

Eighty-Six Sayings

riz

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818.331.7802

rizerkestra@gmail.com

rizwerks.com

One

A broad freedom
Vast
Allowing understanding
Open discovery
Inwardly revolving
Continuous

Critical thought
Dangerous
To all that is false
Eradicating fear
Which destroys love

Two

Being free
Freedom becomes

Each mind
Each heart
Without ambition
Being free
Freedom becomes
So simple
This beauty
This depth

Free
From tradition
Cultivating self
Always
Understanding self
Always

Three

Look at actuality
Moment
To moment
The hidden
The obvious
Inwardly
Outwardly
Look

Very slowly
Patiently
Enjoying
The expansion
Of consideration
Seeing
Beliefs and
Conclusions
Arise and
Collapse
Remarkable transformation
In subtle process
Reflective interconnections
This living mind
Learns to love

Four

Knowing self
A process of
Transformational observation
Through
Sensitive awareness

Five

Continuity and
Origination
Tradition and
Experience
All in the atmosphere
Of human life,
Nurtures each
Which freedoms?

Six

Awakening
To the beautiful
The not beautiful
Pondering
Understanding
These differences
Which are all things
Of life
Of earth
This
Is the world
Common to all

Seven

Freedom
Beyond indulgent whimsy
Beyond circumstantial binds
Beyond social contracts
Beyond requiring of others
For happiness
Beyond dependence
Inward and outward
Beyond reactions
Born of independence
Beyond all this
Understanding freedom

Eight

Love
Beyond giving
Beyond expectant return
Simple and direct
Through love's being
Understanding freedom

One may have more money than you
For this you cannot love them?
One may have less money than you
For this you cannot love them?
One may be more beautiful than you
For this you cannot love them?
One may be less beautiful than you
For this you cannot love them?
One may be more intelligent than you
For this you cannot love them?
One may be less intelligent than you
For this you cannot love them?

Beyond competition
Beyond ambition
Finding out
What it is
To love
In openness
To the extraordinary movement
Called life
Freedom of mind
The heart of freedom
Is found herein

Nine

Good is not the balance of evil
Good is the cessation of evil

Ten

Self-knowledge begins with
Freedom from desire to change oneself

Thence contentment arrives

Moment to moment
Unfolds the eternal

Eleven

The quiet stillness
Of true listening
Expanding
Beyond thought
Beyond action
Beyond striving
Timeless mind
Timeless heart

To live
Full of love
With a rich deep silence
Great simplicity
Abundance of experience

Twelve

It is
A vital and joyous
Deep discontentedness
That initiates the mind's
Ever-growing space
For the insights
Out of which comes creativity

Thirteen

Between
You and I
An infinite mirror a vast ocean
With no shores
An ever-changing
Interconnectivity
To look into
Directly
With deepening clarity
For here
Is the truth
Of self-understanding
There is
No end to this journey
No end to this mystery
No end to this beauty

Fourteen

Civilization
The collective
Desire and will
Enacted by
All humanity –
Standing apart
From this reality
To seek a state
Beyond the
Framework of time
One becomes free
To investigate
To explore
To discover truth
Directly

Fifteen

The inwardly rich mind
Understand and puts away
Unimportant things

The inwardly loving heart
Expresses love
For the entire world
And in so doing
Experiences life
In a state
Of ever-learning

Sixteen

Sitting quietly
Without pressure
Eating elegantly
Without rush
Being leisurely
Yet expansive

Seventeen

Flower petals
Astonishingly precise
Tender
Lovely
Gently effortless
Being like this
Precise
Clear
Without effort
Is the true meaning
Of the beneficial goodness
Of virtue

Eighteen

Bright perception
Clarity of thinking
Not ends in themselves
But useful skills
To the open heart
To the sensitive mind
In perpetual
Inward revolution

Nineteen

Momentary configurations
Of
Ever-changing consciousness
Forming
Re-forming
And forming again
Ever-shifting orders
Of
Thought
Perception
And
Feeling

Twenty

I will
Give my heart
My energy
My whole being
To find out
What happiness is
What truth is
What love is

Twenty-One

Sitting quietly
Knowing silence
Expansively
Widely
Deeply
Exploring your
Wandering mind

Twenty-Two

Doing something
You so want to do
With your whole being
That
No inner contradictions
Can take root
This
Is real life
A process
Completely integrated
With tremendous joy
Independent of anything
An eternal and infinite
Inward revolution
Expressing itself
In creativeness

Twenty-Three

Without prejudice
Without belief
Without dogma
This inward simplicity
Is an open mind

Twenty-Four

Inward beauty:
No fear
No defense
No resistance
Complete abandonment
Into a simple austerity
Centered in love
With tremendous watchfulness
With tremendous patience
Becoming the state of
Creative beauty of mind
Outwardly expressing itself,
A mind of infinite experience
Yet remaining simple

Twenty-Five

In seeking reality
Shun what divides people
Worshipping shadows
In a temple divides,
Reality
Needs no path

Twenty-Six

Perceiving humanity
Within the mind
Being a
Compassionate understanding
Of what love is,
Through this
One knows beauty

Twenty-Seven

Take little
For a long journey
For climbing great heights
Travel light

Twenty-Eight

All mind
All actions
All relations
A mirror
Of the self
Moment to moment
Infinitely anew

Twenty-Nine

Like the flight of birds
Watching thoughts
Pass across the space
Of the mind
Without beginning
Without end
This
Is the movement
Of reality

Thirty

Why
The blooming spring
The shining sun
The bird in flight?

Thirty-One

Seeing into the origin
Seeing into the nature
Of barriers
Of limitations
Being in the mind,
Understanding these
One passes
Closer yet
To truth

Thirty-Two

The heart
That loves
Has no room
For anything else

Thirty-Three

I am
Whatever
I am

This I wish
To understand

Thirty-Four

Inner contradiction
Yields
To understanding self

Thirty-Five

Timeless,
Love is
It's own eternity

Thirty-Six

Doing
For the love of it
Being kind
Without a name
A creative human being
Living anonymously
In this
Lives indestructible
Simple beauty

Thirty-Seven

Creating problems,
The problematic mind
Becomes the soil
Where they take root

Seeing problems,
The essential mind
Perceives itself
Uprooting problems

Thirty-Eight

The feeling
Of togetherness
Brings cooperation
In natural joy

Thirty-Nine

When the idea
Of the thing to be done
Becomes
More important
Than the feeling
Of doing together
Then we are
Bound together
By only the idea
And another idea
Can divide us

Forty

Empty
Unoccupied mind
Meditating stillness
Opens fresh
Understanding anew

Forty-One

Mind
Mirrors
Mind

Observing
Through relationships
True self
Through acknowledgement
True understanding
Outward infinitely
Infinitely inward
Timeless
Without end
This
Is the beginning
Of wisdom

Forty-Two

Free
From the desire
Of becoming,
Action
Simply is

Beyond time,
Being
Is it's own
Fulfillment

Forty-Three

Our tradition
Our society
Our names
Our virtues
All this
Is seeking permanency
Afraid
To lose the known
Afraid to die

Life
Is not
What we'd like it to be
Not at all permanent

Snow melts
Storms destroy trees
Rivers slowly change course
Nature transforms
Nothing endures

But a mind
Unburdened
With it's own accumulations
No foothold
No barrier
Living timelessly
Is as extraordinary
As life itself
Eternally creative
Eternally new

In understanding this truth
Is great beauty
A great love
Where goodness flowers

Forty-Four

Love
Like a river
Living
Loving everlastingly
Goes beyond
The search for
Human fulfillment
Beyond vanity
Beyond humility
Beyond all inventions
And tricks
Of the mind
To the endless ocean
Of being itself

Forty-Five

Birds flying
For the joy of flying
Singing a song
Building a nest
Catching insects
Thus occupied
With living
Unconcerned about
The fear of dying
Living moment to moment
Simply meets death
When death comes

Forty-Six

Death
The ending of life
The fearful loss
Of all
One has gathered
In this knowing
In this clinging
Fear arises
But the unknown
Cannot be perceived
By the known

Forty-Seven

The sun
Is a postcard
From the land
Of death

Music
Is a postcard
From the land
Of death

Love
Is a postcard
From the land
Of death

Forty-Eight

Truth
Is all of life
All of life
Is impermanent

Forty-Nine

Discarding
Ideas of perfection,
Experience perfection

Discarding
Ideas of truth,
Experience truth

Living in an
Unpremeditated moment,
Without projection
Without thought
Quiet mind
Still mind
Complete mind
Complete moment
Complete perfection
Complete truth

Fifty

The discovery
Of truth
Is
The discovery
Of love

Fifty-One

The attentive mind
Focusing on absorption
Dissipates energy
Resisting distraction

The attentive mind
Without resistance
Integrates energy
Openly experiencing

Supple and spacious
Perceiving sound and silence
Action and stillness
Infinite and eternal

Fifty-Two

Sitting quietly
See the birds
See the trees
See the stars
The vast river
Of existence

Fifty-Three

An individual
Self-understanding
Breaking free
In creative revolution
An expansive mind
An awakening heart

These are
The soil
The water
The sunlight
To open the seeds
Of each moment

Fifty-Four

Discarding ideals
Begin with what is,
Look into mind
Look into self

Be
What you are

There is an
Ever-renewing vitality
Creating insight
Creating beauty

Fifty-Five

Recognizing
The distinction
Between the use
Of knowledge
Made of memory
Forming traditions
Essential and
Necessary for
Practical operations
Of personal
And cooperative survival

And

The Uselessness
Of such knowledge
Made of memory
Forming traditions
Which condition
And divide people

Detrimental
To inner exploration
A hindrance
To the
Continuing discovery
Of truth

This
Is the beginning
Of intelligence,
To free the mind
Of the known
To investigate
To experience
The new
In each moment

Fifty-Six

Freedom
Of mind
For stillness
For wonderment
Gives rise
To the
Continuous unfolding
Of truth
Of beauty
And the
Creative expression
Of this
Abundant
And
Incorruptible
Joyousness

Fifty-Seven

Complete attention
Awareness of consciousness
True meditation
Self understanding

Fifty-Eight

Inward beauty
Fuses
Outward form
With
Graceful movement
And
Exquisite gentleness

Fifty-Nine

Deep freedom
Of mind
Senses reality
Flowers in goodness
Springs forth love
Moves in truth
Knows beauty
Has limitless
Creative understanding

Sixty

Sorrow
Is the shadow
Of desire

Sixty-One

There is
A great
Will of goodness
In your heart
Simply being
What you are

Sixty-Two

Disregarding
Intention to change

The beginning
Of self-understanding,

Succinct, accepting,
Naturally gives rise to
Self transformation

Sixty-Three

What could be
More important
Than the
Understanding
And dissolution
Of sorrow?

Sixty-Four

The philosophy
Of difficulty
Creates
The virtue
Of struggle
To obtain
Proficiency
Through effort

Sixty-Five

Penetrating
The mind
Through
Non-action,
Through
Non-interference,
Such stillness
Gives root
To love

Sixty-Six

To be free
Of ambition
To be free of pride
To be free

Sixty-Seven

The sun
Cannot pretend,
It's beauty
Is in that
Which it is

Sixty-Eight

We say
Here we are
And the truth
Of reality
Is
Way over there
Thus
We need time
To traverse space
To reach truth
But
Reality is not
A fixed point
We are not
A fixed point

There is
No fixed point
To start from
No fixed point
To move towards

Asking for time
To progress inwardly
Is not evolving spiritually
For truth
Is not of time

A mind
Dependent on time
Requires time
To find reality
But reality
Which is beyond time
Can be known
By the mind
Which is free

Sixty-Nine

Beyond all beliefs
Beyond all differences
The mind
Free of such
Knows lovingly the
Great thoughtfulness
To reach
What is true

Seventy

The philosophy
Of sorrow
As necessary work
For understanding life
Justifies cruelty
Justifies misery
Dismisses the
Sensitivity to suffering
Which is requisite
To breaking through
The patterns
That veil
And therefore
Proliferate
The origins of
Human suffering,
For to be
Free of sorrow
Is to be
Free of desire
To do harm

Seventy-One

Simple love
Being tender
Approaching
All things
Gently

Seventy-Two

Within stillness
No need
For seeking
No need
For action
Only stillness
Quiet stillness

Seventy-Three

The mind
Has faith
In the image

The image
Gives power
To the mind

Seventy-Four

The mind
Self-understanding
Naturally
Finds stillness,
This stillness
Knows contemplation
Knows peace
Knows truth
Knows beauty
Knows love

The mind
Truly perceiving
Must be cleansed
Of conditioning
Of fear
Of knowledge
Which diverts,
Must put aside
The capacity
To invent
To imagine
To speculate
To think

Having vast experience
Yet being
Free of knowledge
Free of this experience
To be simple
To be clear

Seventy-Five

The mind
Through greed
Uses objects
Of need
For
Self-advancement

Seventy-Six

As the self
Searches for reality
The energy
Of seeking truth
Spontaneously creates
It's own discipline
As a river
Creates the banks
Which hold it,
And as a river
Finds the sea
This energy
Finds
It's own freedom

Seventy-Seven

Water flows
By nature,
The sun
Rises and sets
Smoothly,
Fingers snap
Emitting sound
Spontaneously,
All this,
Without struggle

How is this
Direct way of being
Expressed in
Human energy?

Seventy-Eight

Quietly considering
Winter trees
In moonlight,
Spring trees
At sunrise,
Summer trees
Mid-day,
Autumn trees
At sunset,
Each changing beauty
A wordless story.

Seventy-Nine

Considering thus
The self
Considering thus
The heart
Moment to moment
In all seasons
A self-told tale
To a wordless melody,
Listening ever closer
Understanding unfold
Along a path
Beyond words
Beyond mind
To the place
Where perception
Knows being

Eighty

The meaning
Of life
Is to understand
The energy
Of the
Human heart
Through love

This understanding
Moment to moment
Is the discovery
Of reality

This seeking
Of reality
Of brushing aside
The ashes of memory
The dust of centuries
Reveals
True fulfillment
Of the
Human spirit

In each life
This inner place
Infinitely vast
Infinitely near
Infinitely patient
Our understanding
Awaits

Eighty-One

Let us being
With a religion
Without belief,
Without dogma,
Simply loving
Without motive,
To think in kindness
To act in kindness

With such considerations
Unfold the heart
Awaken the spirit
Searching thus
The realization
Of all that is
Beyond the mind
Broadening anew
The foundation of life

Eighty-Two

Not the mind
Of the idealist
Nor the miserable
Escapee from life
But the heart opening
With it's own happiness
That becomes free
That can energize
Thought and action
Toward the discovery
Of self
Of truth
And furthermore
Express the being
Of a new culture

Eighty-Three

Free the self
To open

Directly
Simply
Truly

Alert
Watchful
Free of fear

Experiencing being
As the
Discovery of love

Eighty-Four

Considering
What should be
Veils
What is

Facing
What is
Looking directly
With understanding
Beings an
Extraordinarily simple
Clarity of mind

Eighty-Five

Why not
Look at what you are
Face yourself
Face your violence
Face your greed
Face your ambitions
Face your distractions
Face your pleasure
With mindful stillness
Give understanding
Toward these energies

Eighty-Six

Understanding
The energy
Of life
In all it's forms
Allows freedom
For thoughts
For actions
To maintain
And increase
Life energy
Being in such
Continuous connection
As to realize
It's boundlessness
It's limitlessness
Directing the action
Of this energy
In the direction
Of truth