Nansen, Joshu e la meditazione del sacco di riso

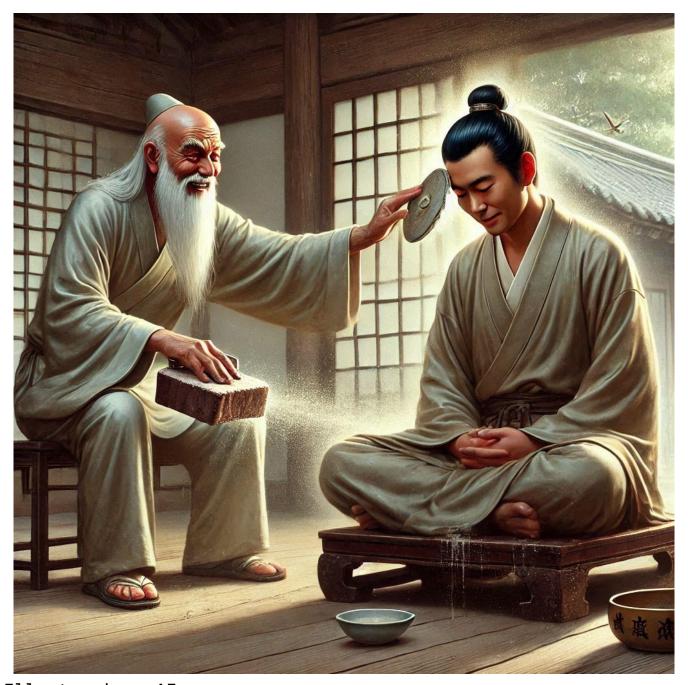


Illustrazione AI

The Story

One day, Nansen found Joshu sitting in meditation and asked, "What are you doing?"

Joshu replied, "I am meditating to become a Buddha."

Nansen then picked up a brick and started polishing it.

Joshu, curious, asked, "Master, what are you doing?"

Nansen replied, "I am polishing this brick to make it into a mirror."

Joshu said, "But Master, you can't make a mirror by polishing a brick!"

Nansen responded, "And you can't become a Buddha by sitting in meditation like a sack of rice!"

Sources

This story is a well-known Zen koan and can be found in various collections of Zen teachings. You can read more about it on sites like:

- Wikipedia: Provides background on Nansen (Nanquan Puyuan) and his teachings³.
- Patheos: Offers interpretations and discussions of Zen koans, including those involving Nansen and Joshu².
- (1) Nanquan Puyuan Wikipedia. https://en.wikipedia.org/wiki/Nanquan_Puyuan.
- (2) Nansen's Troublesome Cat: A Zen Koan and Two Poems Patheos.

https://www.patheos.com/blogs/monkeymind/2022/02/nansens-troublesome-cat-a-zen-koan-and-two-poems.html.

(3) Nansen Cuts the Cat in Two - The Public's Library and Digital Archive.

https://www.ibiblio.org/zen/gateless-gate/14.html.