

## FUKANZAZENGI

Tazunuru ni sore, dô moto enzû,  
ikade ka shushô o karan, shûjô  
jizai nanzo kufû o tsuiyasân.  
Iwan ya, zentai haruka ni jinnai o  
izu, tare ka hosshiki no shudan o  
shin zen. Ôyoso, tôjo o hanarezu,  
ani shugyô no kyakutô o  
mochiuru mono naran ya.  
Shikare domo, gôri mo sa areba,  
tenchi haruka ni hedatari, ijun  
wazuka ni okoreba, funnen  
toshite shin o shissu. Tatoi e ni  
hokori, go ni yutaka ni shite,  
betchi no chitsû o e, dô o e, shin  
o akiramete shôten no shiiki o  
koshi, nittô no henryô ni shôyô  
su to iedomo, hotondo shusshin  
no katsuro o kikessu.

Iwan ya, kano gion no shôchi  
taru, tanza roku nen no shôseki  
mitsu beshi, shôrin no shin in o  
tsutauru, menpeki kusai no  
shômyô nao kikoyu. Koshô sude  
ni shikari, konjin nanzo ben

zezaru.

Yue ni subekaraku koto o tazune  
go o ô no gegyô o kyû subeshi.  
Subekaraku ekô hen-shô no taiho  
o gaku subeshi. Shinjin jinen ni  
datsuraku shite, honrai no  
menmoku genzen sen. Inmo no ji  
o en to hosseba, kyû ni inmo no  
ji o tsutomeyo.

Sore sanzen wa jôshitsu  
yoroshiku, on jiki setsu ari.  
Shoen o hôsha shi, banji o  
kyûsoku shite, zennaku o  
omowazu, zehi o kan suru koto  
nakare. Shin i shiki no untan o  
yame, nen sô kan no shikiryô o  
yamete, sabutto hakaru koto  
nakare, ani za ka ni kakawaran  
ya.

Yono tsune, zasho ni wa atsuku  
zamotto shiki, ue ni futon o  
mochiu. Arui wa kekka fuza,  
arui wa hanka fuza. Iwaku,  
kekka fuza wa, mazu migi no  
ashi o motte hidari no momo no  
ue ni anji, hidari no ashi o migi

no momo no ue ni anzu. Hanka  
fuza wa, tada hidari no ashi o  
motte migi no momo o osu nari.  
Yuruku etai o kakete, seisei  
narashimu beshi. Tsugi ni migi  
no te o hidari no ashi no ue ni  
anji, hidari no tanagokoro o migi  
no tanagokoro no ue ni anji, ryô  
no daiboshi, mukaite ai sasou.  
Sunawachi shôshin tanza shite,  
hidari ni sobadachi migi ni  
katamuki, mae ni kugumari  
shirie ni aogu koto o ezare. Mimi  
to kata to taishi, hana to hoza to  
tai sesshimen koto o yôsu. Shita  
ue no agito ni kakete, shin shi ai  
tsuke, me wa subekaraku tsune  
ni hiraku beshi. Bisoku kasuka ni  
tsûji, shinsô sude ni totonoete,  
kanki issoku shi, sayû yôshin  
shite, gotsu gotsu toshite zajô  
shite, kono fushiryô tei o shiryô  
seyo. Fushiryô tei ikan ga shiryô  
sen. Hi shiryô. Kone sunawachi  
zazen no yôjutsu nari.

Iwayuru zazen wa shûzen ni wa

arazu. Tada kore anraku no hōmon nari, bodai o gūjin suru no shushō nari. Kōan genjō, rarō imada itarazu. Moshi kono i o eba, ryū no mizu o uru ga gotoku, tora no yama ni yoru ni nitari. Masa ni shiru beshi, shōbō onozukara genzen shi, konsan mazu bokuraku suru koto o. Moshi za yori tataba, jojo toshite mi o ugokashi, anshō toshite tatsu beshi, sotsubō naru bekarazu. Katte miru, chōbon osshō, zadatsu ryūbō mo, kono chikara ni ichinin suru koto o. Iwan ya mata, shikan shintsubi o nenzuru no tenki, hokken bō katsu o kosuru no shōkai mo, imada kore shiryō funbetsu no yoku gesuru tokoro ni arazu, ani jinzū shussō no yoku shiru tokoro to sen ya. Shōshiki no hoka no igi taru beshi, nan zo chiken no saki no kisoku ni arazaru mono naran ya. Shikareba sunawachi, jōchi kagu

o ronzezu, rijin donsha o erabu koto nakare. Sen itsu ni kufū seba, masa ni kore bendō nari. Shushō onozukara zenna sezu, shukō sara ni kore byōjō naru mono nari.

Oyoso sore, jikai tahō, saiten tōchi, hitoshiku butchin o ji shi, moppara shūfū o hoshii mama ni su. Tada taza o tsutomete, gotchi ni saeraru. Manbetsu sensha to iu to iedomo, shikan ni sanzen bendō subeshi. Nan zo jike no zajō o bōkyaku shite, midari ni takoku no jinkyō ni kyorai sen. Moshi ippo o ayamareba, tōmen ni shaka su.

Sude ni ninshin no kiyō o etari, munashiku kōin o wataru koto nakare. Butsudō no yōki o honin su, tare ka midari ni sekka o tanoshiman. Shika nomi narazu, gyōshitsu wa sōro no gotoku, unmei wa denkō ni nitari. Shukkotsu toshite sunawachi kūji, shuyu ni sunawachi shissu.

Koi negawaku wa, sore sangaku no kōru, hisashiku mozō ni naratte, shinryū o ayashimu koto nakare. Jikishi tanteki no dō ni shōjin shi, zetsu gaku mu i no hito o sonki shi, butsu butsu no bodai ni gattō shi, soso no zanmai o tekishi seyo. Hisashiku inmo naru koto o nasaba, subekaraku kore inmo naru beshi, hōzō onozukara hirakete juyō nyōi naran.