

夫子李先師授俞蓮舟秘歌云

SONG OF SECRETS

tought to Yu Lianzhou by Master Li

無形無象
全身透空
應物自然
西山懸磬
虎吼猿鳴
泉清河靜
翻江播海
盡性立命

Without form, without shape.

The whole body permeated by emptiness.

Face things as they are:

Sound of bells floating in the West Mountains.

Roar of the tiger, scream of the monkey.

A clear spring and a tranquil river.

The river may reverse and the sea spreads wide.

Fulfil your nature and embrace your being.

