



Fourteen Verses
on
Meditation

written by Zen Master Thich Nhat Hanh
calligraphy & art by student in gratitude

Just as a bird has two wings,
the Practice of Meditation has stopping
and deep looking;
the two wings depend on each other,
Stopping and Deep Looking go in tandem.

Stopping means to be still,

in order to Recognize, to be in Contact,



to nourish, to heal,

- to calm, to soothe and to focus the mind.

— Deep looking means to regard in depth,
the true Nature of the Five Skandhas,
so that understanding may arise,
to transform all sadness and pain.

The Breath & the Footstep,
generate the Source of Mindfulness,
which enables one to recognize,
to be in touch with
the Wonders of Life.

To calm, to relax the body & mind.

to nourish, to heal,



to protect the six senses, and

to maintain Right Concentration.

Looking deeply into Reality;
to see the true nature of all
dharma,
meditation helps us to let go
of all seeking, wishing & fear.

To dwell in the present moment,
to transform all habit energies,
to give rise to understanding,
liberating ourselves from all afflictions.



Concreteness is Nonself

Nonself is Interdependence

is Emptiness is Conventional
Designation

is the Middle Way, is Interbeing

emptiness, signlessness and aimlessness

unravel all sadness and pain

in the daily practice

one is not caught in conceptual knowledge

Nirvana means non-attainment.

Immediate and gradual enlightenment
are not separate.

Realizing this one lives with



right in this present life.

The basic meditation Sutras,

such as the Full Awareness of Breathing
and the Four Establishments of
Mindfulness,

show us step by step

how to transform the body and
the mind.

The Mahayana Sutras and Shastras

open up more grand doors

to help us see the depths

of the original meditation current.

There should be no discrimination

between the Buddha and the Patriarch
school of meditation.

The Four Noble Truths must be
based on one another

to make the foundation of
transmission and reception

With the *Support* of the Sangha
one can practice successfully with



and accomplish quickly

the Great aspiration to help
all beings.