

# 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 teachings<sup>3</sup>.
- **Patheos:** Offers interpretations and discussions of Zen koans, including those involving Nansen and Joshu<sup>2</sup>.

(1) Nanquan Puyuan – Wikipedia.  
[https://en.wikipedia.org/wiki/Nanquan\\_Puyuan](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>.