.

Go with non-attachment.

This is enough.

Die in place.

No status.

Welcome the throng of saints.

Steady as you go.

Seek no glory.

Remember what you know.



PROTECTION FROM MENTAL FORMATIONS



Little thoughts, subtle thoughts when followed, stir up the heart.
Not comprehending the thoughts, one runs here and there, the mind out of control.



But...

Comprehending the thoughts, one who
is ardent, mindful, restrains them.

When followed they stir up the heart.

One who is awakened, let's them go
without trace.



LAYMAN PANG



The past is already past;
Don't try to regain it.

The present does not stay:
Don't try to hold it moment to moment.

The future has not yet come;



Don't think about it beforehand.
Whatever comes to the eye;
leave it be.

There are no commandments to be kept.
No filth to be cleansed.
With empty mind truly penetrated;
Nothing remains.

When you can be like this;
You reach ultimate attainment.



WILLING ACCEPTANCE



May we have a willing acceptance of the small seemingly mundane task that this present moment puts before us.

May we have a humble readiness to do the one small thing...even when we see the greater thing that is denied us.

Karl Rahner



FROM NOW IN THIS BODY



From NOW in this body,
WORK is devotion –
resting on concentration and focus –
a steady hand – a focused eye –
a wise, unselfish mind –
As one puts together a sand mandala –



slow & careful, not looking to do anything –
not looking to finish anything –
not looking to keep anything.
To give this offering in perfection of spirit.
Take the stitches out.



STUDY THE SELF



To study the Buddha Way is to study the self.

To study the self is to forget the self.

To forget the self is to be actualized by myriad things.

When actualized by myriad things, your body and mind as well as the bodies and minds of others drop away.



No trace of enlightenment remains and this
no-trace continues endlessly.



FIVE REMEMBRANCES

- 1. THE BODY & MIND ARE OF THE NATURE TO GROW OLD.**
- 2. THE BODY & MIND ARE OF THE NATURE TO GET SICK.**
- 3. THE BODY & MIND ARE OF THE NATURE TO DIE.**
- 4. ALL THAT IS DEAR TO ME AND EVERYONE I LOVE IS OF THE NATURE TO CHANGE.**
- 5. I AM THE BENEFICIARY OF MY DEEDS. MY DEEDS ARE THE GROUND I STAND ON.**





BEGIN AND END WITH PRACTICE

