



# *A Single Thread*



Zen Chaplet

Book 2



Through the Back Window  
A Single Thread  
Contemplative Order of Hsu Yun

**A Daily Devotion**

**Let us begin.**



Thinking of Making a Change?

There is nothing missing right where you are. Face what is there.



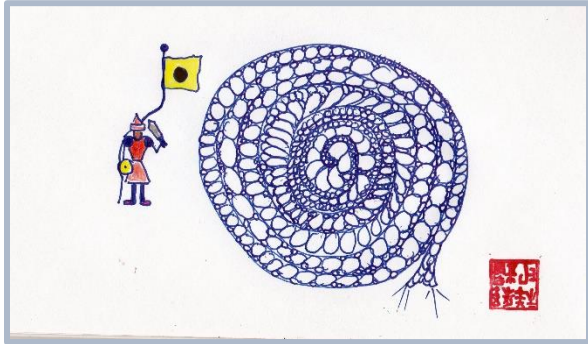
Want to Give Up?

Give up your suffering of greed, hate and delusion.



Remember.

When you know the cause of suffering,  
suffering ends. Contemplate the cause.



Alter Course.

Be willing to change. Decide to study the delusion of the mind. No matter how rough it gets.



It Will Get Rough.

Do not take it personally. Then, you can keep going. Study the mind.





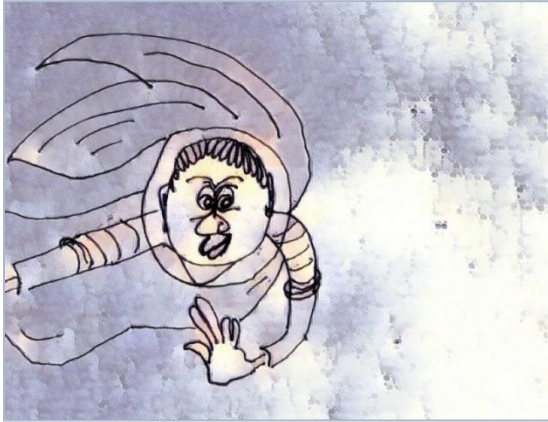
All Acceptance is the Way.

Dispassion is required. Attachment is a bondage. Be willing to care without grasping and clinging.



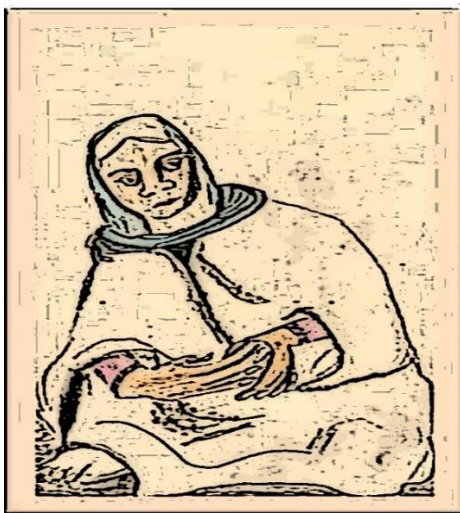
Do Not Judge.

Let go of opinions. Recognize you are not in charge.



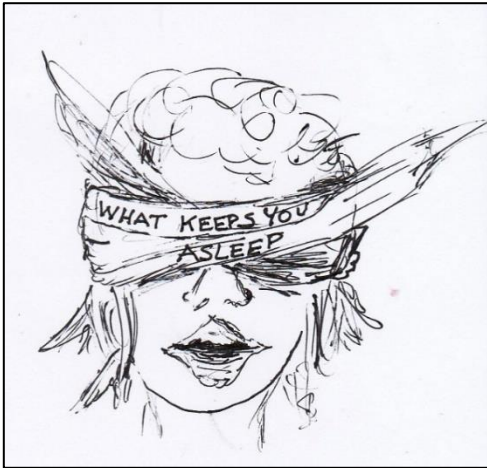
Empty the Mind Completely.

Don't despair. Offer what you have to offer. Give, give, give without reward.



Never Forget.

The three poisons are the cause of suffering. They are the cause that leads to bondage.



Ignorance Keeps You Asleep.

Even when you are alone, you have the chance to know what the cause of your sorrow is. There is no hiding place.



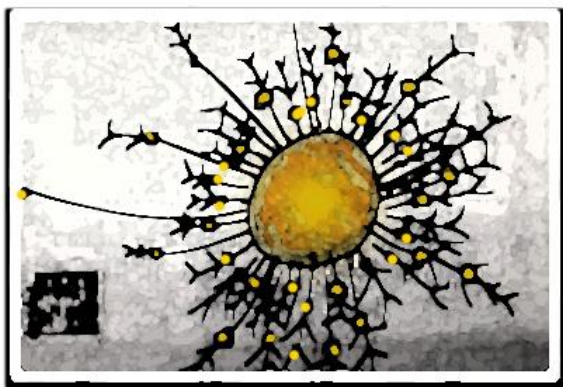
Seek Freedom.

Do not let conditions rule the mind.  
Study the self and see the conditions that  
cause suffering.



The Destination is Transcendent.

Relinquish selfishness, hostility, and  
infatuation.



Purify the Mind.

Right where you are is perfect for  
practice.

Decide to practice. Concentrate the mind.

Be unselfish.





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If you have questions or would like to know more about this practice, please go to these sites.

[www.asinglethread.net](http://www.asinglethread.net)

[www.zatma.org](http://www.zatma.org)



If you want to contact a priest, use this email.

[laodizhishakya@gmail.com](mailto:laodizhishakya@gmail.com)