

Twenty Essential Rules for the Zen Community

by Baizhang Huaihai (Japanese Hyakujo Ekai), 720-814

The Zen community flourishes by having no mundane concerns.

Cultivation of practice becomes solid and secure through mindfulness of Buddha.

Upholding discipline is of first importance in making energetic progress.

Fasting is the cure for sickness.

Affliction becomes enlightenment through patient endurance of insult.

Liberation comes through not separating affirmation and denial.

Genuine sincerity is the real condition of community living.

Doing one's utmost brings success in carrying out duties.

Talk should be kept to a minimum in order to become direct.

When old and young are compassionate to each other and live in harmony, then there is advance in virtue.

The entry into learning is through diligent study.

Having no faults comes from clearly understanding cause and effect.

Old age and death warn of impermanence and alert us.

Buddhist activities become real through an impeccable pure spirit.

Dealing with visitors becomes an offering through true sincerity.

The Zen temple is adorned by its old veterans.

All affairs should be planned for in advance so they do not become laborious.

The proper etiquette for community living is humility and respect.

The power of concentration enables one to meet danger without becoming confused.

Compassion is the basis for helping all beings.