

1. 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 together.

2. Stopping means to be still,  
in order to recognize, to be in contact  
to nourish, to heal,  
to calm and to focus the mind.

3. Deep looking means to regard in depth  
the true nature of the Five Skandhas,  
so that understanding may arise  
to transform all grief and pain.

4. The breath and the footstep  
generate the source of mindfulness,  
which enables us to recognize  
and be in touch with the wonders of life.

5. By calming our body and mind,  
we nourish and heal ourselves;  
we can guard our six senses,  
and maintain right concentration.

6. Looking deeply into reality  
to see the true nature of all dharmas,  
helps us to let go  
of all seeking and all fears.

7. Dwelling in the present moment,  
we transform habit energies,  
give rise to understanding,  
and free ourselves from all afflictions.

8. Impermanence is nonself.

Nonself is interdependence,  
is emptiness, is conventional designation,  
is the Middle Way, is interbeing.

9. Emptiness, signlessness, and aimlessness  
resolve all grief and pain.

In the daily practice  
we are not caught in conceptual knowledge.

10. Nirvana is not to be attained.

Immediate and gradual enlightenment are not separate.  
Realization is to live free and at ease  
right in this present moment.

11. The basic meditation sutras  
such as the Mindfulness of Breathing  
and the Four Establishments of Mindfulness,  
show us step by step how to transform the body and the mind.

12. The Mahayana sutras and shastras  
open more wide doors  
to help us see the depth  
of meditation in Source Buddhism.

13. Not discriminating  
between the practice offered by the  
Tathagata and that of the ancestral teachers,  
the Four Noble Truths perfectly interwoven  
should serve as the foundation of an authentic transmission.

14. With the support of the Sangha,  
it is easy to succeed in the practice,  
and accomplish quickly  
the great aspiration to help all beings.