

Fukan zazengi 普勸坐禪儀

(Universally Recommended Instructions for Zazen)

[Japanese]

Tazunuru ni sore, dō moto enzū, ikade ka shushō o karan, shūjō jizai nanzo kufū o tsuiyasan. Iwan ya, zentai haruka ni jinnai o izu, tare ka hosshiki no shudan o shin zen. Ōyoso, tōjo o hanarezu, ani shugyō no kyakutō o mochiuru mono naran ya. Shikare domo, gōri mo sa areba, tenchi haruka ni hedatari, ijun wazuka ni okoreba, funnen toshite shin o shissu. Tatoi, e ni hokori, go ni yutaka ni shite, betchi no chitsū o e, dō o e, shin o akiramete, shōten no shiiki o koshi, nittō no henryō ni shōyō su to iedomo, hotondo shusshin no katsuro o kikessu.

Iwan ya, kano gion no shōchi taru, tanza roku nen no shōseki mitsu beshi, shōrin no snin in o tsutauru, menpeki kusai no shōmyō nao kikoyu. Koshō sude ni shikari, konjin nanzo ben zezaru.

Yue ni subekaraku koto o tazune go o ō no gegyō o kyū subeshi. Subekaraku ekō henshō no taiho o gaku subeshi. Shinjin jinen ni daturaku shite, honrai no menmoku genzen sen. Inmo no ji o en to hosseba, kyū ni inmo no ji o tsutomeyo.

Sore sanzen wa jōshitsu yoroshiku, on jiki setsu ari. Shoen o hōsha shi, banji o kyūsoku shite, zennaku o omowazu, zehi o kan suru koto nakare. Shin i shiki no unten o yame, nen so kan no shikiryō o yamete, sabutto hakaru koto nakare, ani za ka ni kakawaran ya.

Yono tsune, zasho ni wa atsuku zamotto shiki, ue ni futon o mochiu. Arui wa kekka fuza, arui wa hanka fuza. Iwaku, Kekka fuza wa, mazu migi no ashi o motte hidari no momo no ue ni anji, hidari no ashi o migi no momo no ue ni anzu. Hanka fuza wa, tada hidari no ashi o motte migi no momo o osu nari. Yuruku etai o kakete, seisei narashimu beshi. Tsugi ni migi no te o hidari no ashi no ue ni anji, hidari no tanagokoro o migi no tanagokoro no ue ni anji, ryō no daiboshi, mukaite ai sasou. Sunawachi shōshin tanza shite, hidari ni sobadachi migi ni katamuki, mae ni kugumari shirie ni aogu koto o ezare. Mimi to kata to taishi, hana to hoza to tai seshimen koto o yōsu. Shita ue no agito ni kakete, shin shi ai tsukcj me wa subekaraku tsune ni hiraku beshi. Bisoku kasuka ni tsūji, shinsō sude ni totonoete, kanki issoku shi, sayū yōshin shite, gotsu gotsu toshite zajō shite, kono fushiryō tei o shiryō seyo. Fushiryō tei ikan ga shiryō sen. Hi shiryō. Kore sunawachi zazen no yōjutsu nari.

Iwayuru zazen wa shūzen ni wa arazu. Tada kore anraku no hōmon nari, bodai o gūjin suru no shushō nari. Kōan genjō, rarō imada itarazu. Moshi kono i o eba, ryū no mizu o uru ga gotoku, tora no yama ni yoru ni nitari. Masa ni shiru beshi, shōbō onozukara genzen shi, konsan mazu bokuraku suru koto o.

Moshi za yori tataba, jojo toshite mi o ugokashi, anshō toshite tatsu beshi, sotsubō naru bekarazu. Katte miru, chōbon osshō, zadatsu ryūbō mo, kono chikara ni ichinin suru koto o.

Iwan ya mata, shikan shintsui o nenzuru no tenki, hokken bō katsu o kosuru no shōkai mo, imada kore

shiryō funbetsu no yoku gesuru tokoro ni arazu, ani
jinzū shushō no yoku shiru tokoro to sen ya. Shōshiki no
hoka no iigi tarn beshi, nan zo chicken no saki no kisoku
ni arazaru mono naran ya.

Shikareba sunawachi, jōchi kagu o ronzezu, rijin donsha
o erabu koto nakare. Sen itsu ni kufū seba, masa ni kore
bendō nari. Shushō onozukara zenna sezu, shukō sara ni
kore byōjō naru mono nari.

Oyoso sore, jikai tahō, saiten tōchi, hitoshiku butchin o
ji shi, moppara shūfū o hoshii mama ni su. Tada taza o
tsutomete, gotchi ni saeraru. Manbetsu sensha to iu to
iedomo, shikan ni sanzen bendō subeshi. Nan zo jike no
zajō o bōkyaku shite, midari ni takoku no jinkyō ni
kyorai sen. Moshi ippo o ayamareba, tōmen ni shaka su.

Sude ni ninshin no kiyō o e tari, munashiku kōin o wataru
koto nakare. Butsudō no yōki o honin su, tare ka midari
ni sekka o tanoshiman. Shika nomi narazu, gyōshitsu wa
sōro no gotoku, unmei wa denkō ni ni tari. Shukkotsu
toshite sunawachi kūji, shuyu ni sunawachi shissu.

Koi negawaku wa, sore sangaku no kōru, hisashiku mozo
ni naratte, shinryū o ayashimu koto nakare. Jikishi
tanteki no dō ni shōjin shi, zetsu gaku mu i no hito o
sonki shi, butsu butsu no bodai ni gattō shi, soso no
zanmai o tekishi seyo. Hisashiku inmo nam koto o
nasaba, subekaraku kore inmo naru beshi, hōzō
onozukara hirakete juyō nyoī naran.