

Easier Known Than Done

\One day, the famous poet Bai Ju-Yi)asked Master Niao-Wo, "What is the essence of the Buddha's teaching?" Master Niao-Wo said, "Refrain from all unwholesome deeds and perform all wholesome deeds."

Bai chuckled, "Ha! Even a child knows that." The master replied, "A child may know it, but not even a one-hundred-year-old can do it."