

Froglessness

The first fruition of the practice
is the attainment of froglessness.

When a frog is put
on the center of a plate,
she will jump out of the plate
after just a few seconds.

If you put the frog back again
on the center of the plate,
she will again jump out.

You have so many plans.
There is something you want to become.
Therefore you always want to make a leap,
a leap forward.

It is difficult
to keep the frog still
on the center of the plate.

You and I
both have Buddha Nature in us.
This is encouraging,
but you and I
both have Frog Nature in us.

That is why the first attainment
of the practice—
froglessness is its name.

from "Call me by My True Names – The Collected Poems of Thich Nhat Hanh", Parallax Press, 2005.)

