



## Discipline Of Tao, by D. T. Suzuki

\_A master called Yuan came to Tai-chu Hui-hai and asked: 'When disciplining oneself in the Tao, is there any special way of doing it?'\_

\_Hui-hai: 'Yes, there is.'\_

\_Yuan: 'What is that?'\_

\_Hui-hai: 'When hungry, one eats, when tired, one sleeps.'\_

\_Yuan: 'That is what other people do; is their way the same as yours?'\_

\_Hui-hai: 'Not the same.'\_

\_Yuan: 'Why not?'\_

\_Hui-hai: 'When they eat, they do not just eat, they conjure up all kinds of imagination; when they sleep, they do not just sleep, they are given up to varieties of idle thoughts. That is why their way is not my way.'\_