

Bai Zi Bei

The Hundred Character Tablet

To nourish the vital breath, keep watch in silence;
In order to subdue the mind, act with non-action.
Of movement and stillness, be aware of their origin;
There is no work to do, much less someone to seek.
The true and constant must respond to phenomena;
Responding to phenomena, you must be unconfused.
When unconfused, the nature will stabilize by itself;
When the nature stabilizes, energy returns by itself.
When energy returns, the elixir crystallizes by itself;
Within the pot, the trigrams of water and fire are joined.
Yin and yang arise, alternating over and over again;
Every transformation comes like a clap of thunder.
White clouds form and come to assemble at the peak;
Sweet nectar sprinkles down Mount Sumeru.
Swallowing for yourself this wine of immortality,
You wander so freely — who is able to know you?
Sit and listen to the tune played without strings,
Clearly understanding the mechanism of creation.
It comes entirely from these twenty lines—
A true ladder going straight to Heaven!