PRAKTIS BILONG KISIM KLIA SAVE

PUTIM TINGTING BILONG YU LONG LAIP LONG KISIM KLIA SAVE, GIVIM LAV NA MARIMARI, NA KAMAP WANPELA HUSAT I GAT GUTPELA KLIA SAVE TRU.

Toktok i go pas

Dispela man husat i bin winim tru klia save i bin stap long nort long India 2,600 yia i go pinis. Em i bin wanpela pikinini bilong wanpela sif o king, na papa bilong em i bin laik bai em i mas kamap king tu, bihain. Tasol Prince Siddharta i bin luk save long ol heve bilong ol man/meri na bin laik traim painim has tru bilong olgeta heve na halibim ol.

Taim em i bin kamap bikman, em i bin lusim ol gutpela haus bilong em na go painim ol tisa long traim kliarim tingting bilong em na painim rot bilong lusim ol heve na ware. Taim em i kisim na winim olgeta save bilong ol dispela lain, em iet i bin go stap long bus longpela taim na bin traim wok hat long painim aut ol samting long rot bilong mediteisen.

Em i winim klia save tru wanpela nait long taim bilong bipela mun long namba paip mun. Em i bin kamap wanpela Klia Save Man, o Buddha, wanpela husat i klia olgeta long ron bilong olgeta samting. Bihain em i bin go aut na tok klia long ol man/meri long ol klia save emi winim, inap long popela-ten-paip yia.

Olsem tete ol man/meri husat i luksave long em olsem wanpela Klia Save Man save makim de bilong bikpela mun long namba paiv mun long wanan yia olsem wanpela de bilong tingim em na trai hat long kamap wankain olesem em long rot long wokim gutpela pasin na mediteisen. Dispela de oli kolim ***Vesaka Puja****. Long bikpela mun long namba seven mun oli makim nambawan taim em i bin tisim ol man, o stat long tanim whil bilong Dharma. Dispela de oli kolim A****salha Puja****.*

Ol skul bilong em i kam daun long yumi i planti, long wonem laip bilong em i bin longpela na ol monk, o sumatin bilong em, i bin respektim em tru na bin tingim gut ol skul, o Dharma, bilong em.

Dispela buk i kisim sampela skul tasol, bilong em. Em ol dispela mi bin traim na yusim long halibim mi.

Dispela buk i gat ol hap bilong em olsem:

- ***Popela Tru na Rot bilong winim hamamas***
- ***Sampela Mediteisen long praktisim long kirapim klia save***
- ***Ol Toktok bilong Halibim na grouim kamap gutpela tingting***
- ***Sampela Prei long kamap strong na gutpela***
- ***Wonem kain Tingting long kirapim long morning na nait***
- ***Wonem kain Toktok long wokim sapos sampela i laik bung long praktis***

Mi laik tok hamamas long ol husat i bin halibim mi long stertim dispela buk, olesem Laurence Sapak, Linus Maan na pamili bilong mi stret. Tank yu tru.

Ol gutpela long ol dispela wok mi bin wokim long stretim dispela buk mi laik bai i mas go na halibim mama na papa bilong mi.

Mi laik bai olgeta i ken painim hamamas tru na sindaun gut.

Mi, Quentin,

2003

Paipela rul long skul long em - ol Prisep

Bai mi bihainim skul olsem: mi noken bakarapim ol samting i stap laip.

Bai mi bihainim skul olsem: mi no ken kisim samting nating sapos wanpela i no givim mi.

Bai mi bihainim skul olsem: mi noken paol na pamuk nambaut na mi mas respektim narapela

Bai mi bihainim skul olsem: mi noken tok giaman, tok baksait, tok stil o tok nogut.

Bai mi bihainim skul olsem: mi noken kisim ol strongpela drink o spak.

Bikpela promis:

Ol samting i gat laip i planti tru,
Tasol mi promis long halibim ol.
Ol tingting long gridi, heitim samting na paol tingting i save kamap oltaim oltaim,
Tasol mi promis long pinisim ol.
Dharma i traipela na dip tru,
Tasol mi promis long kisim klia save long em.
Rot Klia Save Man i soim i hat na i go olgeta,
Tasol mi promis long bihainim tru.

Paramis: Ol gutpela samting long traim wokim long halibim yumi long winim klia save na pri

Dana-parami: Mi laik bai mi mas halibim ol narapela na givim ol samting ol i nidim.
Sila-parami: Mi laik bai mi bihainim gutpela pasin na bihainim ol prisep o rul long skul long em.
Nekkhamma-parami: Mi laik bai mi mas lusim ol strongpela laik na no laik long ol samting na putim narapela i go pas.
Panna-parami: Mi laik bai mi ken kisim tru klia save na halibim ol narapela kisim tru klia save.
Viriya-parami: Mi laik bai mi mas trai hat long bihainim, na stap strong wantaim, Dharma (skul bilong Klia Save Man).
Khanti-parami: Mi laik bai mi mas stap isi na sindaun gut wantaim ol narapela na ol samting.
Sacca-parami: Mi laik bai mi mas stap gut na toktok tru olgeta taim.
Adhitthana-parami: Mi laik bai mi mas praktis strong, na noken lusim praktis.
Metta-parami: Mi laik bai mi mas gat marimari na gutpela pasin long ol narapela.
Upekkha-parami: Mi laik bai mi mas stap strong, na tingim olgeta, na noken bihainim tingting i go i kam long ol laik na no laik, na noken poret.

Popela Tru na rot long winim hamamas

Laip bilong yumi i save ron spid na i no long taim bai i ken pinis, tasol planti taim yumi no save luksave long dispela.

Sampela taim wanpela bikpela samting i save kamap long bakarapim sindaun bilong yumi na dispela i save kirapim tingting liklik. Sapos tingting bilong yumi i ron klia long dispela kain taim bai yumi inap stat long lukluk klia long ron long laip bilong yumi.

Sapos yumi stat long lukluk klia long ron long laip bilong yumi bai yumi ken klia olsem planti taim yumi gat ol kainkain liklik heve, olsem wanpela samting i kamap yumi no laikim, o yumi stap longwei long wanpela gutpela poroman, o yumi kisim liklik sik, o skin i les o pen o wanpela pilim nogut i kamap. Long daunim tingting long ol dispela heve yumi save laik wokim sampela samting long wokim hamamas i kamap ken na haitim dispela heve. Sapos heve i kamap bikpela, sampela man i save kisim sik wari, sampela i save kisim ol drag o strongpela drink. Ol i ting bai ol dispela kain drag i ken rausim wari bilong ol, tasol ol dispela drag i save slouim tingting na haitim heve tasol.
Na tu yumi save kisim ol bikpela heve tuia, olsem bikpela sik o bakarap, kamap lapun, na dai.

Dispela tru olsem yumi save gat planti ol kainkain heve ol i kolim
Namba Wan samting i **Tru Olgeta**

Sapos yumi lukluk klia bai yumi ken save ol dispela wari o heve i save kamap olsem wonem. Ol i save kamap long wonem yumi i no save kisim samting long laik bilong yumi. Yumi save laik bai olgeta samting i ron long laik bilong yumi tasol, tasol ol samting i save ron long laik bilong ol yet! Yumi no lukluk klia olsem ol samting i save senis, ol ino save stap wankain, nogat. Tasol planti taim yumi save laikim samting i mas stap olgeta o wankain.

Na tu yumi save tingim yumi tasol. Yumi i no lukluk klia olsem yumi stap wantaim ol narapela samting. Yumi i no save stap longwei long narapela. Yumi save giamanim yumi yet olsem yumi ken ronim ol samting long laik bilong yumi yet na ol narapela bai i gat laik long bihainim ol dispela tingting bilong yumi. Tasol i no olsem. Ol dispela kain tingting i save wokim koros, bel hat, wari, gridi na ol tingting paol, na ol heve i kamap insait long tingting bilong yumi yet.

Yumi save bihainim ol kainkain tingting na bilip long apim neim bilong yumi na stretim planti samting i kam long yumi, tasol wonem kain neim na wonem kain ol samting bai yumi karim wantaim yumi taim yumi dai?

Olsem sapos yumi lukluk klia bai yumi inap save olsem has bilong ol dispela heve i stap long strongpela laik bilong yumi long kisim o no kisim samting, na laik long samting, o yumi yet, i mas stap o i mas pinis. Dispela ol i kolim **Namba Tu** samting i **Tru Olgeta**.

Sapos yumi lusim dispela kain pasin long laikim ol samting na traim kisim ol samting, bai dispela i ken slouim ol heve. Sapos yumi inap lukluk klia tru insait long tingting taim yumi lusim ol dispela wari bai yumi inap painim hamamas na piis tru. Dispela i stap insait tru long tingting bilong yumi wanwan, tasol yumi save karamapim wantaim ol laik na sigarap bilong yumi. Dispela traipela hamamas na piis wanpela inap winim, sapos em i lusim pasin bilong strongpela laik na holim pas ol samting, oli kolim ***Nirvana***. Dispela oli kolim **Namba Tri** samting i **Tru Olgeta**.

I gat rot long yumi inap bihainim long pinisim ol dispela heve na winim hamamas. Dispela oli kolim **Namba Po** samting i **Tru Olgeta**.
Dispela rot i gat eitpela step o hap rot long em bai yumi ken bihainim sapos yumi laik winim tru hamamas.

Gutpela Eitpela Step o Rot long bihainim:

1. Stretpela o klia luksave

I gat planti kainkain toktok na bilip long ol man. Yumi no ken bilipim samting nating. Yumi wanwan i gat het na inap long skelim tingting. Yumi mas yusim het bilong yumi na skelim gut ol bilip na toktok. Sapos yumi yusim het bilong yumi na skelim dispela samting olsem i mas tru na ol gutpela man tru i save bihainim, orait yumi tu i ken bihainim. Sapos toktok o bilip i no ron stret insait long tingting bilong yu na ol gutpela man tru i no bihainim, orait, moa beta yu tu i noken bihainim.

Yumi mas klia olsem wonem yumi no winim hamamas tru long laip bilong yumi. Yumi mas save long heve, has bilong ol heve, pinis bilong ol heve na rot long bihainim long pinisim ol heve.
Olsem planti long ol laik na sigarap bilong yumi yet i save paolim na bakarapim yumi yet. Planti taim yumi save putim rong i go antap long narapela, tasol planti taim rong i save stap long yumi yet.

Sapos yumi lukluk klia long ron bilong ol samting bai yumi ken luksave olsem i nogat wanpela samting i ken kamap nating. Olgeta samting i gat wanpela samting i kirapim. Dispela i wankain long ol tingting bilong yumi wanwan na ol samting yumi i save wokim. Sapos yumi lukluk klia bai yumi ken save olsem - husat i save wokim ol gutpela pasin, ol gutpela samting bai i mas kamap long em; na husat i save wokim ol rabis pasin save kisim bakarap bihain long dispela em i wokim. Dispela i wanpela rul long wel, olsem bekim long mekim. Dispela ol i kolim **'karma'**.

Husat i laikim gutpela sindaun bihain, em i mas wokim gutpela pasin nau yet. Husat i no wari long bihain taim i ken wokim long laik na kisim ol heve bihain.

Sapos yumi lukluk klia bai yumi ken save olsem i nogat wanpela samting i save stap wankain tasol. Olgeta samting i save senis olgeta taim. Ol diwai, maunten, motor na yumi yet. Tete yumi i no olsem aste. Yumi nau i no olsem yumi sampela yia i go pinis. Ol tingting i senis, insait long bodi i senis. Olgeta samting i save senis. Sapos yumi i no save senis bai yumi i nogat rot long senis na kamap gutpela na winim hamamas.

Sapos yumi lukluk klia bai yumi ken save olsem yumi i no save stap yumi wanwan longwei long ol narapela. Wonem samting yumi wokim i save senisim sindaun long narapela tuia, na wonem samting narapela i save wokim i save senisim sindaun long yumi tuia. Yumi wanwan save kisim strong na halibim long ol wantok na long ol narapela longwei tuia. Yumi save kisim halibim long ol animal na ol diwai na olgeta samting. Yumi i no save stap yumi yet longwei long ol narapela samting.

2. Stretpela tingting na laik

Yumi i mas gat laik long bihainim ol stretpela na gutpela save na tingting olsem long lusim pasin bilong holim pas ol samting, tingting long wokim gutpela long ol narapela, tingting long noken wokim bakarap o heve long narapela.

Planti taim ol sigarap na kainkain laik na tingting i save paolim yumi na bakarapim yumi. Olsem strongpela laik tru bilong yumi i mas stap long bihainim ol dispela samting i ken wokim hamamas tru i kam long yumi na ol narapela. I nogat ius long maus tasol i tok na tingting i stap long paol na bakarapim narapela. Dispela i no inap long wokim hamamas i kam long yumi bihain.
Yumi mas gat laik long daunim ol tingting jeles na tingting long praudim yumi yet. Sapos yumi daunim ol dispela kain tingting dispela i ken slouim koros i no inap kamap planti tumas.

Yumi mas gat laik long kirapim ol tingting long marimari, lav na long halibim ol narapela. Yumi mas gat laik long winim klia save. Dispela em i has tingting long rausim ol heve insait long tingting bilong yumi.

Has bilong olgeta samting yumi wokim na ol toktok yumi autim i stap long tingting bilong yumi yet.

3. Stretpela na gutpela toktok

Sapos yumi laik wokim hamamas i kamap, yumi mas bihainim ol stretpela toktok tasol. Olsem yumi noken giaman o tok koros o tok nogut, long wonem ol dispela bai i wokim ol heve i kamap long ol narapela na dispela bai i kambek long yumi bihain.
Sapos yumi gat koros long bel dispela i save wokim sampela senis insait long bodi bilong yumi, olsem wokim het i pen o so i kamap insait long bel. Dispela koros i save bakarapim yumi yet.
Yumi noken tok baksait na tok hait long bakarapim narapela. Dispela i save bakarapim neim bilong yumi yet na wokim ol man i ken koros long yumi bihain. Kain pasin bilong jeles i save kamapim sik insait long bodi bilong yumi.

4. Stretpela wokim

Ol samting yumi wokim i mas stret long wokim hamamas i kamap long yumi na ol narapela.

Olsem:

Yumi noken kilim wanpela o bakarapim wanpela.

Yumi noken kisim samting bilong narapela sapos em i no tok orait long em.

Yumi noken paol o pamuk nambaut wantaim man o meri bilong narapela.

Yumi noken kisim ol strongpela drink o drag, long wonem ol dispela i save wokim tingting bilong yumi i no klia na i isi long wokim ol rabis pasin na ol samting long bagapim hamamas bilong ol narapela na long yumi yet.
Strong bilong ol samting nogut yumi wokim taim yumi spak i wankain long taim yumi i stap gutpela na wankain heve bai i kamap bihain.

Sapos yumi gohet na kil, stil, pamuk nambaut taim yu marit, na spak, bai yumi mas klia olsem yumi bai i kisim ol kainkain heve long tingting na bodi bihain.

5. Stretpela wok na sindaun

Wonem kain wok yu wokim long winim sindaun bilong yu i ken stretim rot long heve o hamamas i kamap bihain. Olsem sapos insait long wok bilong yu, yu halibim ol narapela bai dispela i wokim hamamas i kam long yu. Sapos long wok bilong yu, yu wokim samting i ken pasim o bakarapim narapela, bai dispela i wokim sampela heve i kam long yu.
Ol kain wok long salim gan na kain samting long kilim narapela i ken wokim wari na heve i kamap.
Wankain long salim ol drag, o strongpela drink, o samting long wokim man i spak long em.
Wankain ol wok long kilim ol animal na bakarapim ples.

6. Stretpela traim

Ol gutpela sindaun na hamamas i no inap kamap sapos yumi no trai hat long winim. Olsem yumi mas soim strong na hamamas long dispela wok.
Sapos wanpela tingting i ken wokim heve long yumi o narapela i stap insait long het bilong yumi, noken larim i stap o kamap strong.
Sapos wanpela gutpela tingting i ken wokim hamamas long yumi o narapela i stap insait long het bilong yumi, strongim dispela.
Sapos wanpela tingting i ken wokim heve long yumi o narapela i laik kam insait long het bilong yumi, noken larim i kam insait.
Sapos wanpela gutpela tingting i ken wokim hamamas long yumi o narapela i laik kam insait long het bilong yumi, pulim i kam na strongim.

7. Stretpela was na lukluk long tingting

Yumi mas was gut o luksave long ron long tingting bilong yumi olgeta taim, nogut sampela karangi tingting i kam insait na bakarapim yumi. Em i isi tru long larim wanpela paol tingting i kam insait long het na emi ken raun raun insait na grou i kamap bikpela na strongpela na kirapim sampela toktok o wokim long bakarapim yumi na narapela.

Pastaim long toktok o wokim samting yumi mas traim luksave long wonem kain has tingting i stap insait long het bilong yumi. Sapos bilong wokim gutpela samting, orait go het long em, sapos bilong wokim nogut, pinisim em.

Yumi mas sindaun isi taim tingting i slou na strong na lukluk klia long ron bilong olgeta samting.
Dispela wok ol i save kolim **'mediteisen'**, o pasin bilong grouim gut tingting.
Yumi mas praktisim mediteisen long *was long popela has bilong was long tingting*.

8. Stret na strongpela tingting

Yumi mas save hausat yumi ken strongim tingting na wokim tingting i klia na sap na stap long wanpela samting na noken larim ol tingting i ron i go i kam long laik bilong ol.
Yumi mas praktis o traim planti taim long sindaun isi na lukluk gut long ron bilong tingting na larim tingting i slou, na lukluk klia insait long tingting bilong yumi.
Dispela tu em i hap bilong Mediation, o pasin bilong grouim gut tingting.

Yumi mas gat dispela kain strong o kontrol long tingting long wokim olgeta wok gut na bihainim ol dispela eitpela step o rot.

Dispela **Gutpela Eitpela Step** o rot yumi mas traim wokim olgeta wantaim. Sapos yumi stat long bihainim ol dispela gut bai yumi ken save bai yumi mas kisim hamamas tru bihain, taim strong bilong sampela samting nogut yumi i bin wokim bipo i pinis.

Sikispela pasin long wokim long winim klia save na pri

Pasin bilong **givim na halibim** narapela
Pasin bilong **bihainim stretpela na gutpela pasin**
Pasin bilong **stap isi na strong na noken koros**
Pasin bilong **trai hat wantaim hamamas**
Pasin bilong **strongim tingting long mediteisen**
Pasin bilong **winim tru klia save**

Sevenpela samting long hopim tingting i go klia olgeta

Was gut long ron bilong ol tingting
Kisim **klia save long hausat ol tingting i ron**
Wok strong long hopim tingting i go klia olgeta.
Hamamas tru long hopim tingting i go klia olgeta
Stap isi long hopim tingting i go klia olgeta.
Lukluk strong na klia long hopim tingting i go klia olgeta
Noken larim tingting i ron bihainim laik na no laik na **luksave klia na gutpela long olgeta.**

Paipela pawa

Pawa bilong laik - olsem noken gat laik long na larim ol paol o karanki tingting i kamap na stap.
Taim tingting long "mi yet" i kamap strong ol dispela kain paol tingting i save kamap.
Pawa bilong planim gutpela sid - taim yu wokim gutpela pasin.
Pawa bilong pasim ol samting nogut - taim yu rausim dispela paol tingting long "mi yet", na dispela giaman tingting olsem i gat wanpela "mi yet" i stap olgeta na longwei long ol narapela.
Pawa bilong prei - olsem sore long ol samting nogut yu bin wokim na prei long bihainim rot long wokim gutpela pasin bai yu na ol narapela inap kirapim tru klia save na tingting, na strongim wonem tru klia save na tingting i kamap pinis.
Pawa bilong pasin - olsem tingting bilong yumi save bihainim rot yumi skulim em long em.

Respekt

Mi respektim tru dispela gutpela man antap tru, Arahant, Buddha husat em yet i kisim save tru.
Mi respektim tru dispela gutpela man antap tru, Arahant, Buddha husat em yet i kisim save tru.
Mi respektim tru dispela gutpela man antap tru, Arahant, Buddha husat em yet i kisim save tru.

[Long tok Pali:

Pubbabhaganamakara

Namo Thassa Bhagavato Arahato Sammasambhudhhassa.

Namo Thassa Bhagavato Arahato Sammasambhudhhassa.

Namo Thassa Bhagavato Arahato Sammasambhudhhassa.]

Tripela halibim

Mi go long Buddha long kisim halibim na strong,
Mi go long Dharma long kisim halibim na strong,
Mi go long Sangha long kisim halibim na strong.

Namba tu taim mi go long Buddha long kisim halibim na strong,
Namba tu taim mi go long Dharma long kisim halibim na strong,
Namba tu taim mi go long Sangha long kisim halibim na strong.

Namba tri taim mi go long Buddha long kisim halibim na strong,
Namba tri taim mi go long Dharma long kisim halibim na strong,
Namba tri taim mi go long Sangha long kisim halibim na strong.

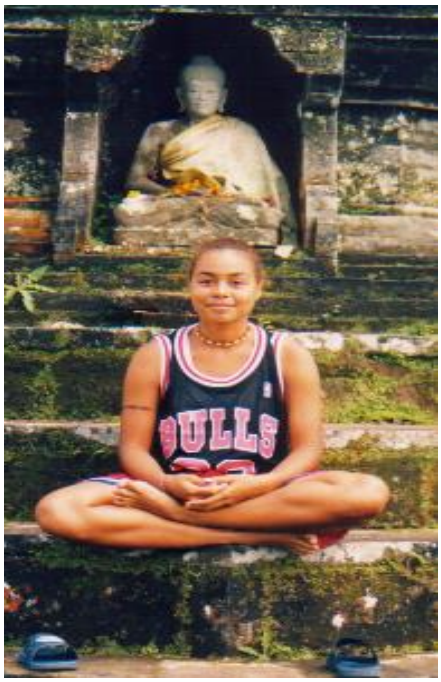
[Long tok Pali:

Tisarana

Buddham Saranam Gacchami
Dharmam Saranam Gacchami
Sangham Saranam Gacchami

Dutiyampi Buddham Saranam Gacchami
Dutiyami Dharmam Saranam Gacchami
Dutiyami Sangham Saranam Gacchami

Tatiyampi Buddham Saranam Gacchami
Tatiyami Dharmam Saranam Gacchami
Tatiyampi Sangham Saranam Gacchami]



Mediteisen

Sindaun bilong yumi na bodi

Wonem ius long was na save long ron bilong ol tingting? I gat bikpela ius truia. Tingting bilong yumi save wokim i kamap ol toktok na ol wokim na ol pasin na laip bilong yumi wanwan. Sapos tingting bilong yu i no stret bai laip bilong yu i no inap long kamap stret. Sapos tingting bilong yu stret bai laip bilong yu i ken ron stret. Wonem samting yu wokim tete save wokim sindaun bilong yu bihain. Wonem samting yu bin wokim bipo i bin wokim sindaun bilong yu tete.

Tingting na bodi i wok wantaim. Sapos yu ken slouim tingting na strongim tingting yu ken halibim bodi i stap gut. Sapos yu was gut taim yu slouim tingting bai yu ken lukim pairap bilong hat na bros i save slou. Ol samting insait long bodi tu i save stap isi.

Planti sik long bel na ol narapela hap i save kamap long bihainim ol tingting olsem ‘bel hat’ na koros na jeles.

Sapos yu laik praktis long lukluk gut long tingting yu mas sindaunim bodi bilong yu gut bai yu inap sindaun longtaim na nogat tingting long muv nambaut.

I gutpela long sindaun long pilo o long plo stret na burukim skru long tupela lek, olsem poldim tupela lek wanpela aninit long narapela. Baksait bilong yu i mas stap stret bai yu ken pulim gut win.

Sapos yu no inap long sindaun olsem, yu ken sindaun long wanpela sia, tasol yu mas sindaun stret na baksait bilong yu i mas stap stret.

Sapos yu sindaun gut olsem bai yu nogat wari long bodi bilong yu long sindaun bilong em na dispela bai i halibim yu long was gut long ron bilong tingting bilong yu.

Yu ken praktis tu long was gut long tingting taim yu wokabaut na tu taim yu slip. Sapos yu praktis gut bai yu ken lukluk save long ron bilong tingting olgeta taim.
Taim yu laik slip na lukluk long tingting slipim bodi long rait sait, tupela lek i stap stret, rait han i stap kruket aninit long het long holim het antap, na lep han i stap stret antap long tupela lek.

Was gut long win i go i kam.
Lukluk strong long wanpela liklik hap long nus o antap long maus we yu inap long pilim win i go i kam. Lukluk strong long dispela liklik hap mak na was gut long win i go i kam. Noken larim tingting i ronawe i go long narapela samting. Putim tingting i stap long dispela mak tasol

Sapos tingting bilong yu i pilai i go long wanpela hap ken, pulim i kambek long dispela mak tasol.

Sapos yu strong, bihain tingting bilong yu bai i stat long les long ronawe nambaut na bai i ken stap longpela taim long dispela wanpela mak.

Bai yu mas praktis planti na wokim tingting bilong yu i ken stap strong long wanpela hap tasol. Dispela bai i halibim yu long strongim tingting long wanpela samting.

Win em i wanpela gutpela samting long yusim long praktis long strongim tingting. Long wonem i stap kolostu olgeta taim inap yumi dai. Sapos yu was gut long ron bilong win olgeta taim bai yu inap lukim ol kainkain senis i kamap i bihainim ol kainkain tingting.

Pasin bilong lukluk long ron bilong win i go i kam iken halibim yu tu taim ol karanki tingting i kirap, olsem koros na bel hat. Sapos ol dispela kain tingting i kirap lukluk long win i go i kam na slouim ol dispela tingting na stap isi.

Wonem kain mediteisen long wokim

- Toktok bilong Buddha i bin givim i go long Rahula

'Wokim mediteisen long lav. Long wonem, sapos yu wokim mediteisen long lav bai yu lusim ol tingting long koros na bakarapim narapela.

'Wokim mediteisen long marimari. Long wonem, sapos yu wokim mediteisen long marimari bai yu lusim ol tingting long wokim narapela i gat pen, o bagarpim narapela.

'Wokim mediteisen long hamamas wantaim ol narapela taim ol i kisim gutpela. Sapos yu wokim mediteisen long hamamas wantaim ol narapela bai yu lusim ol tingting long jeles na koros.

'Wokim mediteisen long stap isi na noken larim tingting i ron bihainim laik na no laik na lukluk gut long olgeta. Sapos yu wokim mediteisen long stap isi na noken larim tingting i ron i bihainim laik na no laik na lukluk gut long olgeta bai yu lusim ol tingting nogut na heitim narapela.

'Wokim mediteisen long lukluk olsem bodi i no klin. Sapos yu wokim mediteisen long lukim bodi i no klin bai yu lusim sigarap na laik long ol bodi.

'Wokim mediteisen long ol samting i save senis na ino save stap wankain. Sapos yu wokim mediteisen long ol samting i save senis na i no save stap wankain bai yu lusim ol tingting long praud long yu yet.

'Was strong long pulim win na rausim win. Sapos yu was gut long win i go i kam bai i halibim yu tru long planti samting. Na olsem wonem pasin long was gut long win i go i kam inap long halibim yumi long planti samting?

'Em i olsem: sapos wanpela i go long bus, o stap long has bilong wanpela diwai, o i go long wanpela hap i nogat man, na em i sindaun gut, baksait i stret na tupela skru i kruket, na em i was gut.

'Em i was long win i kam insait, na em i was gut long win i go arasait. Em i save taim em i pulim longpela win, "mi pulim longpela win". Taim em i rausim longpela win, em i save "mi rausim longpela win". Taim em i pulim sotpela win em i save "mi pulim sotpela win". Taim em i rausim sotpela win em i save "mi rausim sotpela win".

"Taim mi was gut long **olgeta ron bilong win**, bai mi pulim win", em i skulim em yet. "Taim mi was gut long olgeta ron bilong win, bai mi rausim win", em i skulim em yet.

"Taim mi **slouim win** i go i kam, bai mi pulim win", em i skulim em yet. "Taim mi slouim win i go i kam, bai mi rausim win", em i save skulim em yet.

"Taim mi **pilim hamamas**, bai mi pulim win", em i skulim em yet. "Taim mi pilim hamamas, bai mi rausim win", em i save skulim em yet.

"Taim mi was long **ron bilong tingting**, bai mi pulim win", em i skulim em yet. "Taim mi was bilong ron bilong tingting, bai mi rausim win", em i save skulim em yet.

"Taim mi **slouim ron bilong tingting**, bai mi pulim win", em i skulim em yet. "Taim mi slouim ron bilong tingting, bai mi rausim win", em i save skulim em yet.

"Taim **tingting i klia**, bai mi pulim win", em i skulim em yet. "Taim tingting i klia, bai mi rausim win", em i save skulim em yet.

"Taim **tingting i hamamas tru**, bai mi pulim win", em i skulim em yet. "Taim tingting i hamamas tru, bai mi rausim win", em i save skulim em yet.

"Taim **tingting i stap isi olgeta**, bai mi pulim win", em i skulim em yet. "Taim tingting i stap isi olgeta, bai mi rausim win", em i save skulim em yet.

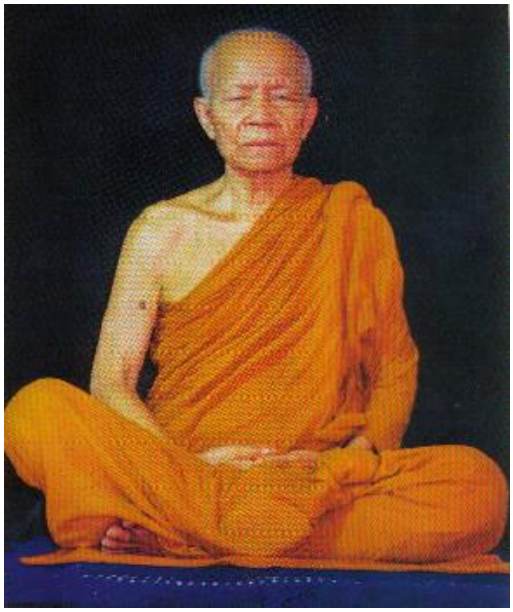
"Taim **tingting i stap pri**, bai mi pulim win", em i skulim em yet. "Taim tingting i stap pri, bai mi rausim win", em i save skulim em yet.

"Taim mi **tingting long olgeta samting i mas senis**, bai mi pulim win", em i skulim em yet. "Taim mi tingting long olgeta samting i mas senis, bai mi rausim win", em i save skulim em yet.

"Taim mi **tingting olsem mi pri long ol tingting long sigarap na laik**, bai mi pulim win", em i skulim em yet. "Taim mi tingting olsem mi pri long ol tingting long sigarap na laik, bai mi rausim win", em i save skulim em yet.

"Taim mi **tingting long pinis bilong ol samting**, bai mi pulim win", em i skulim em yet. "Taim mi tingting long pinis long ol samting, bai mi rausim win", em i save skulim em yet.

"Taim mi **tingting long kamap pri olgeta**, bai mi pulim win", em i skulim em yet. "Taim mi tingting long kamap pri olgeta, bai mi rausim win", em i save skulim em yet.



Mediteisen long givim marimari na lav

Wokim tingting i go long insait long bros bilong yu na wokim piksa bilong wanpela simatpela palawa tru i kamap long em.
Dispela palawa i givim strongpela waitpela lait na dispela lait i pulap long lav na marimari. Emi pulumapim bodi bilong yu long het i go daun olgeta long lek.
Olgeta hap bilong bodi bilong yu i lait wantaim lav na marimari na bai yu pilim hamamas na yu nogat heve.
Tingting olsem:
Mi laik bai mi nogat birua,
Bai ol man i no ken bakarapim mi,
Bai mi i nogat ol heve long tingting na long bodi,
Bai mi inap lukautim gut hamamas bilong mi.
Mi laik bai mi i noken lusim ol gutpela samting mi i winim pinis.

Nau salim dispela lait bilong lav na marimari i go aut long olgeta husat i stap long dispela hap yu stap long em. Pulumapim ol wantaim dispela gutpela lait na laik bilong yu i olsem:
Mi laik bai ol i nogat birua,
Bai ol man i no ken bakarapim ol,
Bai ol i nogat ol heve long tingting na long bodi,
Bai ol i ken lukautim gut hamamas bilong ol.
Mi laik bai ol i noken lusim ol gutpela samting ol i winim pinis.

Wokim wankain long ol pamili bilong yu, na bihain long ol wantok na ol poroman.
Salim dispela lait na gutpela tingting i go long olgeta man na meri husat yu no save gut long ol, o yu lukim wanpela taim tasol, long provins na kantri, na tu i go long olgeta long ol kantri kolostu na bihain ol kantri longwei, inap yu pulumapim olgeta long wel, na laik bilong yu i olsem:
Mi laik bai ol i nogat birua,
Bai ol man i no ken bakarapim ol,
Bai ol i nogat ol heve long tingting na long bodi,

Bai ol i ken lukautim gut hamamas bilong ol.
Mi laik bai ol i noken lusim ol gutpela samting ol i winim pinis.

Nau salim dispela lait wantaim lav na marimari i go long husat yu gat birua long ol o ol i gat birua long yu na wokim laik bilong yu i olsem:
Mi laik bai ol i nogat birua,
Bai ol man i no ken bakarapim ol,
Bai ol i nogat ol heve long tingting na long bodi,
Bai ol i ken lukautim gut hamamas bilong ol.
Mi laik bai ol i noken lusim ol gutpela samting ol i winim pinis.

Salim lait na lav i go antap long heven, i go long ol animal - i stap long win, long ol diwai, long antap long giraun, long insait long giraun, long ol wara na long solwara. Bihain salim lait na lav i go long ol tebel na masalai na ol husat i stap bararap long ples nogut, hel, na laik bilong yu i olsem:
Wonem kain laip i stap, mi laik bai ol i nogat birua,
Bai ol man i no ken bakarapim ol,
Bai ol i nogat ol heve long tingting na long bodi,
Bai ol i ken lukautim gut hamamas bilong ol.
Wonem kain samting laip i stap mi laik bai ol i no inap long kisim ol heve.
Wonem samting laip i stap, mi laik bai ol i noken lusim ol gutpela samting ol i winim pinis.

Salim dispela stronpela lait i go long olgeta kainkain laip i stap long poret bilong yu, long baksait, long sait sait na antap na tambalo. Salim lav na marimari wantaim dispela lait i go long olgeta hap, na laik bilong yu i olsem:
Bai ol i kisim hamamas,
na ol i nogat heve,
na ol i stap long gutpela taim.

Holim dispela tingting i stap longtaim.

Mediteisen long Klinim Tingting wantaim lait

Pastem long statim mediteisen tingim wanpela i gat klia save tru na marimari, olsem Buddha, na putim piksa bilong em long tingting bilong yu.
Pulim win i go i kam na taim yu rausim win i go tingting olsem yu rausim bilakpela lait wantaim ol paol tingting, tingting nogut na ol sik.
Taim yu pulim win tingting olsem waitpela lait i kam long bros bilong Buddha, o husat yu tingim pastaim, i kam insait long bodi bilong yu na klinim olgeta sik na olgeta tingting paol, o tingting nogut, i raus.
Sapos yu sik na wok long kisim marasin, tingting olsem dispela wait lait i wokim marasin i kamap strong moa na bai inap halibim yu fast moa.
Olgeta koros, wari o karangi tingting i lusim bodi bilong yu olsem bilakpela smok wantaim win taim yu rausim win.
Wait lait i pulumapim bodi bilong yu na em i laik lait olgeta na tingting bilong yu i kamap gutpela olgeta na yu pilim bikpela hamamas tru.
Wokim na wokim ken taim yu rausim win, rausim olgeta samting nogut. Taim yu pulim win, kisim wait lait i kam insait long klinim yu olgeta.

Pinisim mediteisen wantaim tingting olsem; *mi laik bai dispela hamamas mi pilim nau mi ken givim wankain hamamas i go long olgeta i stap laip..*

Mediteisen long lusim no klia tingting

Wokim dispela olsem:
Lukluk long senis long ai, iau, nus, tang, bodi, na tingting, na bai yu inap lusim no klia tingting na kisim klia save.
Lukluk long senis long ol samting bilong lukim, harim, smelim, testim, tasim na tingim, na bai yu inap lusim no klia tingting na kisim klia save.
Lukluk long senis long konsius i bihainim lukluk, konsius i bihainim harim, konsius i bihainim smelim, konsius i bihainim testim, konsius i bihainim tasim, konsius i bihainim tingting na driman, na bai yu inap lusim no klia tingting na kisim klia save.
Lukluk long senis bilong kontek bilong ai wantaim samting bilong lukim, iau wantaim samting bilong harim, nus wantaim samting bilong smelim, tang wantaim samting bilong testim, bodi wantaim samting bilong tasim, tingting wantaim samting bilong tingim, na bai yu inap lusim no klia tingting na kisim klia save.
Na wonem samting i kamap bihainim kontek, yu pilim olsem gutpela, nogut o namel, taim yu lukim senis long dispela tuia, bai yu inap lusim no klia tingting na kisim klia save.

Sapos yu wokim mediteisen na luksave gut olsem, bai yu lusim no klia tingting na kisim klia save.

Mediteisen long wokim tingting i gutpela na wankain long olgeta.

Insait long tingting bilong yu wokim piksa long wanpela poroman o wanpela long lain bilong yu, yu save laikim tumas.
Na kolostu long dispela piksa, putim piksa bilong wanpela yu no laikim o yu gat koros long em.
Na kolostu long dispela tupela piksa, putim piksa long wanpela yu no save gut long em na yu nogat wanpela kain tinging long em.

Orait nau, lukluk long wonem kain pilim i kamap taim yu lukim ol dispela tripela piksa. Nogut yu pilim strongpela laik na yu laik holim pas dispela piksa long dispela yu laikim tumas, na nogut yu pilim koros na strongpela laik long surukim i go longwei dispela yu no laikim, na long narapela nogut yu nogat wanpela pilim olgeta.

Nau, askim yu yet: 'Olsem wonem mi gat ol dispela kain pilim long dispela tripela? Olsem wonem mi laik holim pas dispela mi lavim tumas? Em bai i halibim mi olgeta taim bihain na bai em i gutpela long mi olgeta taim o nogat? Nogut tete mi luksave long em olsem poroman na bihain nogat. Olsem i nogat strongpela has bai mi mas holim em pas strong olsem. Ol dispela strongpela pilim long holim pas i save bakarapim namel long ol poroman tuia.'

Na lukluk long dispela yu nogat laik long em. 'Olsem wonem mi gat koros na heitim dispela? Em bai i wokim samting nogut long mi inap long olgeta taim o nogat? Bipo em i bin gutpela long mi sampela taim o nogat? Nogut long wanpela laip bilong mi bipo em i bin poroman bilong mi.'

Na lukim dispela yu nogat tingting tumas long em na putim ol dispela kain askim ken. Nogut bipo o bihain em i wokim samting long halibim yu.

Lukluk klia long ol dispela pilim na luk save i no smat long laikim wanpela tumas na heitim narapela.

Lukluk i go bek ken long tripela piksa na putim wankain lav na gutpela pilim i go long tripela wantaim.

Mediteisen long halibim pen

Dispela mediteisen i save halibim yumi long lukluk save long pen.

Sindaun gut o slip stret na pasim ai.
Wokim bodi i go slek na malolo gut.

Wokim tingting i go raun long olgeta hap bilong bodi na painim wanpela hap i pen o i tait.

Lukluk save long wonem hap dispela pen i stap long em. Em i stap long skin, o em i stap insait tru? Em i stap long het, o long lek o long baksait? I stap long wonem hap tru?

Em i luk olsem wonem? Em i olsem wanpela bal, wanpela stik, wanpela solap o wanpela spia?

Em i bikpela olsem wonem? Longpela olsem wonem, waid olsem wonem, dip olsem wonem?

Strong bilong em i olsem wonem? Em i olsem ston o wara? Em i heve? Olgeta hap bilong em i wankain?

Skin bilong em i olsem wonem? Em i malmalum, mau o smut. Sapos yu pilim, em i olsem wonem?

Em i hat o kol o wankain olsem ol narapela hap long bodi?

Em i gat kala? Sapos i gat, em i wonem kain kala?

Nau lukluk long pulim win. Tingting olsem taim yu pulim win i kam insait, yusim win long wasim dispela hap i pen.

Long tripela ron bilong pulim win tingting long wasim dispela hap na slouim pen. Larim win i ron isi i raus na slouim pen wantaim.

Long narapela tripela ron bilong win tingting long win i go olgeta insait long pen. Em i wasim insait gut na rausim pen taim win i raus.

Long narapela tripela taim tingting long win i wasim skin bilong pen na pen i raus wantaim win.

Yu ken wokim planti long ol dispela ron long pulim win long laik bilong yu.

Givim na Kisim Mediteisen

Long dispela mediteisen yumi laik kisim olgeta heve long ol narapela na yusim long rausim has bilong ol heve bilong yumi - dispela pasin long holim strong yumi yet.

Dispela 'yu yet' o 'mi yet' yumi lukim olsem wanpela bilakpela bal insait long bros.

Wokim olsem:

Mi laik bai olgeta heve bilong ol narapela i kam long mi nau tasol.
Mi laik taim mi givim hamamas bilong mi i go long ol narapela ol i mas pilim hamamas tru.

Tingim dispela 'yu yet' na sik bilong yu, sapos yu gat sik, olsem wanpela bilakpela bal insait long bros bilong yu.

Tingim olsem olgeta narapela kainkain laip i stap raun long yu i kamap olsem ol man, na ol i stap kolostu. Tingim ol husat i gat sik na husat i stap long ples nogut.

Tinging olsem yu rausim ol heve bilong ol i kam longwei olsem wanpela bilakpela lait. Dispela lait i lusim raitpela hap long nus bilong ol na kam insait long leppela hap long nus bilong yu na i ron i go stret long dispela bilakpela bal long bros bilong yu na burukim dispela bal olgeta.

Tingting olsem yu rausim olgeta heve long ol dispela lain na tu dispela sik na pasin bilong holim strong 'yu yet' i pinis olgeta.

Nau tinging olsem yu givim olgeta hamamas na olgeta samting bilong yu i go long ol narapela insait long wanpela waitpela lait. Dispela lait i lusim raitpela hap long nus bilong yu na go insait long leppela hap long nus bilong ol na i pulumapim ol wantaim hamamas tru.

Wokim ken and ken.

Mediteisen long was na lukluk klia long popela has bilong was long tingting

Buddha i bin skulim ol monk long wokim dispela

Go long wanpela hap i nogat nois olsem long wanpela rum long haus i nogat man. Taim yu i sindaun putim wanpela lek antap long narapela, na baksait i stap stret, strongim tingting long nus na was gut long win taim yu i pulim win i kam na taim yu i rausim win.

1. Lukluk long ron bilong win i go i kam na bodi.

Was long win na luk save sapos win i ron slou o spid, i go dip insait long bros o i ron isi antap tasol, i strong o i ron isi. Lukuk gut long ron bilong win na wonem senis i kamap.

Was gut na pulim win, na was gut na rausim win. Sapos yu pulim longpela win save 'mi pulim longpela win'. Sapos yu pulim sotpela win, save 'mi pulim sotpela win'. Sapos yu rausim longpela win, save 'mi rausim longpela win'. Sapos yu rausim sotpela win, save 'mi rausim sotpela win'.

Skulim yu yet olsem: taim mi was long hol bodi (bilong win), mi pulim win i kam insait.
Skulim yu yet olsem: taim mi was long hol bodi (bilong win), mi rausim win.
Skulim yu yet olsem: taim mi pulim win bai mi slouim olgeta hap bilong bodi.
Skulim yu yet olsem: taim mi rausim win bai mi slouim olgeta hap bilong bodi.

Was long bodi insait long bodi long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela bodi i save kamap, o was long hausat dispela bodi i save pinis, o stap na was long hausat dispela bodi i save kamap na pinis. O stap wantaim tingting: 'dispela bodi i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

2. Was gut long bodi

Taim yu wokabaut i go, save 'mi wokabaut i go', sapos yu sanap, save 'mi sanap', sapos yu sindaun, save 'mi sindaun', sapos yu slip i go daun, save 'mi slip i go daun'. Sapos yu wokabaut i go i kam was wantaim klia tingting na save, wankain sapos yu lukluk i go o lukluk i kam, sapos yu putim laplap, dring, kaikai, toilet, toktok o wokim wonem, was wantaim klia tingting na save.

Was long bodi insait long bodi long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela bodi i save kamap, o was long hausat dispela bodi i save pinis, o stap na was long hausat dispela bodi i save kamap na pinis. O stap wantaim tingting: 'dispela bodi i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

3. Was long wonem i stap insait long bodi

Lukluk gut long dispela bodi bilong yu na long narapela, skin i karamapim, i pulap long ol samting i no klin stat long lek i go antap long het, olsem: gras long het, gras bilong bodi, kapa long pinga, tit, skin, mit, rop, bun, insait long bun, hap bilong wokim pispis, hap bilong pampim blud, lewa, bikpela mit long namel long bros na bel, splin, hap bilong pulim win, ol rop long bel, gris long bel, nek, pekpek, grin blut bilong lewa, spet, blut, wara long skin, gris, wara long ai, gris long skin, kus long nus, wara insait long ol skru, pispis.

Was long bodi insait long bodi long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela bodi i save kamap, o was long hausat dispela bodi i save pinis, o stap na was long hausat dispela bodi i save kamap na pinis. O stap wantaim tingting: 'dispela bodi i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

4. Was long giraun (strong), wara, hat na win insait long bodi

Lukluk long dispela bodi olsem: dispela bodi i gat strongpela hap olsem giraun, i gat wara, i gat hat na kol, i gat win.

Was long bodi insait long bodi long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela bodi i save kamap, o was long hausat dispela bodi i save pinis, o stap na was long hausat dispela bodi i save kamap na pinis. O stap wantaim tingting: 'dispela bodi i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

5. Was long bodi i dai pinis

Tingim bodi long wanpela i dai pinis. Lukluk wantaim tingting long dispela bodi taim em i dai nau tasol, na tu ol senis i kamap insait long wanpela de, tupela de, na tripela de: olsem i solap, blu na skin i laik buruk.
Tingting olsem long bodi bilong yu yet: 'I tru olsem bai bodi bilong mi i wankain olsem dispela bodi mi lukim, na bai i mas kamap wankain, em i no inap abrisim'.

Tingim dispela bodi long bihain, taim sampela hap mit i go pinis na blut na rop na bun i stap na bodi i slip stret.
Tingim taim olgeta mit i go pinis, na rop na bun tasol i stap.
Tingim taim ol bun tasol i stap, na bihain ken taim ol bun i kamap wait olsem wanpela tavur, na ken taim ol bun i laik buruk, na ken taim ol bun i laik kamap olsem das.

Tingting olsem long bodi bilong yu yet: 'I tru olsem bai bodi bilong mi i wankain olsem dispela bodi mi lukim, na bai i mas kamap wankain, em i no inap abrisim'.

Was long bodi insait long bodi long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela bodi i save kamap, o was long hausat dispela bodi i save pinis, o stap na was long hausat dispela bodi i save kamap na pinis. O stap wantaim tingting: 'dispela bodi i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

6. Lukluk long ol pilim.

Sapos yu gat wanpela pilim i wokim hamamas, save 'mi gat wanpela pilim i wokim hamamas'; sapos yu gat wanpela pilim i wokim pen, save 'mi gat wanpela pilim i wokim pen'; sapos yu gat wanpela pilim i no wokim hamamas na pen, save 'mi gat wanpela pilim i no wokim hamamas na tu i no wokim pen'.

Sapos yu gat wanpela pilim bilong sigarap i wokim hamamas, save 'mi gat wanpela pilim bilong sigarap i wokim hamamas'; sapos yu gat wanpela gutpela pilim i wokim hamamas, save 'mi gat wanpela gutpela pilim i wokim hamamas'; sapos yu gat wanpela pilim bilong sigarap i wokim pen, save 'mi gat wanpela pilim bilong sigarap i wokim pen'; sapos yu gat wanpela gutpela pilim i wokim pen, save 'mi gat wanpela gutpela pilim i wokim pen'; sapos yu gat wanpela pilim bilong sigarap i no wokim hamamas na pen, save 'mi gat wanpela pilim bilong sigarap i no wokim hamamas na tu i no wokim pen'; sapos yu gat wanpela gutpela pilim i no wokim hamamas na pen, save 'mi gat wanpela gutpela pilim i no wokim hamamas na tu i no wokim pen'.

Was long pilim insait long pilim long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela pilim i save kamap, o was long hausat dispela pilim i save pinis, o stap na was long hausat dispela pilim i save kamap na pinis. O stap wantaim tingting: 'dispela pilim i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

7. Luksave long sindaun bilong tingting

Was gut long sindaun long ol tingting bilong yu.
Olgeta taim dispela sindaun long tingting i save senis, olsem sapos wanpela samting wokim yu wari bai olgeta tingting bilong yu i ken gat wari long em. Sapos wanpela samting i wokim yu hamamas bai olgeta sindaun bilong tingting bilong yu i ken gat hamamas long em.
Save sapos sindaun bilong tingting bilong **sigarap long kisim**, em bilong sigarap; sapos i nogat sigarap, em i **nogat sigarap**;
Sapos sindaun bilong tingting bilong **heitim o koros**, em bilong heitim o koros; Sapos nogat heitim o koros, save **i nogat heitim o koros**;
Sapos sindaun bilong tingting **i no klia**, em i no klia; sapos klia, save **i klia**;
Sapos sindaun bilong tingting i **suruk i go liklik**, save em i suruk i go liklik;
Sapos sindaun bilong tingting i wok long **ron nambaut nambaut**, save em ron nambaut nambaut;

Sapos sindaun bilong tinting i **kamap gutpela**, save i kamap gutpela;
Sapos sindaun bilong tingting i **no kamap gutpela**, save i no kamap gutpela; Sapos sindaun bilong tingting i **gat sampela sindaun bilong tingting i moa gutpela**, save i gat sampela i moa gutpela;
Sapos sindaun bilong tingting **i antap long ol narapela**, save i nogat wanpela sindaun bilong tingting i moa gutpela;
Sapos sindaun bilong tingting i **stap strong na hop**, save olsem i stap strong na hop;
Sapos sindaun bilong tingting **i pri**, na i no pas long wanpela samting, save olsem i pri, na sapos i no pri, save i no pri.

Was long sindaun bilong tingting insait long sindaun bilong tingting long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela sindaun bilong tingting i save kamap, o was long hausat dispela sindaun bilong tingting i save pinis, o stap na was long hausat dispela sindaun bilong tingting i save kamap na pinis. O stap wantaim tingting: 'dispela sindaun bilong tingting i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

8. Luksave long ron na samting bilong ol tingting.

(a). Paipela samting i save paolim

Sapos **sigarap na laik** i stap, save 'I gat sigarap na laik i stap long mi', Sapos sigarap na laik i no stap, save 'I nogat sigarap na laik i stap long mi. Kisim save olsem wonem dispela sigarap na laik i save kirap, na sapos i kirap, save hausat yu ken lusim, na save hausat bihain dispela laik na sigarap i noinap long kirap ken.

Sapos **koros na bel hat** i stap, save 'I gat koros na bel hat i stap long mi', Sapos koros na bel hat i no stap, save 'I nogat koros na bel hat i stap long mi'. Kisim save olsem wonem dispela koros na bel hat i save kirap, na sapos i kirap, save hausat yu ken lusim, na save hausat bihain dispela koros na bel hat i no inap long kirap ken.

Sapos **les na ai laik slip** i stap, save 'I gat les na ai laik slip i stap long mi', Sapos les na ai laik slip i no stap, save 'I nogat les na ai laik slip i stap long mi'. Kisim save olsem wonem dispela les na ai laik slip i save kirap, na sapos i kirap, save hausat yu ken lusim, na save hausat bihain dispela les na ai laik slip i no inap long kirap ken.

Sapos **wari na tingting planti** i stap, save 'I gat wari na tingting planti i stap long mi', Sapos wari na tingting planti i no stap, save 'I nogat wari na tingting planti i stap long mi'. Kisim save olsem wonem dispela wari na tingting planti i save kirap, na sapos i kirap, save hausat yu ken lusim, na save hausat bihain dispela wari na tingting planti i no inap long kirap ken.

Sapos **tingting i no klia na i no so** i stap, save 'I gat tingting i no klia na i no so i stap long mi', Sapos tingting i no klia na i no so i no stap, save 'I nogat tingting i no klia na i no so i stap long mi'. Kisim save olsem wonem dispela tingting i no klia na i no so i save kirap, na sapos i kirap, save hausat yu ken lusim, na save hausat bihain dispela tingting i no klia na i no so i no inap long kirap ken.

Was long ron na ol samting bilong tingting insait long ron na ol samting bilong tingting long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela ron na ol samting bilong tingting i save kamap, o was long hausat dispela ron na ol samting bilong tingting i save pinis, o stap na was long hausat dispela ron na ol samting bilong tingting i save kamap na pinis. O stap wantaim tingting: 'dispela ron na ol samting bilong tingting i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

(b). Paipela samting yumi save holim pas olsem yumi yet

Em ol samting yumi ting ol i yumi yet.
Luksave olsem:
Dispela em i wanpela **bodi**; em i save kamap olsem; em i save pinis olsem.
Dispela em i wanpela **pilim**; em i save kamap olsem, em i save pinis olsem.
Dispela em i wanpela **tingting bilong skelim o tingting bilong bipo o bilip**; em i save kamap olsem, em i save pinis olsem.
Dispela em i wanpela **ron o grou bilong tingting**; em i save kamap olsem, em i save pinis olsem.
Dispela em i wanpela **konsius o tingting i stap baksait** long lukluk, o harim, o smelim, o testim, o tasim, o driman; em i save kamap olsem, em i save pinis olsem'.

Was long ron na ol samting bilong tingting insait long ron na ol samting bilong tingting long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela ron na ol samting bilong tingting i save kamap, o was long hausat dispela ron na ol samting bilong tingting i save pinis, o stap na was long hausat dispela ron na ol samting bilong tingting i save kamap na pinis. O stap wantaim tingting: 'dispela ron na ol samting bilong tingting i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

(c).Sikispela rot long kisim tingting insait na longwei.

Save long **ai na ol samting yu lukim** wantaim ai, na tingting bilong skelim na ol paol tingting i save kamap bihainim tupela.
Save long **iau na ol samting yu harim** wantaim iau, na tingting bilong skelim na ol paol tingting i save kamap bihainim tupela;
Save long **nus na ol samting yu smelim** wantaim nus, na tingting bilong skelim na ol paol tingting i save kamap bihainim tupela;
Save long **tang na ol samting yu testim** wantaim tang, na tingting bilong skelim na ol paol tingting i save kamap bihainim tupela;
Save long **bodi na ol samting i tasim bodi**, na tingting bilong skelim na ol paol tingting i save kamap bihainim tupela;
Save long **tingting na ol kainkain tingting na driman i save ron insait long tingting**, na tingting bilong skelim na ol paol tingting i save kamap bihainim ol.
Kisim save olsem wonem dispela paol tingting i save kamap, na save hausat yu inap lusim dispela paol tingting; na kisim save hausat bihain dispela paol tingting yu lusim i no inap long kamap moa.

Was long ron na ol samting bilong tingting insait long ron na ol samting bilong tingting long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat

dispela ron na ol samting bilong tingting i save kamap, o was long hausat dispela ron na ol samting bilong tingting i save pinis, o stap na was long hausat dispela ron na ol samting bilong tingting i save kamap na pinis. O stap wantaim tingting: 'dispela ron na ol samting bilong tingting i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

(d). Sevenpela samting long hopim tingting i go klia olgeta

Ol dispela i save halibim yu long wokim tingting bilong yu i kamap klia olgeta.

Sapos tingting bilong **was gut** i stap, save 'tingting bilong was gut long hopim tingting i go klia olgeta i stap'; o sapos i no stap, save 'tingting bilong was gut long hopim tingting i go klia olgeta i no stap'; kisim save hausat dispela pasin bilong was gut na hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela pasin bilong was gut na hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Sapos tingting bilong **kisim save long hausat ol tingting i ron** i stap, save 'tingting bilong kisim save long hausat ol tingting i ron long hopim tingting i go klia olgeta i stap'; o sapos i no stap, save 'tingting bilong kisim save long hausat ol tingting i ron long hopim tingting i go klia olgeta i no stap'; na kisim save hausat dispela pasin bilong kisim save long hausat ol tingting i ron long hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela pasin bilong kisim save long hausat ol tingting i ron na hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Sapos tingting bilong **wok strong** i stap, save 'tingting bilong wok strong long hopim tingting i go klia olgeta i stap'; o sapos i no stap, save 'tingting bilong wok strong long hopim tingting i go klia olgeta i no stap'; na kisim save hausat dispela pasin bilong wok strong long hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela pasin bilong wok strong na hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Sapos tingting bilong **hamamas tru** i stap, save 'tingting bilong hamamas tru long hopim tingting i go klia olgeta i stap'; o sapos i no stap, save 'tingting bilong hamamas tru long hopim tingting i go klia olgeta i no stap'; na kisim save hausat dispela pasin bilong hamamas tru long hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela pasin bilong hamamas tru na hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Sapos tingting bilong **stap isi** i stap, save 'tingting bilong stap isi long hopim tingting i go klia olgeta i stap'; o sapos i no stap, save 'tingting bilong stap isi long hopim tingting i go klia olgeta i no stap'; na kisim save hausat dispela pasin bilong stap isi long hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela pasin bilong stap isi na hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Sapos tingting bilong **lukluk strong, klia na sap** i stap, save 'tingting i stap strong, klia na sap long hopim tingting i go klia olgeta; o sapos i no stap, save 'tingting i no stap strong, klia na sap long hopim tingting i go klia olgeta'; na kisim save hausat

dispela tingting i stap strong, klia na sap long hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela tingting i stap strong, klia na sap long hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Sapos tingting **i no ron bihainim laik na no laik, na i luksave klia na gutpela long olgeta i stap,** save 'tingting bilong ron bihainim laik na no laik i no stap na tingting bilong luksave klia na gutpela long olgeta long hopim tingting i go klia olgeta i stap; o sapos i no stap, save 'tingting bilong ron bihainim laik na no laik i stap na tingting bilong luksave klia na gutpela long olgeta long hopim tingting i go klia olgeta i no stap'; na kisim save hausat dispela pasin bilong luksave klia na gutpela long olgeta long hopim tingting i go klia olgeta i save kamap; na kisim save hausat yu inap wokim dispela pasin bilong luksave klia na gutpela long olgeta na hopim tingting i go klia olgeta i inap stap gutpela olgeta.

Was long ron na ol samting bilong tingting insait long ron na ol samting bilong tingting long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela ron na ol samting bilong tingting i save kamap, o was long hausat dispela ron na ol samting bilong tingting i save pinis, o stap na was long hausat dispela ron na ol samting bilong tingting i save kamap na pinis. O stap wantaim tingting: 'dispela ron na ol samting bilong tingting i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

(e). Popela samting i Tru-Tru

Was na lukluk save olsem:
'Dispela em i wanpela heve o wari', taim yu luksave klia (ol heve i kamap long wonem yumi stap laip long dispela wel wantaim long bodi, pilim, bilip na ol tingting bilong bipo na skelim, ron na grou na sindaun bilong tingting, na ol konsius; ol heve i kamap long wonem ol samting i save senis; na ol heve i save kamap bihainim ol karma yumi bin wokim na save bihainim ol karanki na paol tingting bilong yumi);
Save: **'Dispela em i has bilong dispela heve o wari'**, taim yu luksave klia (long strongpela laik i kamap wantaim hamamas na pasin bilong holim, painim hamamas nau long hia na bihain long hap; laik long sigrarap, laik long kamap, laik.long noken kamap olsem);
Save: **'Dispela heve o wari i save pinis olsem'** [sapos yu winim klia save tru i go olgeta - *nirvana*], taim yu luksave klia (na lusim strongpela laik na pasin bilong holim);
Save: **'Dispela em i rot bilong bihainim long lusim ol heve na wari'** taim yu luksave klia **[Gutpela Eitpela Step o Rot -** stretpela lukluk save, tingting na laik, gutpela toktok, wokim, wok na sindaun, traim, was na lukluk long tingting, strongpela, sap na klia tingting**]**.

Was long ron na ol samting bilong tingting insait long ron na ol samting bilong tingting long yu yet, o long narapela, o long yu yet na long narapela. Was long hausat dispela ron na ol samting bilong tingting i save kamap, o was long hausat dispela ron na ol samting bilong tingting i save pinis, o stap na was long hausat dispela ron na ol samting bilong tingting i save kamap na pinis. O stap wantaim tingting: 'dispela ron na ol samting bilong tingting i stap olsem tasol*', inap tasol long kisim save na was, na lusim laik long holim, na lusim laik long holim pas olgeta samting insait long wel.*

Skul na Mediteisen
long was long win i go i kam

Buddha i bin givim long ol monk olsem:

Ol monk, sapos yupela was gut long win i go i kam long bodi na grouim gut dispela pasin, bai i halibim yupela truia. Taim yu grouim dispela was long win i go i kam long bodi, i save kirapim popela has bilong was long tingting. Taim popela has bilong was long tingting i grou strong, ol i save kirapim dispela sevenpela samting long hopim tingting i go klia olgeta. Taim dispela sevenpela samting long hopim tingting i go klia olgeta i kamap na grou strong oli kirapim tru klia save na pri.

'Na hausat bai yupela kirapim na grouim pasin long was long ron bilong win i go i kam long bodi bai i ken halibim yu tru?

Long wokim dispela, wanpela monk i mas go long wanpela hap i nogat nois, olsem long bus, o long has bilong wanpela bikpela diwai, o long wanpela rum o haus i nogat man. Taim em i sindaun na putim wanpela lek antap long narapela, na baksait bilong em i stap stret, em strongim tingting long nus na was gut long win taim em i pulim win i kam na taim em i rausim win.

Taim em i pulim longpela win em i save: "Mi pulim longpela win i kam insait". Taim em i rausim longpela win, em i save: "Mi rausim longpela win i go arasait"
Taim em i pulim sotpela win em i save: "Mi pulim sotpela win i kam insait". Taim em i rausim sotpela win, em i save: "Mi rausim sotpela win i go arasait".
Em i praktis olsem: "Taim mi pulim win bai mi was long ron bilong bodi bilong win; na taim mi rausim win bai mi was long ron bilong bodi bilong win".
Em i save praktis olsem: "Taim mi pulim win bai mi slouim olgeta hap bilong bodi; taim mi rausim win bai mi slouim olgeta hap bilong bodi."

Em i save praktis olsem: "Taim mi pulim win bai mi pilim hamamas; taim mi rausim win bai mi pilim hamamas".
Em i save praktis olsem: "Taim mi pulim win bai mi pilim dip hamamas tru; taim mi rausim win bai mi pilim dip hamamas tru".

Em i save praktis olsem: "Taim mi pulim win bai mi was long ol ron bilong tingting; taim mi rausim win bai mi was long ol ron bilong tingting".
Em i save praktis olsem: "Taim mi pulim win bai mi slouim ol ron bilong tingting; taim mi rausim win bai mi slouim ol ron bilong tingting".

Em i save praktis olsem: "Taim mi pulim win bai mi was long sindaun bilong tingting; taim mi rausim win bai mi was long sindaun bilong tingting".
Em i save praktis olsem: "Taim mi pulim win bai mi wokim sindaun bilong tingting i hamamas; taim mi rausim win bai mi wokim sindaun bilong tingting i hamamas".
Em i save praktis olsem: "Taim mi pulim win bai mi wokim sindaun bilong tingting i stap isi; taim mi rausim win bai mi wokim sindaun bilong tingting i stap isi".
Em i save praktis olsem: "Taim mi pulim win bai mi wokim sindaun bilong tingting i kamap pri; taim mi rausim win bai mi wokim sindaun bilong tingting i kamap pri"[long laik o no laik, ol paol tingting na tingting long wanpela 'mi yet' i stap].

Em i save praktis olsem: "Taim mi pulim win bai mi tingting long senis long olgeta samting; taim mi rausim win bai mi tingting long senis long olgeta samting".
Em i save praktis olsem: "Taim mi pulim win bai mi tingting long olgeta samting i mas pinis; taim mi rausim win bai mi tingting long olgeta samting i mas pinis".
Em i save praktis olsem: "Taim mi pulim win bai mi tingting long pinis bilong olgeta samting; taim mi rausim win bai mi tingting long pinis bilong olgeta samting".
Em i save praktis olsem: "Taim mi pulim win bai mi tingting long lusim na noken holim moa olgeta samting; taim mi rausim win bai mi tingting long lusim na noken holim moa olgeta samting".

Na dispela em i rot bai yupela inap kirapim na grouim pasin long was long ron bilong win insait long bodi na bai i ken halibim yu tru.

Na hausat taim yu grouim gut dispela was gut long win i go i kam inap halibim yu long winim popela has bilong was long tingting?

Sapos **olgeta taim**, wanpela monk pulim longpela win i save "Mi pulim longpela win", na taim em i rausim longpela win em i save "Mi rausim longpela win".
Sapos em i pulim sotpela win, em i save "Mi pulim sotpela win"; Sapos em i rausim sotpela win em i save "Mi rausim sotpela win".
Em i praktis olsem: "Taim mi pulim win bai mi was long ron bilong bodi bilong win; na taim mi rausim win bai mi was long ron bilong bodi bilong win".
Em i save praktis olsem: "Taim mi pulim win bai mi slouim olgeta hap bilong bodi; taim mi rausim win bai mi slouim olgeta hap bilong bodi."

Long dispela taim em i was long bodi i stap long bodi, wantaim tingting i klia na hhop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel. Mi bin tok olsem wanpela bodi i stap long bodi, long wonem bodi bilong win i go i kam long bodi. Em olsem long dispela taim dispela monk i stap was long bodi i stap long bodi, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel.

Sapos **olgeta taim** wanpela monk praktis olsem: "Taim mi pulim win bai mi pilim hamamas; taim mi rausim win bai mi pilim hamamas".

Em i save praktis olsem: "Taim mi pulim win bai mi pilim dip hamamas tru; taim mi rausim win bai mi pilim dip hamamas tru".
Em i save praktis olsem: "Taim mi pulim win bai mi was long ol ron bilong tingting; taim mi rausim win bai mi was long ol ron bilong tingting".
Em i save praktis olsem: "Taim mi pulim win bai mi slouim ol ron bilong tingting; taim mi rausim win bai mi slouim ol ron bilong tingting".

Long dispela taim em i was long pilim i stap long ol pilim, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel. Mi tok olsem wanpela pilim i stap long ol pilim, long wonem pilim bilong win i go i kam long bodi. Em olsem long dispela taim dispela monk i stap was long pilim i stap long ol pilim, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel.

Sapos **olgeta taim** wanpela monk praktis olsem: "Taim mi pulim win bai mi was long sindaun bilong tingting; taim mi rausim win bai mi was long sindaun bilong tingting".
Em i save praktis olsem: "Taim mi pulim win bai mi wokim sindaun bilong tingting i hamamas; taim mi rausim win bai mi wokim sindaun bilong tingting i hamamas".
Em i save praktis olsem: "Taim mi pulim win bai mi wokim sindaun bilong tingting i stap isi; taim mi rausim win bai mi wokim sindaun bilong tingting i stap isi".
Em i save praktis olsem: "Taim mi pulim win bai mi wokim sindaun bilong tingting i kamap pri; taim mi rausim win bai mi wokim sindaun bilong tingting i kamap pri"[long laik o no laik, long ol paol tingting na tingting long wanpela 'mi yet' i stap].

Long dispela taim em i was long sindaun bilong tingting i stap long sindaun bilong tingting, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel. Mi no save tok olsem wanpela i save grou long was long tingting sapos em i save lusim tingting long sampela samting na sapos em i no save was gut, nogat. Em olsem, long dispela taim dispela monk i stap was long sindaun bilong tingting i stap long sindaun bilong tingting, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel.

Sapos **olgeta taim** wanpela monk i praktis olsem: "Taim mi pulim win bai mi tingting long senis long olgeta samting; taim mi rausim win bai mi tingting long senis long olgeta samting".
Em i save praktis olsem: "Taim mi pulim win bai mi tingting long olgeta samting i mas pinis; taim mi rausim win bai mi tingting long olgeta samting i mas pinis".
Em i save praktis olsem: "Taim mi pulim win bai mi tingting long pinis bilong olgeta samting; taim mi rausim win bai mi tingting long pinis bilong olgeta samting".
Em i save praktis olsem: "Taim mi pulim win bai mi tingting long lusim na noken holim olgeta samting; taim mi rausim win bai mi tingting long lusim na noken holim olgeta samting".

Long dispela taim em i was long ol ron na samting bilong tingting i stap long ol ron na samting bilong tingting, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel. Taim em i lusim pasin bilong kisim na wari long ol samting long wel wantaim klia save, em i save gat wankain tingting long olgeta na no save bihainim laik na no laik. Em olsem, long dispela taim dispela monk i stap was long ron na samting bilong tingting i stap long ol

ron na samting bilong tingting, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel.

Na hausat sapos wanpela grouim gut dispela popela has bilong was long tingting, bai em i winim sevenpela samting long hopim tingting i go klia olgeta?

Taim wanpela monk i stap na was long bodi i stap long bodi, o pilim i stap long pilim, o sindaun bilong tingting i stap long sindaun bilong tingting, o ron na samting bilong tingting i stap long ron na samting bilong tingting, wantaim tingting i klia na hop na strong, taim em i rausim tingting long kisim samting na wari long samting long wel, tingting bilong was gut long hopim tingting i go klia olgeta i stap long em. Taim tingting bilong was gut long hopim tingting i go klia olgeta i stap, em i save grouim na strongim na i save kamap na stap olgeta long em.

Taim em i stap na was gut, em i save was wantaim klia save long hausat ol tingting i ron. Taim tingting bilong was gut long hausat ol tingting i ron long hopim tingting i go klia olgeta i stap, em i save grouim na strongim na i save kamap na stap olgeta long em.

Taim wanpela husat i save was gut, wantaim klia save, long hausat ol tingting i ron, em i save kirapim strong long wokim dispela. Taim strong bilong wok i kirap long wanpela husat i was long hausat ol tingting i ron, dispela i save kirapim pasin bilong wok strong long hopim tingting i go klia olgeta, na em i save grouim na strongim na i save kamap na stap olgeta long em.

Long wanpela husat i kirapim pasin bilong wok strong long hopim tingting i go klia olgeta, dip hamamas tru, i no bilong dispela wel, i save kamap. Long wonem taim dispela hamamas tru long hopim tingting i go klia olgeta i kamap, em i save grouim na strongim na i save kamap na stap olgeta long em.

Long wanpela husat i gat dip hamamas tru, bodi na olgeta-tingting i save stap isi. Long wonem taim dispela stap isi long hopim tingting i go klia olgeta i kamap, em i save grouim na strongim na i save kamap na stap olgeta long em.

Long wanpela husat i stap isi, na husat i pilim dip hamamas tru, olgeta-tingting bilong em i save stap strong, klia na sap long hopim tingting i go klia olgeta. Long wonem taim olgeta tingting i stap strong, klia na sap long hopim tingting i go klia olgeta i kamap, em i save grouim na strongim na i save kamap na stap olgeta long em.

Em i save was long dispela olgeta-tingting i stap strong, klia na sap wantaim tingting i no ron i bihainim laik o no laik na gutpela long olgeta. Long wonem taim tingting i no ron bihainim laik o no laik na luksave klia na gutpela long olgeta long hopim tingting i go klia olgeta i kamap, em i save grouim na strongim na i save kamap na stap olgeta long em.

Em hausat wanpela inap grouim gut dispela popela has bilong was long tingting na winim sevenpela samting long hopim tingting i go klia olgeta.

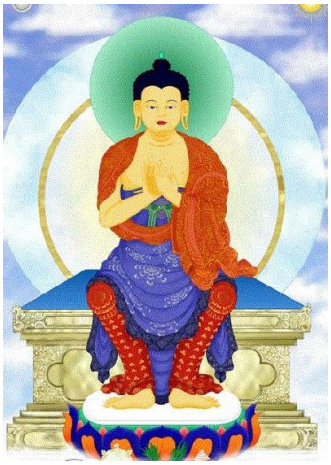
Na hausat dispela sevenpela samting long hopim tingting i go klia olgeta, taim wanpela grouim na lukautim gut, iken wokim klia save tru na pri i kamap?

Em olsem, wanpela monk i mas grouim pasin bilong was long tingting long hopim tingting i go klia olgeta taim tingting bilong em inap stap gut na klia long wanpela mak na i nogat ol paol tingting i stap, na em i nogat laik o no laik o tingting bilong skelim i stap, na nogat tingting long 'mi yet' i stap, na pinis olgeta bilong pilim na skelim, na lusim na noken holim wanpela samting moa.

Emi mas grouim pasin bilong save hausat ol tingting i ron long hopim tingting i go klia olgeta; pasin bilong wok strong long hopim tingting i go klia olgeta; hamamas tru long hopim tingting i go klia olgeta; stap isi long hopim tingting i go klia olgeta; strong, klia na sap tingting long hopim tingting i go klia olgeta; tingting i no ron bihainim laik na no laik na gutpela long olgeta long hopim tingting i go klia olgeta; taim tingting bilong em inap stap gut na klia long wanpela mak na i nogat ol paol tingting i stap, na em i nogat laik o no laik o tingting bilong skelim i stap, na nogat tingting long 'mi yet' i stap, na pinis olgeta bilong pilim na skelim, na lusim na noken holim wanpela samting moa.

Na em olsem dispela sevenpela samting long hopim tingting i go klia olgeta, taim wanpela grouim na lukautim gut, iken wokim klia save tru na pri i kamap.

Em i bin toktok bilong Klia Save Man na ol monk i hamamas tru long toktok bilong em.



Rot long Mediteisen

Ven Kamalashila bin raitim 1,100 yia i go pinis

I nogat rot long tru klia save long kamap nating na i nogat has bilong em, long wonem sapos em inap kamap nating, olgeta samting inap kisim tru klia save. Sapos olgeta samting i kamap nating na i nogat narapela samting i wokim, ol inap stap olgeta - na i nogat wanpela has bai olgeta i no inap long gat tru klia save. Tasol, ol samting i save kamap wanwan taim na ol i mas gat wanpela samting i wokim ol i kamap. Tru klia save i no kamap planti taim na i no save kamap long planti hap, na olgeta samting i no save kisim tru klia save. Olsem, tru klia save i no inap long kamap nating, tasol i mas gat has bilong em.

Long namel long ol kainkain has na samting long wokim wanpela samting i kamap, yu mas grouim ol gutpela na stretpela has. Sapos yu wokim kamap ol has nogut, bai yu no inap long winim dispela gutpela samting yu laikim. Dispela i olsem sapos yu laik kisim susu long het bilong wanpela bulmakau. Wankain, wanpela samting i no inap kamap sapos ol has bilong em i no kamap pastaim. Olsem, sapos wanpela sid bilong wanpela diwai i no stap, wanpela diwai i no inap long grou i kamap. Olsem, husat i laikim wanpela samting i kamap mas grouim gut dispela samting i has tru bilong em.

Sapos yu askim, 'Wonem ol has na samting long wokim long kirapim tru klia save?' Nogut mi, olsem wanpela man i nogat ai, no inap long tok klia, mi yet, tasol bai mi yusim ol toktok i kam long Buddha, wankain olsem em i bin wokim long ol sumatin bilong em taim em i bin winim pinis tru klia save. Em i bin tok, 'Vajrapani, bikman bilong ol toktok hait, has bilong tru klia save i stap long marimari, na i save kamap long gutpela tingting long halibim narapela - tingting i laik kamap klia bilong bodhichitta - na i save kamap gut taim wanpela bihainim simatpela na gutpela pasin'. Olsem, sapos yu laik kisim klia save tru, bai yu mas gat dispela tripela samting: marimari, tingting i laik kamap klia bilong bodhichitta, na simatpela na gutpela pasin.

Taim ol i gat marimari, ol Bodhisattva save promis long halibim olgeta i stap laip long winim pri olgeta. Na ol i save yusim ol tingting long ol yet na ol i hamamas long wok olgeta taim long ol hat praktis long winim gutpela na klia save.

Taim ol i stat long dispela kain praktis, bai ol i mas winim ol gutpela na klia save. Taim wanpela winim planti gutpela na klia save i wankain olsem sapos wanpela i holim klia save tru insait long han bilong em. Olsem, marimari em i has bilong klia save tru na i gutpela sapos yu klia long bihainim dispela praktis taim yu laik stat long dispela rot.
Dispela *Bung bilong stretpela Dharma* i save tok, 'O Buddha, wanpela Bodhisattva i noken skul long planti praktis. Sapos wanpela Bodhisattva i skul gut long wanpela Dharma na lanim gut, em i wankain olsem em i holim ol gutpela samting bilong Buddha insait long han bilong em. Na, sapos yu askim: wonem dispela Dharma? Em i traipela marimari.'

Ol Buddha i winim pri pinis, tasol ol i stap long raun bilong laip taim ol samting i laip i stap yet. Ol i wokim dispela long wonem ol i gat traipela marimari. Na tu ol i no save go insait long nirvana, hap bilong hamamas tru, olsem ol Hearer. Ol i save tingim ol narapela pastaim na lusim piis long nirvana olsem wanpela save lusim wanpela haus i paia. Olsem, traipela marimari yet i has tru bilong kamap Buddha.

Skul long wokim mediteisen long marimari bai mi tokaut long em nau.
Statim praktis long wokim mediteisen long givim wankain lav i go long olgeta. Traim long tingim olgeta samting i stap laip i wankain na lusim pasin long holim wanpela pas na heitim narapela.

Olgeta samting i stap laip i painim hamamas na ol i no laikim ol heve. Tingting gut olsem:'long bipobipo tru long hamas laip bilong mi i nogat wanpela husat i no bin poroman o wantok bilong mi planti handret taim. Olsem, i nogat has long mi long laikim sampela na heitim sampela narapela, bai mi wokim tingting long givim wankain gutpela tingting long olgeta stat long wanpela mi no save long em na bihain i go long ol lain mi laikim na no laikim'.

Bihain, taim tingting i stap wankain long olgeta i stap laip, wokim mediteisen long lav. Wokim wara i go long tingting wantaim wara bilong lav na wokim wankain olsem yu save stretim wanpela gutpela hap giraun i reti long planim sid long em. Taim yu planim sid bilong marimari long dispela kain tingting, bai i grou hariap, gutpela na olgeta. **Taim yu wasim ol tingting wantaim lav, wokim mediteisen long marimari**.

Taim tingting long marimari i stap bai yu i gat laik bai olgeta husat i gat heve i mas i nogat heve moa**. Wokim mediteisen long marimari i go long olgeta i stap laip, long ol i stap long tripela hap nogut na save kisim taim long tripela kain heve long ol kainkain rot**. Buddha i bin tok olsem hat na ol narapela kain pen i save bakarapim ol husat i stap long ol hel inap long longpela taim tru ya. Em i bin tok tu long ol hangere tebel i pilim bikpela hangere tru na nek bilong ol i save drai olgeta na ol i save kisim bikpela heve tru ya. Yumi inap lukim ol animal tuia, ol i save kisim ol kain kain heve: oli save kilim wanpela narapela, ol i save koros, ol i save kisim bakarap na ol i save dai. Yumi inap lukim ol man tuia, ol i save kisim ol planti kainkain heve. Taim ol i no inap kisim wonem samting ol i laikim, ol i save koros na bakarapim narapela. Ol i save kisim heve taim ol i lusim ol simatpela samting ol i gat laik long em, na taim ol i kamap long ol samting nogut ol i no laikim, na tu heve long nogat samting.

I gat sampela man tingting bilong ol i pas long ol paol tingting bilong sigarap olsem laikim samting tumas. Tingting bilong sampela narapela i paol wantaim ol karanki tingting ino klia. Ol dispela i has bilong ol heve: olsem ol i save wokim pen, wankain olsem sapos yu stap antap tru long sait long wanpela longpela maunten.

Ol god i save kisim heve long samting i senis. Olsem, taim ol mak i kamap olsem ol i laik dai, tingting bilong ol i gat wari nogut ol i go long hap nogut. Hausat bai ol i inap sindaun gut?

Heve i laik go olgeta i save kamap bihainim ol has olsem samting nogut wanpela i bin wokim bipo na ol karanki na paol tingting. Em i save senis olgeta taim na save go insait long olgeta samting i stap laip.

Olsem, lukluk save olsem ol samting i stap laip i stap insait long wanpela bikpela paia long ol heve. Wokim tingting olsem ol i olsem yu na ol i nogat laik long ol heve: 'Sore, ol lain bilong mi i gat laip i gat planti heve truia. Bai mi wokim wonem samting long pinisim ol heve bilong ol?' Na wokim ol heve bilong ol i kamap heve bilong yu yet. **Wokim marimari olgeta taim, sapos yu wokim mediteisen o wokim ol narapela kain samting. Lukluk long olgeta samting i gat laip na wokim laik bai ol i mas nogat ol heve.**

Stat long wokim mediteisen long ol poroman na wantok. Luksave hausat ol i save kisim ol heve olsem yumi toktok pinis long em. Na taim yu luksave olsem olgeta samting i stap laip i wankain, na i nogat diferens long laik bilong ol long painim hamamas, wokim mediteisen long ol lain yu no save gut long ol na nogat tingting long ol. Taim yu salim marimari bilong yu i go long ol dispela lain, i wankain olsem dispela yu givim long ol poroman na wantok, wokim mediteisen long marimari i go aut long ol tenpela hap long wel na skai.

Olsem wanpela mama i save lukluk long liklik pikinini bilong em taim em i gat heve, taim yu save gat wankain marimari i kamap hariap i go long olgeta samting i stap laip, yu winim praktis bilong wokim marimari. Na dispela ol i kolim traipela marimari.

Mediteisen bilong lav i save stat long ol poroman na ol lain yu gat laik long ol. Em i olsem yu laik bai ol i mas painim hamamas. Isi-isi wokim mediteisen i go long ol lain yu no save long ol na bihain long ol lain yu no laikim ol. Taim yu ius long wokim marimari olgeta taim, tingting long halibim olgeta i stap laip i kamap pri bai i kirap. Olsem, taim yu klia pinis long wokim marimari, **wokim mediteisen long kisim klia save bilong bodhichitta.**

I gat tupela kain bodhichitta i stap, dispela bilong nau na dispela i go olgeta. Dispela bilong nau em i grouim tingting long laik long winim gutpela, klin tru, na stretpela olgeta, Buddha, long halibim olgeta samting i raun i stap laip, bihainim promis yu, long marimari bilong yu, wokim long halibim olgeta long lusim ol heve. Dispela bodhicitta bilong nau yu mas grouim long rot olsem ol i bin raitim long hap bilong toktok long gutpela pasin long buk *Bodhisattvabhumi,* na halibim dispela kain tingting i kirap long wokim promis long ai bilong wanpela bikpela tisa husat i save bihainim ol rul o prisep bilong ol Bodhisattva.

Taim yu wokim pinis dispela bodhichitta bilong nau, traim long grouim dispela bodhichitta i go olgeta. Dispela kain bodhichitta i go olgeta tru na i pri olgeta. Em i klia tru, i stap strong, i nogat deti, na i go pinis olgeta, wankain olsem wanpela lait long lam win i no inap muvim.

Dispela i save kamap taim yu praktisim planti taim tupela mediteisen, long stap isi na kisim klia save, longpela taim. Dispela *Hopim ol tingting Sutra* i save toktok olsem:'O Maitreya, yu mas save olsem olgeta gutpela Dharma bilong ol Hearer, Bodhisattva o Tathagata, sapos bilong nau o i go olgeta, i save kamap bihainim mediteisen long stap isi na kisim klia save'. Olgeta taim yu mas traim winim mediteisen long stap isi na mediteisen long kisim klia save long wonem olgeta kain strongim tingting i ken stap insait long dispela tupela. Dispela *Hopim ol Tingting Sutra* i save toktok olsem: 'Buddha i bin tok olsem olgeta skul bilong ol kain kain strongim tingting bilong ol Hearer, Bodhisattva na Tathagata i stap insait long dispela tupela mediteisen - stap isi na kisim klia save mediteisen'.

Wanpela i no inap long rausim ol samting i save pasim tingting taim em i wokim mediteisen long stap isi tasol, nogat. Dispela bai i slouim ol paol na karanki tingting long hap taim tasol. Sapos wanpela i nogat lait long klia save i kamap, em i no inap long pinisim ol dispela has i hait bilong ol paol na karanki tingting, na ol i no inap long pinis olgeta. Olsem dispela *Hopim ol Tingting Sutra* i save toktok olsem: 'Strongim tingting inap pasim gut ol paol na karanki tingting, na klia save inap pinisim olgeta has bilong ol'.

Dispela *Hopim ol Tingting Sutra* i save toktok tu olsem:
'Sapos yu wokim mediteisen long strongim tingting long wanpela hap tasol, bai yu no inap long pinisim dispela paol tingting long wanpela "mi yet" i stap olgeta, na ol karanki tingting bai i kamap ken bihain. Dispela i olsem Urdak taim em i bin wokim mediteisen long strongim tingting long wanpela hap [na wanpela rat i bin kam na kaikaim gras bilong em. Bihain long mediteisen em i bin koros nogut long dispela!]
Taim wanpela i lukluk klia olsem i nogat wanpela "mi yet" i stap olgeta long olgeta samting, na em i wokim mediteisen bihainim dispela tingting, dispela bai em i ken wokim em i winim pri, na i nogat narapela samting inap wokim piis olsem.'

Na tu *Bodhisattva Hap* i tok olsem: 'Ol husat i no harim ol dispela skul bilong Bodhisattva Hap na tu ol i no harim ol skul long ol rul bilong ol monk, na ol i ting mediteisen long strongim tingting long wanpela mak tasol em inap, bai ol i pundaun long traipela hol long praud na tingim em i smat tumas. Na olsem, ol i no inap long winim pri long born ken na ken, kamap lapun, kisim sik, dai, kisim heve, wari, pen na ol karanki tingting. Na tu ol i no inap winim pri long raun long sikispela hap bilong stap long em, na tu long ol heve i save kam wantaim bodi, pilim, tingting bilong skelim na bilong bipo na bilip, ron na grou bilong tingting, na ol konsius. Olsem, Tathagata i bin tok sapos wanpela i harim ol skul bai i halibim em long winim pri long kamap lapun na dai'.

Long ol dispela has, ol husat i laik winim klin, tru, klia save i go olgeta long rausim ol samting i pasim ol, mas wokim mediteisen long kisim klia save taim em wokim mediteisen long stap isi.

Bung bilong ol Jewel Sutra i tok olsem: 'Strongim tingting i stap long wanpela hap i save kamap gut taim wanpela i bihainim ol gutpela pasin tasol. Taim tingting bilong yu inap stap strong olsem, wokim mediteisen long kisim klia save. Klia save bai i halibim yu long was gutpela tru long ol tingting. Taim yu was gutpela tru long ol tingting, pasin bilong yu bai i kamap gutpela tru'.

Mediteisen long bilip long Mahayana [Bikpela Rot] Sutra i tok olsem: 'Pikinini bilong gutpela pamili, sapos yu no stap wantaim klia save, mi no inap save hausat bai yu gat bilip long Mahayana [Bikpela Rot] bilong ol Bodhisattvhas, o hausat bai yu inap bihainim rot bilong Mahayana'. 'Pikinini bilong gutpela pamili, yu mas save long dispela long wonem bilip bilong wanpela Bodhisattva long Mahayana, na bihainim rot long Mahayana, i save kamap bihainim gutpela Dharma na klia tingting i nogat wanpela samting i paolim.'

Tingting bilong wanpela husat i wokim mediteisen long kisim klia save tasol bai i go i kam na i no inap sidaun gut. Mediteisen bilong em bai i wankain olsem wanpela lam long taim bilong win. Em olsem long wonem i nogat tru klia lukluk save i stap, olsem wanpela mas wokim mediteisen long stap isi na mediteisen long kisim klia save wantaim. Olsem *Sutra bilong Winim na Pinisim Olgeta ol Heve* i save tok olsem: 'Ol Hearer i no inap long lukim Buddha i stap insait, long wonem mediteisen long stap isi i moa strong long mediteisen long kisim klia save. Ol Bodhisattva inap long lukim liklik, long wonem mediteisen long kisim klia save i moa strong na mediteisen long stap isi i no strong tumas. Tasol ol Tathagata inap lukim klia olgeta, long wonem tingting bilong ol i stap strong na isi na wankain tingting long kisim klia save'.

Pawa bilong mediteisen long stap isi i wokim ol tingting i no inap ron nambaut, wankain wanpela lait long lam win i no inap long muvim. Klia save mediteisen i save rausim ol deti bilong ol karanki tingting, na bai yu no inap wari long ol tingting bilong ol narapela. *Lait bilong Mun Sutra* i toktok olsem: 'Long pawa bilong mediteisen long stap isi, ol tingting bai i stap strong, na wantaim klia save mediteisen bai ol tingting i kamap olsem wanpela maunten'. Olsem praktis long wokim tupela wantaim.

Long stat, wanpela mas luksave long ol samting long halibim em long winim hariap gutpela mediteisen long stap isi na kisim klia save. Ol samting long halibim mediteisen long stap isi i olsem: stap sindaun long gutpela hap, daunim sigarap long kisim ol samting na praktisim hamamas long wonem samting yu gat pinis, noken go insait long planti kain wok, wokim gutpela pasin tasol, rausim pasin bilong holim samting pas na ol narapela kain karanki tingting.

Stap sindaun long gutpela hap i olsem: hap i isi long kisim kaikai na laplap o kolos; nogat wanpela i gat koros long yu o i no laikim yu; hap i nogat sik long em; ol gutpela poroman i stap husat i save bihainim gutpela pasin na husat i gat wankain tingting; na i nogat planti man i save kam raun long dispela hap long san na i nogat nois long nait.

Daunim sigarap long kisim ol samting i olsem yu noken gat laik long planti ol kain laplap o kolos na ol narapela samting. Hamamas long wonem samting yu gat pinis i olsem yu mas hamamas long olgeta liklik samting, olsem ol laplap o kolos i no smat tumas na ol narapela kain samting olsem. Noken go insait long planti kain wok i olsem yu mas lusim ol wok olsem bisnis, na noken bung tumas wantaim ol narapela, na noken wokim wok long glasim sik o bihain taim.

Ol i save tok sapos yu burukim promis bilong ol Hearer, yu no inap long stretim; tasol sapos yu sore na gat klia tingting bai yu no ken wokim ken, na yu klia olsem i nogat wanpela samting i stap olgeta na i no save senis insait long dispela tingting i burukim dispela promis, bai yu inap stretim dispela. Dispela *Sutra long Rausim Sore bilong Ajathashatru* i save toktok olsem. Yu mas pinisim sore na trai hat tru long mediteisen.

Sapos yu was gut long ol heve i save kamap taim yu pas long wanpela samting, dispela bai i halibim yu long kamap klia long dispela. Olgeta samting i smat o i no smat long dispela kain laip i no save stap na i save senis na buruk daun. I no long taim bai yu mas go longwei long ol dispela kain samting. Olsem, **wokim mediteisen long olsem wonem yu save pas long ol kain samting olsem na bihain lusim ol dispela karanki tingting.**

Ol samting long halibim mediteisen long kisim klia save i olsem wonem? Ol i olsem: kisim halibim long ol gutpela save man, trai hat long kisim ol gutpela skul, na stretpela mediteisen.

Bai yu kisim halibim long wonem kain gutpela save man? I mas wanpela husat i harim planti gutpela skul, husat inap toktok klia long ol samting, na husat i gat marimari na inap long stap strong sapos taim nogut i kamap.

Trai hat long kisim gutpela skul i olsem wonem? Yu mas harim gut wantaim respekt ol skul bilong Buddha na toktok i bihainim dispela skul. Dispela *Hopim Tingting Sutra* i save tok olsem: 'Sapos wanpela i no harim gut skul bilong husat i gat moa save, dispela i save pasim rot long kisim klia save'. Bihain dispela Sutra save tokok; 'Klia save i save kamap long has bilong em, stretpela tingting, na dispela save kamap bihainim skul na mediteisen. *Askim bilong Narayana Sutra* i tok: 'Taim yu harim ol gutpela skul yu save kisim klia save, na klia save i pinisim ol paol na karanki tingting'.

Stretpela mediteisen em wonem? Em bilong kamap klia wantaim ol sutra na skul. Taim ol tingting bilong ol Bodhisattva i klia na i no paol, bai ol inap wokim mediteisen i stap strong long wanpela hap. Sapos nogat, na ol paol na no so tingting i stap, em bai i wankain wanpela man i sanap long hap ol rot i bung na em i paol long wonem rot long bihainim.

Ol man i laik praktis i noken kaikai tumas ol mit na pis, na noken kaikai tumas, na noken kaikai ol samting inap bakarapim em.

Olsem, ol Bodhisattva, husat i bungim ol samting long halibim stap isi na kisim save mediteisen, mas wokim mediteisen.

Taim wanpela laik wokim mediteisen em mas wokim ol praktis long kamap reti pastaim. Olsem em i mas go long toilet pastaim na painim wanpela gutpela hap i nogat nois long em, na tingting bilong em i mas ron olsem:'bai mi halibim olgeta samting i stap laip i kisim tru klia save'. Bihain em i mas **wokim traipela marimari, tingting long halibim olgeta samting i stap laip i kamap pri, na soim respect i go long ol Buddha long tenpela hap na tasim paipela hap bilong bodi bilong em i go long giraun.**

Em i mas putim wanpela piksa bilong Buddha long wanpela hap long poret bilong em. Em mas wokim ofa na tok hamamas long ol gutpela bilong Buddha. Em mas tokaut long ol rong em i bin wokim na hamamas long ol gutpela samting ol narapela i bin wokim.
Em i mas sindaun long lotus o hap lotus, olsem wanpela lek i go antap long narapela, antap long wanpela mat o pilo. Ai bilong em i no ken hop tumas o pas strong. Ai i mas lukluk i go long nus bilong em. Bodi i mas stap stret na noken krukut i go long poret o baksait. Tingting i mas go insait. Het i mas stap stret antap long nek na bros. Nus i mas stap bihainim mak bilong liklik hol long namel long bel. Tit na maus i mas stap isi na tang i tasim antap long insait long maus. Pulim win isi i go i kam na noken wokim nois, noken wokim strong win o hap i strong na narapela hap i no strong. Pulim na rausim win isi, isi tasol.

Wokim mediteisen long stap isi pastaim. Mediteisen long stap isi em dispela mediteisen taim ol samting arasait i no save paolim tingting na taim olgeta tingting i save ron i go long mak yu was long em na yu pilim hamamas na tingting i hop.

Dispela lukluk save long tru sindaun bilong ol samting, taim yu wokim mediteisen long stap isi, em i mediteisen bilong kisim klia save. *Klaud bilong ol Jewel Sutra* i save tok olsem: '**Mediteisen long stap isi em i taim ol tingting i stap long wanpela mak, mediteisen bilong kisim klia save em i taim yu was gut na skelim dispela i go olgeta**'.

Na tu, *Hopim Tingting Sutra* i tok: 'Maitreya i askim,"O Buddha, ol husat i laik painim stap isi mediteisen na winim klia save mediteisen bai i wokim olsem wonem?" Buddha i bekim olsem," Maitreya, mi bin skulim ol Bodhisattva long ol toktok long hamamas, klia skul, skul long wokim samting, save long ol samting mi bin lukim, ol stori bilong bipo na long ol narapela kain rot**. Ol Bodhisattva mas harim gut ol skul, na tingim gut ol, na skul long toktok autim ol dispela skul, na skelim gut ol. Taim ol i winim klia save long ol, ol i mas go long hap longwei na lukluk ken long ol dispela skul na putim ol tingting bilong ol i go long ol. Ol i mas putim tingting bilong ol long ol dispela samting ol i bin tingting na skelim gut, na holim dispela kain tingting i stap olgeta. Dispela oli kolim tingting i stap na wok.**

'**Taim wanpela wokim tingting bilong em i stap na wok planti taim olsem, na em i no hat long muvim tingting long wonem hap em i laikim, dispela oli kolim stap isi tingting.** Dispela em i rot ol Boshisattva i save bihainim long winim stap isi tingting'.

Taim wanpela Bodhisattva inap long muvim tingting bilong em long wonem hap long laik bilong em, na tingting i stap long dispela hap tasol, em i rausim ol karanki na narapela kain tingting. Dispela mak em i bin yusim long strongim tingting, em i mas lukluk gut na skelim gut na luksave olsem em i wankain olsem em i lukim samting long wanpela glas (mira). Dispela samting em i lukim olsem em i lukim long wanpela glas, na em i mak long was long em long mediteisen bilong em, em i mas lukluk gut long em na skelim gut na kisim klia save long em. Em i mas praktis long stap isi na was long em na hamamas long em. Em i mas skelim gut na luksave gut na kisim klia save long em. Dispela oli kolim klia save. Olsem, ol Bodhisattva save kisim save long rot long kisim klia save.'

Ol husat i laik winim mediteisen long stap isi mas pastaim **lukluk strong long olgeta sutra na narapela kain skul na luksave olsem has toktok bilong ol i save soim rot long samting i stap 'olsem tasol'**, na bihain bai oli soim rot long samting i stap 'olsem tasol', na bipo oli bin soim rot long samting i stap 'olsem tasol'.

Wanpela rot long wokim dispela mediteisen em long putim tingting i go long bodi, ol pilim, tingting bilong skelim na tingting bilong bipo na bilip na laik, ol ron na grou bilong tingting, na ol konsius i bihainim lukluk, harim, smelim, testim, tasim na driman, na bungim olgeta samting insait long ol dispela na wokim mediteisen long em. Narapela rot em long putim piksa long Buddha long tingting. *King bilong Mediteisen i Stap Gut Sutra* i save tok:

'Bodi bilong em i kala gol
Na Bik Man bilong olgeta wel i luk gutpela olgeta.
Sapos wanpela Bodhisattva putim tingting bilong em long dispela
Em i wanpela husat i stap long dip mediteisen'.

Olsem, putim tingting bilong yu long wanpela mak olsem na wokim planti taim na praktis long em. Taim yu wokim olsem, was gut long tingting sapos em i stap gut long dispela mak. Na was tu nogut tingting i no stap klia na sampela tingting i wok long ron i go long ol samting arasait.

Sapos tingting i no stap klia, long wonem yu ai slip o les o sapos yu wari nogut bai tingting i no inap stap klia, putim tingting i go long wanpela samting olsem piksa bilong Buddha o lait long wokim tingting i hamamas. Taim yu pinisim ol dispela tingting i no klia, putim tingting i stap strong na klia long dispela mak.

Yu mas luksave sapos tingting i no klia tumas taim tingting i no lukim mak klia tru na sapos yu pilim olsem yu stap long ples tudak o ai bilong yu i no inap long lukluk o ai bilong yu pas. Sapos, taim yu wokim mediteisen, tingting bilong yu i save bihainim ol samting arasait, o yu tingim narapela samting, o yu tingim wanpela samting yu bin gat laik long em bipo, o yu ting bai dispela kain i laik kamap, yu mas putim tingting long senis bilong olgeta samting. Tingim ol kain heve na ol samting olsem bilong slouim ol dispela narapela kain tingting.

Long dispela rot, ol paol tingting bai i pinis na taim yu was gut na tingting i stap klia yu inap pasim dispela tingting long mak, wankain olsem yu inap pasim wanpela elephant wantaim wanpela rop long wanpela diwai. **Taim yu luksave olsem tingting bilong yu i stap klia na i no sigarap long go nambaut na i stap gut long mak, yu malolo liklik na larim i stap gut olsem.**

Yu mas save olsem, mediteisen bilong stap isi i kamap tru taim yu hamamas olsem yu inap long putim tingting bilong yu i go long wonem hap yu laikim long rot long praktis, na yu kisim pawa long putim tingting i go long wonem mak yu laikim.

Taim yu winim mediteisen long stap isi, wokim mediteisen long kisim klia save na wokim tingting olsem: Olgeta skul bilong Buddha i gutpela na tru olgeta, na ol i save soim na kamap long 'stap olsem tasol' bilong olgeta samting na oli soim klia tru. Sapos yu klia long ol samting i stap olsem tasol, bai yu lusim ol karanki tingting na bilip, wankain olsem lait i save rausim tudak. Mediteisen long stap isi i no inap long

wokim was tingting i kamap klin olgeta, na tu i no inap long rausim tudak long ol karanki tingting na bilip. **Taim yu wokim mediteisen long 'ol samting i stap olsem tasol' wantaim klia save, was tingting bai i kamap klin olgeta.** Klia save tasol i hopim rot long lukim ol samting i stap olsem tasol. Klia save tasol i save rausim ol karanki tingting na bilip. Olsem, wokim mediteisen long stap isi na traim painim 'stap olsem tasol' bilong ol samting wantaim klia save, na noken hamamas long stap long mediteisen long stap isi tasol.

Dispela 'stap olsem tasol' bilong ol samting i olsem wonem? Em olsem **olgeta samting i nogat wanpela samting i no senis i stap insait long ol, ol i nogat wanpela "em yet" i stap**. Luk save long dispela i save kamap bihainim klia save tasol, i nogat narapela rot. *Hopim Tingting Sutra* i tok olsem: '"O Tathagata, ol Bodhisattva i save bihainim wonem rot long luksave olsem olgeta samting i nogat wanpela samting i no save senis insait long ol?" "Avalokiteshvara, ol i kisim save sapos ol i kisim klia save tru"'. Olsem wokim mediteisen long kisim klia save taim yu stap long medtiation long stap isi.

Wanpela mas skelim olsem: wanpela man i no narapela long bodi, pilim, tingting bilong bipo na bilip na laik na tingting bilong skelim, ron na grou bilong tingting, na konsius. Na tu em i no wankain long ol, long wonem ol dispela samting i planti na i save senis olgeta taim. Sampela i save tok olsem wanpela man i save stap wanpela "em yet" na i no save senis. Tasol wanpela i no inap stap sapos em i no wanpela o planti samting i bung, long wonem i nogat narapela rot long stap. Olsem yumi mas luksave olsem kain tingting olsem 'mi yet' o 'bilong mi' i karanki na giaman.

Wokim mediteisen long nogat samting i stap olgeta long olgeta samting olsem: **Olgeta samting i kam aninit long bodi na ol kain tingting, ol tingting bilong bipo, bilf o laik, na ol elemen. Sapos yu lukluk klia olgeta bai yu lukim ol dispela samting i stap long tingting tasol. Dispela i olsem long wonem sapos yu burukim ol samting i go long ol liklik hap, na i go ken long ol liklik hap moa na i go olgeta bai yu no inap painim wanpela hap samting i stap olgeta wankain long dispela samting yu burukim.**

Na tu sapos yu lukluk klia i go olgeta, olgeta-tingting (mind) tu i nogat wanpela samting i stap. Hausat sapos tingting i luksave long giaman bilong ol samting, em yet inap stap olgeta? Wankain olsem ol narapela samting i giaman, em tu i giaman. **Wankain olsem ol samting i gat ol kainkain hap na has bilong ol i no wanpela o planti, olgeta-tingting tu i no narapela kain long ol, na em i no wanpela o planti. Olsem, olgeta-tingting i olsem wanpela samting yu ting i stap tasol i no stap.**

Skelim olsem, wankain olgeta-tingting, em yet bilong ol samting tu yumi ting i stap tasol i no stap. Sapos yu skelim olsem, na lukluk i go olgeta wantaim klia save, olgeta-tingting i no stap insait o arasait. Na tu i no stap sapos tupela i no stap. Na tu i nogat tingting bilong bipo, o bilong bihain o bilong nau yu inap painim. Taim tingting i kamap i save kamap nating, na taim i pinis i save go lus nating, long wonem i no wanpela samting yumi inap holim pas, o soim, na i no hap bilong bodi. Sapos yu askim: 'Wonem samting i olsem yu no inap long holim pas, o soim na i no hap bilong bodi?' *Bung bilong ol Jewel Sutra* i tok olsem: 'O Khashyapa, taim yu laik painim olgeta-tingting, bai yu no inap long painim. Samting yu no inap painim, yu no inap skelim. Na samting yu no inap long skelim i no bilong bipo, o bilong bihain o bilong

nau'. Sapos yu skelim olsem, kirap bilong olgeta-tingting bai yu no inap long lukim, na pinis bilong olgeta-tingting bai yu no inap painim na namel bilong olgeta-tingting bai yu no inap painim. **Olgeta samting bai yu ken luksave i nogat pinis o namel, wankain olgeta-tingting. Taim yu luksave olsem olgeta-tingting i nogat wanpela pinis o namel long em, bai yu inap luksave olsem olgeta-tingting i nogat wanpela "mi yet" o samting i stap wankain olgeta long em. Wonem samting i kamap klia tru insait long ol tingting, bai yu luksave tu olsem i nogat wanpela "em yet" o samting i stap long em. Taim yu luksave klia long dispela, "em yet" bilong ol samting, em i kamap pinis olsem wanpela hap bilong tingting, olsem "em yet" bilong ol samting yumi lukim na ol narapela samting, yumi no save lukim tru. Na, taim wanpela i no save lukim "em yet" bilong ol samting wantaim klia lukluk save, bai em i no inap skelim sapos dispela samting i stap olgeta o senis olgeta taim, o i gat samting i stap olgeta long em o i nogat samting i stap long em, i klin olgeta o i gat samting i stap wantaim, i kamap bihainim narapela samting o i kamap nating, i stap tru o i no stap. Wankain wanpela i no inap skelim ol dispela samting, ol pilim, tingting bilong bipo, bilip, laik, na tingting bilong skelim, na ol ron na grou bilong tingting, na konsius, bai em i no inap skelim tuia. Taim samting i no save stap tru, ol mak bilong em tu ino inap stap. Olsem, hausat bai yumi inap skelim?**

Sapos wanpela bihainim dispela kain tingting na em i no inap long holim strong wanpela samting olsem 'em yet' bilong stap wankain olgeta, na em i skelim gut wantaim klia save, em i wok long strongim tingting long wanpela mak i nogat skelim o bilip long em. Na em i lukluk save long stap nating bilong ol samting.

Husat i no save wokim mediteisen wantaim klia lukluk save long olgeta samting, tasol save wokim mediteisen long slouim tingting, ino inap long pinisim ol bilip na laik na no inap long lukim stap nating bilong olgeta samting, long wonem em i nogat lait bilong klia lukluk save. Sapos paia bilong save long olgeta samting i kamap taim wanpela i skelim 'stap olsem tasol' bilong ol samting, wankain olsem paia i kamap sapos yu rapim tupela hap diwai wantaim, em bai i kukim diwai bilong ol bilip na laik. Buddha i bin tok klia olsem.

Klaud bilong ol Jewel Sutra tu i tok: 'Wanpela, husat i smat long luksave long ol karanki tingting, save wokim mediteisen long luksave long stap nating bilong ol samting bilong rausim ol paol tingting na bilip na laik. Dispela kain man, taim em i wokim mediteisen long stap nating bilong ol samting planti taim**, taim em i trai hat long painim has bilong wanpela samting i save wokim tingting i sigarap na hamamas, save luksave klia olsem i nogat samting tru i stap olgeta long em. Taim em i trai hat long painim has bilong dispela tingting i luksave long dispela samting, em i luksave olsem i nogat samting i stap tuia.** Taim em i winim klia luksave olsem em i save go insait long mediteisen (o jhana) bilong 'nogat mak bilong samting i stap'. Dispela save soim olsem sapos wanpela laik go insait long mediteisen bilong 'nogat mak bilong samting i stap', em mas skelim gut ol samting pastaim.

Olsem, sapos wanpela pinisim ol ron bilong tingting na em i no lukluk klia long has bilong ol samting wantaim klia lukluk save, em i no inap long wokim mediteisen i nogat bilip o laik long em. Olsem, **wokim wok bilong strongim tingting bihain long skelim gut ol samting wantaim klia lukluk save, na noken strongim tingting long ol bodi na narapela samting tasol.** Noken wokim wok bilong strongim tingting taim

yu laik stap long namel long dispela wel na narapela, long wonem bai yu no inap long lukim ol samting. Dispela ol i kolim 'mediteisen taim yu no stap wantaim samting'.
Husat i wokim dispela kain ol i save kolim wanpela husat i wokim mediteisen wantaim klia save tru, long wonem taim em i skelim has bilong ol samting wantaim klia lukluk save, em i no painim wanpela samting. Planti sutra save tok olsem.

Sapos yu bihainim dispela rot, long go insait long 'stap olsem tasol' bilong stap nating bilong ol man na samting, bai yu pri long ol kain kain tingting na bilip na laik na skelim, long wonem i nogat wanpela samting tru long skelim o luksave long em i stap. Bai yu pri long kirapim tingting, na taim yu putim tingting bilong yu long wanpela mak bai yu painim isi long go stret insait long mediteisen.
Olsem, bai yu stap insait long klia mediteisen long 'stap olsem tasol' bilong ol samting. Taim yu stap olsem, yu noken larim ol samting i paolim tingting. Taim wanpela samting i paolim tingting long rot bilong laik o narapela, yu mas luksave long dispela. Yu mas hariap na slouim ol paol tingting long rot long luksave long nogut bilong ol dispela samting na putim tingting i go bek ken long 'stap olsem tasol' bilong olgeta samting.

Sapos tingting i no laik long go bek olsem, lukluk long gutpela bilong strongim tingting i stap long wanpela mak, na hamamas long wokim mediteisen. Slouim ol paol tingting long rot long luksave long giaman bilong ol dispela samting i paolim tingting.

Sapos ol tingting i no klia moa na i wok long go daun, o sapos i gat sanis bai i go daun long wonem yu pilim les o ai slip, yu mas, olsem bipo, hariap na putim tingting i go long wanpela simatpela samting tru.
Na holim strong dispela samting yu wok long lukluk long em wantaim save bilong 'stap olsem tasol'. Taim tingting i stat long sigarap na laik tingim ol gutpela samting bilong bipo, wankain olsem pastaim, yu mas slouim ol dispela long rot long luksave olsem olgeta samting i save senis, na ol dispela kain tingting i ken halibim long slouim ol dispela sigarap. Na traim ken long putim tingting long 'stap olsem tasol' bilong olgeta samting na noken kirapim narapela kain tingting.

Sapos tingting i go stret long mediteisen long 'stap olsem tasol', na i no laik go daun o sigarap, larim i stap olsem na slouim hat wok bilong yu. Sapos yu trai hat taim tingting i stap stret, bai i paolim tingting. Tasol, sapos yu no trai hat taim tingting i no klia o i laik go daun, bai i kamap olsem wanpela ai pas man na bai yu no inap long winim klia save. Olsem, sapos tingting i no klia na i laik go daun, trai hat, na sapos i stap stret long mediteisen, stap isi. Taim yu wokim mediteisen long kisim klia save na planti klia save i kamap na stap isi i no strong, ol tingting bai i go i kam olsem wanpela lam long win na bai yu no inap long lukim 'stap olsem tasol' bilong ol samting klia tumas. Olsem, long dispela kain taim yu mas wokim mediteisen long stap isi. Taim mediteisen long stap isi i kamap tumas, wokim mediteisen long kisim klia save.

Taim tupela wantaim i stap wankain, noken muv, na noken trai hat, inap yu pilim nogut long bodi o tingting. Sapos sampela pilim nogut i kamap lukluk long wel i olsem wanpela giaman samting, wanpela driman, o olsem mun yu lukim long wanpela wara, olsem samting i no tru. Na wokim tingting: 'Olgeta samting i gat laip i gat planti heve long raun long laip bilong ol, long wonem ol i no klia long ol dispela bikpela klia save'. Na kirapim traipela marimari na tingting bilong bodhichitta, na wokim

tingting olsem: 'Bai mi trai hat long halibim ol long kisim save long "stap olsem tasol" bilong ol samting'. Malolo. Bihain, wokim tingting i stap long stap nating bilong olgeta samting. Sapos tingting i no strong, malolo. Dispela em i rot long bungim stap isi na klia save mediteisen. Em i save lukluk stret long mak wantaim sampela tingting long em na nogat tingting long em.

Olsem, long dispela rot, wanpela mas wokim mediteisen long 'stap olsem tasol' long olgeta samting inap long wanpela awa, ol hap long wanpela taim long nait, o wanpela longpela taim long nait, o inap yu pilim gutpela long wokim. Dispela em i mediteisen long stap stret long skelim samting i go olgeta, olsem i stap long *Lanka Sutra*.

Bihain, sapos yu laik lusim mediteisen, taim lek bilong yu i stap yet antap long narapela, wokim tingting olsem: 'Sapos yu lukluk i go olgeta, olgeta samting i no save stap tru, tasol ol i save stap long raun bilong laip. Sapos i no olsem, hausat bai samting i wokim narapela samting na ol kain loa olsem i stap? Buddha tu i bin tok olsem:

> **'Ol samting i kamap bihainim narapela long raun long laip,**
> **tasol ino gat wanpela samting i stap wankain olgeta insait long ol'.**

Ol samting i gat laip husat i olsem ol pikinini, save lukim ol samting i importan tumas na save ting ol i gat wanpela samting i stap olgeta insait long ol, taim ol i nogat. Taim ol i putim wanpela samting i stap olgeta insait long ol samting, dispela i save paolim tingting bilong ol na ol i save raun long born na dai, born na dai, longpela taim. Olsem, bai mi traim kisim klia save tru long rot long wokim ol gutpela samting na kisim klia save long halibim ol long luksave long stap olsem tasol bilong olgeta samting.'

Nau kirap isi na wokim respect i go long ol Buddha na Bodhisattva long tenpela hap. Wokim ofa na tok hamamas long ol. Wokim planti prei olsem *prei bilong wokim gutpela pasin* na narapela i laik wankain. Bihain, trai hat long wokim ol gutpela samting wantaim ol klia save yu winim pinis, long halibim ol narapela na wokim ol narapela gutpela pasin wantaim traipela marimari na save olsem i nogat samting i stap olgeta long ol.

Sapos yu wokim olsem, mediteisen bilong yu bai i kisim save olsem stap nating em i gutpela olgeta. *Jewel bilong Crown Sutra* i tok: 'Taim wanpela i putim skin bilong lav, na stap wantaim traipela marimari, praktisim mediteisen bilong luksave long stap nating i gutpela olgeta. Dispela stap nating i gutpela olgeta i olsem wonem? Em i dispela i no stap longwei long givim halibim, bihainim gutpela pasin, trai hat, tingting i stap strong insait long mediteisen, klia save, na smat long wokim ol samting.' Ol Bodhisattva mas wokim ol gutpela pasin, olsem givim halibim, long rot long grouim tingting bilong olgeta i stap laip na long stretim bodi bilong ol, wanwan na olgeta.

Sapos i no olsem, wonem samting bai i wokim ol gutpela hap, hap bilong ol Buddha na dispela kain, Buddha i bin stori long em. Klia save i go olgeta i holim ol gutpela samting tu bai i kamap bihainim pasin bilong givim halibim na ol narapela simatpela pasin. Olsem Buddha i bin tok klia save i go olgeta i save kamap gutpela sapos wanpela wokim ol simatpela samting. Olsem, ol Bodhisattva mas grouim pasin bilong halibim ol narapela na ol narapela gutpela pasin, na noken luksave long stap nating bilong olgeta samting tasol.

Gutpela Bung bilong ol Mak bilong Man Sutra i tok tu olsem:
'"O Maitreya, ol Bodhisattva save winim ol dispela sikispela samting long winim, long kamap gutpela olgeta, long winim kamap olsem wanpela Buddha. Tasol, ol husat i no klia i save tok: Ol Bodhisattva mas skul long kisim klia save tasol - wonem ius long skul long dispela sikispela samting long winim long kamap gutpela olgeta? Ol i save putim ol narapela gutpela samting long winim i go daun. Maitreya, tingting bilong yu i olsem wonem long dispela? Taim Khashi i bin laik givim hap skin bilong em long sevim wanpela balus (pisin), em i bin bakarapim klia lukluk save o nogat?" Maitreya i bekim olsem: "Nogatia". Na Buddha i bin tok: '"Maitreya, ol Bodhisattva save planim sid long gutpela samting sapos ol i wokim wok wantaim dispela sikispela samting. Dispela bai i bakarapim ol o nogat?" Maitreya i bekim: "Nogatia". Buddha i toktok moa olsem: "Maitreya, yu yet i bin prektisim gutpela pasin bilong halibim narapela inap hamas milien milien yia, na gutpela pasin bilong trai hat inap hamas milien milien yia, na gutpela pasin bilong strongim tingting insait long mediteisen long hamas milien milien yia, na gutpela pasin bilong kisim klia save inap hamas milien milien yia. Tasol ol man i no klia i save tok: I gat wanpela rot tasol long kamap Buddha, na dispela em i rot long luksave long i nogat samting i stap. Dispela praktis i no stret'".

Wanpela Bodhisattva husat i gat klia save tasol na em i nogat simatpela pasin, bai i wankain olsem ol Hearer, husat i no inap long wokim pasin bilong Buddha, tasol ol inap sapos ol i wokim simatpela pasin. Olsem *Bung bilong ol Jewel Sutra* i tok: 'Khashyapa, em i olsem. Ol king, o bos long kantri, inap winim ol samting ol i laik wokim sapos ol minista i halibim. Wankain, taim klia save bilong wanpela Bodhisattva i kisim gutpela halibim long ol simatpela pasin, dispela Bodhisattva i wokim ol wok bilong wanpela Buddha. Olsem has tingting bilong rot bilong ol Bodhisattva i narapela kain long rot bilong ol i no bihainim toktok bilong Buddha o ol Hearer. Olsem, has tingting bilong ol husat i no Buddhist i olsem wanpela samting olsem 'mi yet' i stap olgeta na ol narapela kain tingting olsem, na bai rot bilong ol i pas long winim klia save tru. Olsem ol i no inap long winim pri olgeta.

Ol Hearer i stap longwei long traipela marimari na no save wokim simatpela pasin, ol i save traim winim nirvana. Ol Bodhisattva, husat i save bungim klia save wantaim simatpela pasin long rot bilong ol, save traim winim nirvana i no stap olgeta. Rot bilong ol Bodhisattva em bilong kisim klia save na wokim simatpela pasin, olsem, ol i save winim nirvana i no stap olgeta. Long pawa bilong Klia Save, ol i no inap long pundaun long raun long born na dai ken, na long pawa bilong Simatpela Pasin, ol i no inap long pundaun long nirvana.

Maunten bilong Gaya Head Sutra i tok, 'Rot bilong ol Bodhisattva i tupela. Dispela tupela i simatpela pasin na klia save'. *Nambawan bilong ol Antap na Smat* i tok tu olsem, 'kisim klia save tru i mama na winim simatpela pasin emi papa'.

Skul bilong Vimalakirti i tok tu, 'Wonem samting i save pasim ol Bodhisattva na wonem i wokim ol i pri? Laip i stap i nogat simatpela pasin i save pasim wanpela Bodhisattva. Sapos em i bihainim laip wantaim simatpela pasin, em i pri. Laip i stap i nogat klia save i save pasim wanpela Bodhisattva. Sapos em i bihainim laip wantaim klia save, em i pri.

'Klia save i no bung wantaim simatpela pasin em i wanpela samting i pasim, tasol klia save i bung wantaim simatpela pasin, em i pri. Simatpela pasin i no bung wantaim klia save i pasim, tasol simatpela pasin i bung wantaim klia save em i pri'.

Sapos wanpela Bodhisattva grouim klia save tasol, em i save winim nirvana ol Hearer save laikim. Dispela i save pasim em na em i no inap long winim nirvana bilong hap taim. Olsem klia save i nogat simatpela pasin wantaim i save pasim ol Bodhisattva. Wankain wanpela man i save painim hat bilong wanpela paia taim win i wokim em i kol, wanpela Bodhisattva save grouim klia save bilong nogat samting i stap wantaim simatpela pasim long rausim win bilong ol karanki tingting. Tasol em i no save traim winim olgeta olsem ol Hearer save wokim. *Tenpela Mak Sutra* i tok, 'O pikinini bilong gutpela lain pamili, em i olsem. Sapos wanpela man i save bilip long paia na save respektim na lukluk long paia olsem tisa bilong em, em i no inap long ting: "Mi save respektim tru na hamamas long dispela paia, bai mi holim long tupela han bilong mi". Long wonem em i save sapos em i holim bai em i mas kisim bikpela pen na heve. Wankain, wanpela Bodhisattva i save long nirvana, tasol em i no save winim, long wonem em i save sapos em i winim em bai i no inap long winim olgeta tru klia save olsem wanpela Buddha.'

Sapos em save bihainim simatpela pasin tasol, wanpela Bodhisattva i no inap long go antap olgeta na dispela bai i pasim em. Olsem, em i save grouim simatpela pasin wantaim klia save. Long pawa bilong klia save, ol Bodhisattva inap senisim ol karanki na paol tingting i kamap olsem gutpela klin wara, wankain tantra inap senisim posin. Yumi save pinis olsem, givim halibim na ol narapela gutpela pasin save karim husat i wokim long gutpela hap.

Bung bilong ol Jewel Sutra i tok, 'Khashyapa, em i olsem. Long pawa bilong tantra na marasin, posin i no inap kilim wanpela man. Wankain, taim ol karanki na paol tingting bilong wanpela Bodhisattva i stap aninit long pawa bilong klia save, ol i no inap long bakarapim em. Olsem, long pawa bilong simatpela pasin, ol i no save lusim raun long born na dai; na ol i no save go insait long nirvana. Long pawa bilong klia save ol i save rausim ol samting i luk olsem ol i stap wankain olgeta, na ol i no save pundaun long born na dai ken na ken. Na ol i save winim nirvana i no stap olgeta bilong ol Buddha tasol. *Gutpela samting tru bilong Spes Sutra* i tok, 'Wantaim klia save ol Bodhisattva save rausim ol karanki na paol tingting, na wantaim simatpela pasin ol i no save lusim ol samting i stap laip'. *Hopim Tingting Sutra* i tok tu, 'Mi no bin wokim skul olsem bai wanpela husat i no gat tingting long sindaun bilong ol samting i stap laip na husat i no laik kisim save long has bilong ol samting, bai inap long kamap gutpela tru olgeta, Buddha'. Olsem**, husat i laik kamap wanpela Buddha mas grouim klia save na simatpela pasin**.

Taim yu stap long mediteisen long kisim klia save o mediteisen bilong stap isi, yu no inap long wokim ol simatpela pasin olsem givim halibim. Tasol yu inap grouim ol simatpela pasin wantaim klia save pastaim na bihain long wokim mediteisen. Bai yu mas bihainim dispela rot long wokim klia save na simatpela pasin long wankain taim.

Na tu, dispela em i rot bilong ol Bodhisattva long bungim klia save na simatpela pasin. Dispela em i rot i go olgeta na i pulap wantaim traipela marimari i go long olgeta i stap laip. Na taim yu wokim simatpela pasin taim yu lusim mediteisen,

halibim ol narapela na wokim ol narapela simatpela pasin, na yu mas klia long wonem samting yu wokim. *Skul bilong Aksharyamati Sutra* i tok, 'bai wanpela Bodhisattva wokim wonem long kirapim simatpela pasin na klia save? Simatpela pasin bilong ol Bodhisattva em long tingting na putim tingting long ol samting i gat laip taim em i stap long mediteisen. Na tu long stap long mediteisen wantaim piis na piis i go olgeta, dispela em i klia save'. Planti ol sutra i save givim wankain toktok. *Pasim ol Samting Nogut* i tok tu, 'Ol gutpela samting wanpela Bodhisattva i save wokim, i save kamap bihainim trai hat, i kamap bihain long klia save tingting na bung bilong gutpela Dharma, i save bihainim tingting long simatpela pasin'. Klia save tingting tu i save kamapim pasin bilong tingim narapela na no inap tingim em yet, luksave olsem olgeta samting, man kaikai na laip, i nogat wanpela samting i stap wankain olgeta long ol. Na tingting bilong simatpela pasin save halibim tru ol samting i laip i bihainim gutpela rot.'

Bung bilong ol Mak Sutra i tok:

> 'Wankain olsem wanpela man husat i wokim mejik
> I save lusim ol samting em i bin wokim i kamap nating,
> Na em i save long has bilong ol samting em i wokim,
> Em i no pas long ol dispela samting.
> Wankain, tripela wel i laik wankain giaman,
> Na klia save Buddha i bin luk save long dispela
> Pastaim tru long em i bin save long ol samting i stap laip long ol dispela wel
> Na bin trai hat long halibim ol'.

Long kain bilong ol Bodhisattva long praktis long kisim klia save na wokim simatpela samting, ol i tok olsem - long wok bilong ol, ol i save stap long raun bilong born na dai, tasol tingting bilong ol i stap long nirvana.

Olsem, **kisim gutpela save long halibim narapela na ol narapela simatpela pasin bilong kirapim dispela klia save tru, i antap olgeta na i gutpela olgeta, has bilong em long stap nating bilong ol samting na traipela marimari. Long kirapim dispela klia save i go olgeta bilong ol Bodhisattva, olsem bipo, wokim stap isi mediteisen na klia save mediteisen planti taim na long wankain taim olgeta de**. Wankain ol i tok long *Klin Hap bilong Lukluk Sutra,* olgeta taim kirapim simatpela pasin long putim was bilong tingting i go long gutpela pasin bilong ol Bodhisattva husat i wok long halibim olgeta samting i stap laip olgeta taim.

Husat i kisim save long marimari, simatpela pasin, na tingting i hop bilong bodhichitta, long dispela rot bai i kamap gutpela long dispela laip. Ol Buddha na Bodhisattva bai i stap long ol driman bilong yu na ol narapela kain gutpela driman bai i kamap na ol god bai i lukautim yu. Bai yu i bungim bikpela ol gutpela na klia save olgeta taim. Ol karanki na paol tingting bai i kamap klin. Bai yu pilim bikpela hamamas na piis olgeta taim na planti ol samting i stap laip bai i laikim yu tumas. Bodi bilong yu bai i nogat sik. Het bilong yu bai i gat klia tingting na bai yu inap kisim ol gutpela kain pawa.

Olsem, bai, long ol dispela kain pawa, yu go long ol narapela kain traipela wel na wokim ofa i go long ol Buddha na harim skul bilong ol. Taim yu laik dai, tu, bai yu mas lukim ol Buddha na Bodhisattva. Long ol laip bilong yu bihain bai yu born long ol gutpela pamili na hap i no longwei long ol Buddha na Bodhisattva. Na bai yu

winim isi ol gutpela na klia save. Bai yu sindaun gut na planti man bai i bihainim yu, na planti man bai i halibim yu. Wantaim gutpela tingting, bai yu inap halibim planti ol samting i stap laip long bihainim gutpela rot. Na bai yu inap tingim ol laip bilong yu bipo tuia. Traim kisim save long ol planti ol kainkain gutpela samting bai inap kanap olsem i stap insait long ol sutra.

Long dispela rot, sapos yu wokim mediteisen long marimari, simatpela pasin, na tingting i hop bilong bodhichitta, inap longpela taim wantaim hamamas, ol ron bilong tingting bai i grou i kamap klin na gutpela olgeta. Sapos olsem, wankain olsem wokim paia taim yu rapim tupela hap diwai wantaim, bai yu winim mediteisen long samting i tru olgeta. Bai yu winim klia save tru long olgeta samting na bai i nogat skelim o narapela kain tingting i bihainim. Dispela em i klia save tru i go olgeta longwei long dispela umben bilong ol ron bilong tingting. Klia save tru bilong bodhichitta i nogat mak long em olsem wanpela lam win i no inap long muvim. Olsem, dispela kain tingting long bodhichitta i go olgeta, i stap insait long rot bilong klia lukluk save na save luksave long nogat samting i stap bilong olgeta samting. Sapos yu winim dispela bai yu stat long bihainim rot long lukluk klia long stap olsem tasol bilong olgeta samting na bai yu born insait long pamili bilong ol Tathagata. Bai yu go insait long klin sindaun bilong ol Bodhisattva, go longwei long raun bilong born na dai, stap insait 'olsem tasol' bilong ol Bodhisattva, na winim nabawan mak bilong Bodhisattva. Yu inap lukim ol gutpela i ken kamap long ol buk olsem *Tenpela Gutpela Mak. Go Daun long Lanka Sutra* i skulim wanpela long wokim dispela kain mediteisen long was gut long 'olsem tasol' bilong olgeta samting. Long dispela rot ol Bodhisattva i save go insait long mediteisen i nogat skelim na nogat ron bilong tingting i paolim.

Long dispela rot, wanpela husat i winim nabawan mak, bihain, long rot bilong mediteisen, bai i lukluk klia long tupela klia save - i go olgeta na klia save i save kamap bihain, na simatpela pasin. Olsem, em bai i klinim ol liklik hap deti bilong ol samting i pasim rot na i stap bilong rausim, long rot bilong mediteisen. Long winim ol samting antap em i mas klinim ol samting aninit pastaim. Olgeta samting em i laik winim i kamap taim em i go insait long klia save i go olgeta bilong ol Tathagata na go insait long traipela solwara bilong go olgeta. Long dispela rot, long wokim praktis isi isi, olgeta tingting bai i kamap klin olgeta. *Go Daun long Lanka Sutra* i save tok klia long dispela. *Hopim Tingting Sutra* tu i tok, 'Long winim ol mak antap, yu mas klinim olgeta tingting wankain sapos yu laik klinim gol, inap yu kisim save long dispela antap olgeta na gutpela i go olgeta, Buddha.

Taim yu laik go insait long traipela solwara bilong go olgeta, yu save holim ol gutpela tru mak olsem ol jewel o gol bilong halibim olgeta i stap laip, na dispela save bekim askim bilong yu long ol gutpela prei yu bin wokim bipo. Long dispela taim bai wanpela i kamap olsem marimari stret, na bai i gat ol simatpela pasin i wok hariap long ol kain kain rot long halibim olgeta i stap laip. Na tu, olgeta gutpela mak bai i kamap gutpela olgeta. Taim olgeta karanki na paol tingting i raus na has bilong ol i raus olgeta, ol Buddha i stap long halibim olgeta i stap laip. Taim yu luksave klia olsem, wokim strongpela bilip long ol Buddha, has bilong olgeta gutpela save na mak. I gutpela sapos olgeta mas traim winim ol dispela mak.

Buddha i bin tok, **'Dispela kain klia save i go olgeta tru i kamap wantaim marimari i stap long has bilong em, na kirap bihainim tingting i hop bilong bodhichitta, na i kamap gutpela olgeta wantaim simatpela pasin'**.

Ol man i gat klia save i save stap longwei long pasin jeles na ol narapela pasin nogut.
Nek bilong ol i drai tru long kisim klia save
Olsem wanpela traipela solwara.
Ol i save skelim gut na holim ol gutpela tasol,
Wankain olsem ol dispela bikpela pisin, swan, inap kisim susu insait long wara.

Olsem, ol husat i skul long dispela i noken holim kolostu
Ol kain tingting bilong bakarapim narapela na het strong.
Wanpela pikinini yet inap long
Wokim sampela gutpela toktok.

Sapos mi winim sampela gutpela
Long dispela toktok mi bin givim long namel rot,
Mi givim i go long olgeta i stap laip
Long halibim ol long winim dispela namel rot.

Dispela i pinisim Rot Long Mediteisen, Acharya Kamalashila i bin raitim. Abbot Prajna Verma na monk Teshe De i bin tanim na stetim long tok ples Tibet.

Mediteisen long gutpela long olgeta hap

Wara bilong loa bilong tru save bilong ol Buddha, plis yusim bilong wasim mi na wokim mi kamap klin tru olgeta.

Ol heve pekato bilong ai bilong mi, nau mi tokaut long ol. Ol i save pasim mi na pasim ai bilong mi olsem mi no inap lukim samting olgeta. Ol Buddha plis sore long mi na stretim mi. Harim loa bilong sore long ol heve mi wokim wantaim ai bilong mi na ol karma nogut.

Pastaim long dispela laip bilong mi, inap hamas milien yia i go pinis, mi save pas long ol samting mi harim, olsem glu i save pas long gras. Taim mi harim ol samting nogut, ol paol tingting i save kamap na pas long ol kainkain samting, na mi no inap long malolo long wanpela hap taim. Ol nois mi wokim i save pundaun olsem ren na wokim bodi bilong mi les na mi save pundaun na wokim ol samting nogut. Nau tasol mi klia, na mi tokaut na tok sore long ol dispela, na tanim mi i go long ol Save Man Tru..
Long hamas milien yia long ol narapela laip bilong mi, mi bin pas long ol samting long smelim, tingim na bilipim na mi bin pundaun long born na dai ken na ken.

Wokim mediteisen long skul bilong ol Buddha.
Skul bilong ol i soim samting i tru olgeta.

Long hamas milien yia bilong ol laip bilong mi bipo, mi bin wari long ol samting long smelim, testim na pilim na bin wokim planti karanki samting nogut. Olsem mi kisim bekim long ol dispela na stap long ol hap nogut olsem ol hel, hap bilong ol masalai, na bilong ol animal na hap longwei i gat ol giaman bilip. Nau mi tokaut long ol dispela kain karma nogut na kisim halibim na strong long ol Buddha, ol Papa bilong ol Tru-Tru Loa, na tokaut na tok sore long ol pekato mi wokim.

Dispela tang, long maus bilong mi, save bihainim ol tingting nogut na wokim mi tok hamamas long ol giaman toktok, paol toktok, toktok nogut, toktok baksait, tok bilas na ol kain toktok i nogat tingting baksait long em, na i nogat ius long em. Taim mi bihainim dispela kain pasin mi bin kirapim ol pait na koros na toktok long ol gutpela samting olsem em i no gutpela. Mi tokaut nau long ol dispela pekato mi bin wokim.

Taim yu tokaut long ol Bikman Tru, yu mas soim respekt long ol Buddha na putim het i go long giraun, na putim tupela han i go wantaim na toktok olsem:

Ol heve mi wokim wantaim tang bilong mi i moa moa yet. Ol nil bilong ol karma nogut i save kamap long dispela tang. Ol rabis toktok i save pasim Gutpela Rot. I save kilim ol gutpela sid i laik grou. Mi save westim taim bilong ol narapela wantaim ol toktok i nogat mining long em. Toktok hamamas long ol giaman bilip i wankain wanpela man husat i putim moa diwai antap long wanpela paia na bakarapim moa ol samting i gat laip husat i stap pinis long hat bilong paia. I wankain olsem wanpela man husat i dai taim em i bin daunim posin na em i nogat mak olsem so o buk long skin bilong em. Bekim bilong ol pekato em nogut tru na giaman na save wokim mi

pundaun na bihainim ol rot nogut inap planti milien milien yia. Pasin bilong giaman save wokim mi pundaun i go olgeta insait long ples nogut.
Nau mi kisim halibim na strong i kam long ol Buddha na tokaut long ol rong na samting nogut mi bin wokim.

Praktisim sore long ol samting yu bin wokim long bodi na tingting.

Ol pekato bilong bodi em pasin bilong kil, stil, na paol wantaim wanpela marit, na pekato bilong tingting em ol paol tingting long wokim samting nogut. Pasin bilong kirapim ol karma nogut na wokim samting nogut i wankain sapos yu stap olsem wanpela mongi, wankain olsem pekpek bilong wanpela pisin o glu, na taim laik i pas long ol kainkain samting, dispela save wokim sigarap long laik i kirap insait bilong olgeta i stap laip. Ol karma bilong ai, iau, nus, tang, skin na driman i wankain olsem ol han bilong ol diwai, na ol liklik hap diwai na lip i pulumapim wel, na olgeta kainkain wel ol samting i laip inap stap long em. Ol dispela kain karma i save kamapim paol tingting, pasin bilong kamap lapun na dai, na ol heve na pasim rot long lukim Buddha o harim Dharma.
Autim na tok sore long ol dispela karma nogut!

Pasin bilong husat i laik kamap olsem wanpela Buddha i no bilong katim i raus ol samting i pas na tu i no bilong stap sindaun wantaim ol samting nogut. Taim yu wokim mediteisen na was long ol tingting, bai i nogat narapela tingting yu inap holim pas, dispela tingting i kamap long ol paol tingting tasol yu inap holim. Dispela kain tingting i save kamap bihainim giaman tingting o driman tasol, olsem win antap long skai, i nogat wanpela hap long giraun long holim. Dispela kain loa i no save stap o pinis. Pekato em wonem? Gutpela em wonem? Wankain tingting bilong yumi i nogat wanpela 'mi yet' o samting i stap olgeta long em, pekato na gutpela i nogat samting i stap long em. Wankain olgeta loa i no stap olgeta o i go pinis olgeta.

Sapos wanpela rausim pekato olsem, wokim mediteisen long tingting, bai i nogat wanpela tingting em inap holim pas. Wankain samting i tru olgeta i no save sindaun long ol loa. Olgeta loa i rot long kamap pri, ol i save soim pinis long ol samting, na stap nating bilong ol samting.

Dispela kain oli save kolim bipela mekim sore, gutpela pasin bilong wokim sore long ol pekato, sore long sait bilong nogat pekato, na pinis bilong skelim ol samting. Husat i save praktisim dispela kain rausim pekato i gat klin bodi na tingting i no pas long loa, tasol i pri olsem wanpela wara i ron. Taim em i was gut long ol tingting em bai inap lukim olgeta Gutpela long olgeta hap.

Dispela kain praktis oli kolim rausim pekato. Em i loa bilong rausim pekato, na i wankain ol husat i bin kamap Buddha i bin wokim.

Ol Jhana

- sindaun bilong tingting sapos tingting i kamap strong tru

1. Wokim mediteisen na lusim ol samting bilong lukim, harim, smelim, testim, tasim, na drimanim, na go stap insait long namba wan jhana husat i save kamap taim wanpela lusim laik long ol samting na i gat sampela ron bilong tingting i stap, na pilim bikpela hamamas, na tingting i stap strong long wanpela mak tasol.

2. Slouim ol ron bilong tingting, na tingting i stap isi na gut long namba tu jhana, husat i nogat ron bilong tingting i stap, na save kamap wantaim strongpela sap tingting na pulap wantaim hamamas tru, na tingting i stap strong long wanpela mak tasol.

3. Slouim hamamas tru na stap isi na tingting i no ron i go i kam long bihainim laik o no laik, na was gut na klia long ol tingting, na pilim hamamas insait long bodi olsem ol Klia Save Man i save tok olsem - "em i stap hamamas husat i stap isi na tingting bilong em i no ron nambaut na em i was gut long ol tingting" - na em i winim namba tri jhana;

4. Lusim ol hamamas na pen, na sore, na hamamas i go pinis olgeta, na go insait long namba po jhana husat i go pas long hamamas na pen, na em i klia wantaim gutpela was bilong tingting i kamap bihainim tingting i stap isi na i no ron nambaut long bihainim ol laik na no laik na i gat gutpela tingting long olgeta.

5. Lusim olgeta pilim na tingting long bodi, na nogat moa pilim o tingting i bihainim lukim, harim, smelim, testim, tasim o driman, na no bihainim ol kainkain tingting, na tingim "spes i go olgeta", na em i go insait long hap bilong spes i go olgeta;

6. Winim dispela hap long spes i go olgeta na tingting long konsius i go olgeta, na go insait na sindaun long hap long konsius i go olgeta;

7. Winim dispela hap long konsius i go olgeta na go insait na sindaun long hap bilong nogat samting;

8. Winim hap bilong i nogat samting na go insait na sindaun long hap i gat tingting na i nogat tingting

Eitpela giraun long winim
long praktis long strongim tingting

I gat eitpela giraun long winim. Dispela eitpela i olsem:
'Taim wanpela i lukim ol hap bilong bodi bilong em taim em i stat long strongim tingting, em i lukim ol liklik samting, smat o i no smat, na long tingting tasol taim em i gat strongpela tingting moa, na em i winim ol, olsem em i save ol i olsem wonem, dispela ol i kolim nabawan giraun long winim.

'Taim wanpela i lukim ol hap bilong bodi bilong em taim em i stat long strongim tingting, em i lukim ol bikpela samting, smat o i no smat, na long tingting tasol taim em i gat strongpela tingting moa, na em i winim ol, olsem em i save ol i olsem wonem, dispela ol i kolim nabatu giraun long winim.

'Wanpela, taim em i no lukim ol samting long bodi stret tasol insait long strongpela tingting bilong em, em i lukim ol liklik samting, i smat o i no smat, longwei long em yet, na em i winim ol olsem em i save ol i olsem wonem, dispela ol i kolim nambatri giraun long winim.

'Wanpela, taim em i no lukim ol samting long bodi stret tasol insait long strongpela tingting bilong em, em i lukim ol bikpela samting, i smat o i no smat, longwei long em yet, na em i winim ol olsem em i save ol i olsem wonem, dispela ol i kolim nambapo giraun long winim.

'Wanpela, taim em i no lukim ol samting long bodi stret tasol insait long strongpela tingting bilong em, em i lukim ol samting i blu, kala blu olsem wanpela simatpela blu palawa, o wanpela laplap i blu long tupela sait wantaim, longwei long em yet, na em i winim ol olsem em i save ol i olsem wonem, dispela ol i kolim nambafaev giraun long winim.

'Wanpela, taim em i no lukim ol samting long bodi stret tasol insait long strongpela tingting bilong em, em i lukim ol samting i yelo, kala yelo olsem wanpela simatpela yelo palawa, o wanpela laplap i yelo long tupela sait wantaim, longwei long em yet, na em i winim ol olsem em i save ol i olsem wonem, dispela ol i kolim nambasiks giraun long winim.

'Wanpela, taim em i no lukim ol samting long bodi stret tasol insait long strongpela tingting bilong em, em i lukim ol samting i ret, kala ret olsem wanpela simatpela retpela palawa, o wanpela laplap i ret long tupela sait wantaim, longwei long em yet, na em i winim ol olsem em i save ol i olsem wonem, dispela ol i kolim nambaseven giraun long winim.

'Wanpela, taim em i no lukim ol samting long bodi stret tasol insait long strongpela tingting bilong em, em i lukim ol samting i wait, kala wait olsem waitpela bikpela star long morning, o wanpela laplap i wait long tupela sait wantaim, longwei long em yet, na em i winim ol olsem em i save ol i olsem wonem, dispela ol i kolim nambaeit giraun long winim.
'Ol dispela, i dispela eitpela giraun long winim.'

Popela wok long strongim na wokim tingting i kamap sap na klia

I gat, ol monk, popela wok long strongim na wokim tingting i kamap sap na klia. Dispela popela i olsem:
I gat dispela i wokim gutpela hamamas long dispela laip; dispela i save kamapim klia save na lukluk klia long sindaun na ron bilong ol samting; dispela i save kamapim gut was long tingting na klia save; na dispela i save pinisim ol karanki na nogut tingting.

Na dispela i save wokim gutpela hamamas long dispela laip i olsem:
Em sapos wanpela i stap longwei long ol sigarap na ol karanki na paol tingting, na go insait long namba wan jhana, i gat tingting na luksave long ron bilong tingting, wantaim bikpela hamamas i kamap bihainim stap longwei.
Taim ol tingting na luksave long ron bilong tingting i slou, em i go insait long namba tu jhana, i gat strong na bung bilong olgeta-tingting, na nogat tingting na luksave long ron bilong tingting, na gat bikpela hamamas i kamap bihainim strongim tingting. Taim hamamas i slou, tingting i no ron bihainim laik na no laik na emi gat wankain tingting long olgeta, na em i was gut na klia, em i pilim hamamas long bodi na em i go insait long namba tri jhana, ol klia save man i tok long em olsem: 'Wanpela em i no bihainim laik na no laik na gat wankain tingting long olgeta, na was gut long tingting na pilim hamamas'.
Taim em i lusim hamamas na pen, na bikpela hamamas na wari pastaim i bin pinis, em i go insait na stap long namba po jhana, i nogat pen o hamamas, na was long tingting i kamap klin moa long rot long em i nogat tingting long laik o no laik. Dispela oli kolim wok long strongim tingting long wokim gutpela hamamas long dispela laip.

Na dispela wok long strongim tingting long kamapim klia save na lukluk klia long sindaun na ron bilong ol samting i olsem: Wanpela save was long lait, em i stat long kisim save long lait taim san i stap antap: olsem long san, wankain long nait, olsem long nait, wankain long san. Olsem taim tingting i klin na klia, em i wokim olgeta-tingting i kamap lait olgeta.
Dispela em i wok long strongim tingting long kamapim klia save na lukluk klia long sindaun na ron bilong ol samting.

Na dispela i save kamapim gut was long tingting na klia save i olsem: Wanpela i klia long ol pilim taim ol i kamap, taim ol i stap, na taim ol i pinis, em i klia long ol tingting bilong bipo, tingting long skelim na bilip, taim ol i kamap, taim ol i stap na taim ol i laik pinis; em i klia long ol ron na grou na sindaun bilong tingting taim ol i kamap, taim ol i stap na taim ol i laik pinis.
Dispela em i wok long strongim na wokim tingting i kamap sap na klia na kamapim gut was long tingting na klia save.

Na dispela wok long strongim na wokim tingting i kamap sap na klia long pinisim ol nogut na karanki tingting i olsem: Wanpela save stap na luksave long kamap na go daun bilong bodi na olgeta-tingting olsem: 'bodi i olsem, i save kamap olsem, na pinis olsem; pilim i olsem, em i save kamap olsem na pinis olsem; ol bilip, tingting bilong bipo, na skelim i olsem, ol i save kamap olsem na pinis olsem; ron na grou na sindaun

bilong tingting i olsem, oli save kamap olsem na pinis olsem; ol konsius i olsem ol i save kamap olsem na pinis olsem.
Dispela em i wok long strongim na wokim tingting i kamap sap na klia long pinisim ol nogut na karanki tingting.

Em, ol monk, em i wok long strongim na wokim tingting i kamap sap na klia.

Hausat Avalokiteshvara winim Tru Klia Save

I kam long Suarngama Sutta

Pastaim, mi putim harim i go insait long ron bilong mediteisen
Na wokim pasin bilong harim i narpela long samting bilong harim.

Long rot bilong pinisim pasin bilong skelim samting bilong harim
Na tu pasin bilong skelim bilong go insait long mediteisen,
Ol sigarap na stap isi bilong olgeta-tingting
Kamap klia olsem oli no stap moa.

Taim yu wokim isi isi olsem,
Pasin bilong harim na samting bilong harim, tupela wantaim i pinis,
Tasol mi no bin stap long dispela hap tupela i bin pinis long em.

Taim mi bin kamap klia long dispela na luksave olsem i nogat samting i stap long em,
Dispela save long nogat samting i stap i kisim olgeta,
Taim mi rausim tingting long ‘mi’ na ‘em’ long nogat samting i stap.
Bihain taim inogat moa tingting long kamap na pinis
Nirvana i bin kamap

Taim yu soim respekt long Buddha

wokim tingting olsem:

Dispela husat i putim het i go daun long soim respect,
Na husat i kisim dispela respect,
Tupela wantaim i nogat wanpela samting i stap wankain tasol
longwei long ol narapela.
Em olsem bung bilong tupela i gutpela olgeta.

Givim gutpela

Taim yu laik pinis long wokim mediteisen

Ol gutpela i kamap long ol gutpela samting mi wokim,
mi serim wantaim olgeta i stap laip,
bai ol i ken gat hamamas,
bai ol i nogat wanpela i heitim ol,
bai ol i ken bihainim dispela stretpela rot long winim hamamas,
na ol gutpela laik bilong oli ken karim kaikai.

Ol toktok long halibim na tingting gut long em

Toktok bilong Buddha i kam long *Dharmapada*

Yumi olsem wonem samting yumi tingim

Yumi olsem wonem samting yumi tingim.
Ol samting olsem yumi i save kamap long tingting bilong yumi.
Wantaim ol tingting bilong yumi, yumi save wokim wel bilong yumi.
Sapos yumi toktok wantaim tingting nogut,
Bai ol heve i kamap
Wankain olsem wil i save bihainim wanpela bafilo i pulim kar.
Sapos yu toktok wantaim gutpela tingting
Bai hamamas i mas kamap bihain
Olsem sedou bilong yu, yu no inap long rausim.

Tingting i save kamap toktok.
Toktok i save kamap samting yumi wokim.
Samting yumi wokim save kamap olsem pasin bilong yumi.
Pasin i save kamap moa strong na stap olgeta long yumi.
Olsem lukluk gut long ol tingting na ron bilong em,
Na larim i kamap long lav
I kamap long marimari long olgeta laip.

Sutta bilong Marimari na Lav

Sapos husat i save long gutpela pasin na piis bai i bihainim dispela:
Em i mas strong na stret; toktok bilong em i mas klia na gut na i noken strong,
Em i noken putim em o neim bilong em i go antap long narapela.
Em i mas hamamas na hamamas long liklik tasol.
Em i mas i nogat planti samting long wokim,
Na noken wari long ol bilas samting.
Em i mas stap isi, na nogat sigarap long wanpela samting,
Gat gutpela na simatpela tingting,
Na noken praud na askim long planti samting.
Em i noken wokim wanpela samting tru bai husat save man, i gat save tru,

I ken tok olsem dispela i no gutpela samting long wokim.
Tingting bilong em i mas gat laik bai olgeta i mas sindaun gut tasol
Wantaim hamamas na nogat wari o poret.
Olgeta samting i stap laip, strong o i no strong, noken lusim wanpela,
Ol dispela i gat pawa o i nogat pawa, bikpela o liklik,
Ol dispela yumi inap long lukim na ol yumi no inap long lukim,
Ol dispela i stap kolostu o i stap longwei,
Ol dispela i kamap pinis na ol dispela i no born yet,
Mi laik bai olgeta i mas stap i orait tasol.
Noken larim wanpela giamanim narapela, o heitim wanpela narapela.
Noken larim wanpela koros na traim bakarapim narapela.
Sapos wanpela mama i gat wanpela pikinini tasol, na save lukautim em gut tru,
Wankaen, yumi mas tingim ol narapela i stap laiv,
Na salim ol gutpela tingting long olgeta hap long wel
Antap inap long skai na tambalo inap long blu solwara,
I go saitsait na pri, i nogat wanpela tingting koros o nogut wantaim em.
Sapos yumi sanap o wokabaut, sindaun o slip,
Yumi mas ai hop na het klia na tingting long dispela.
Dispela em i gutpela sindaun truia.
Sapos wanpela i no save holim pas strong ol kain kain tingting,
Tingting bilong em i stap gutpela tasol, em i lukluk klia tru long tingting
Na i nogat sigarap o laik long wanpela samting,
Bai em i no inap long born long wanpela hap nogut bihaen.

Dispela em i bin toktok bilong Klia Save Man, toktok i kam long Arahant; mi bin harim olsem: *[ol i kam long Itivuttaka]:*

Nirvana

I stap, monks, wanpela samting i no born - i no kamap - i nogat samting i wokim - i no kamap long wanpela samting. Sapos i nogat dispela samting i no born - i no kamap - i nogat samting i wokim - i no kamap long wanpela samting, bai wanpela i nogat rot long kamap pri long dispela i born - i kamap - i gat samting i wokim - i kamap long wanpela samting.

Tasol i gat dispela i no born - i no kamap - i nogat samting i wokim - i no kamap long wanpela samting, na wanpela inap luksave klia na kamap pri long ol dispela i born - i kamap - i gat samting i wokim - i kamap long wanpela samting.

> Born, kamap, samting i wokim, kamap long wanpela samting,
> bilong senis na ino inap stap olgeta, bai i kamap lapun na dai,
> na bilong kisim sik na bakarap.

I save kamap long kainkain kaikai na bihainim laik na sigarap
na i no samting bilong hamamas long em.

Sapos wanpela i lusim ol dispela em bai i painim sindaun isi,
samting i stap olgeta, longwei long bakarap, i no born,
i nogat samting i wokim, i no kamap long wanpela samting,
i nogat heve, i klin olgeta, pinis bilong olgeta wari,
pinis bilong ol samting i laik kamap, hamamas tru.

Givim samting

Sapos ol man ino klia, olsem mi klia, long wonem samting bai i mas kamap sapos wanpela i givim samting, ol i no inap long kaikai sapos ol ino givim hap i go long narapela, na tingting long kisim bilong ol yet i no inap long kamap long tingting bilong ol.
Sapos las kaikai bilong ol tru, las taim bilong hap kaikai i go insait long maus bilong ol, ol i no inap kaikai sapos ol i no serim pastaim, sapos wanpela narapela i stap husat inap kisim dispela presen bilong ol.
Tasol ol man ino klia long wonem samting i mas kamap sapos wanpela i givim samting, ol i save kaikai na no save serim. Mak bilong tingim ol yet i save stap long olgeta-tingting bilong ol.

Giaman

Wanpela husat i save wokim wanpela kain rong, mi tokim yupela, inap wokim olgeta kain samting nogut. Na wonem dispela wanpela kain rong? Em pasin bilong giaman.

Stap longwei

Ol monk, hamamas long stap longwei, strong long was long olgeta-tingting na stap isi, noken lusim ol jhana, na kisim klia save na stap long ol haus i nogat man.
Sapos yu stap longwei na hamamas long stap longwei, strong long was long olgeta tingting na stap isi, na no lusim ol jhana, na kisim klia save, na stap long ol haus i nogat man, bai yu inap winim tupela kain kaikai olsem: yu mas winim klia save long dispela laip tasol, o sapos liklik hap tingting bilong holim i stap yet, bai yu no inap kambek ken long dispela wel na ol hap nogut.

Karanki tingting

I gat tripela kain karanki tingting inap wokim ai bilong wanpela i pas, na bai wanpela ino inap long lukluk gut, na pasim klia save, na pasim skelim gut samting, na wokim heve, na no inap long halibim wanpela lusim pasin bilong holim pas samting. Em ol tingting i pulap wantaim sigarap na laik, koros, na bilong bakarapim samting
I gat tripela kain simatpela tingting inap wokim ai bilong wanpela ino pas, na bai wanpela inap long lukluk gut, na wokim klia save i kamap, na halibim skelim gut samting, na no inap wokim heve, na inap long halibim wanpela lusim pasin bilong

holim pas samting. Em ol tingting i pulap wantaim pasin bilong lusim holim pas ol samting, i nogat koros, na ino inap bakarapim samting

Tripela birua i stap insait

I gat tripela samting save wokim mak nogut insait long wanpela, tripela birua i stap insait, ol samting nogut i stap insait, tripela man insait bilong kilim man, tripela bilong pait wantaim wanpela. Em pasin bilong gridi, pasin bilong no laik na koros, na pasin bilong no luksave klia. Dispela tripela save wokim mak nogut insait long wanpela, i tripela birua i stap insait, ol samting nogut i stap insait, tripela man insait bilong kilim man, tripela bilong pait wantaim wanpela.

Kolostu long mi

Sapos wanpela monk i holim hap laplap bilong mi na bihainim mi na putim lek bilong em i go antap long mak bilong lek bilong mi, tasol em i gat strongpela laik long sigarap yet, na gat tingting nogut, na emi no strong long bihainim gutpela pasin, na no save was gut long tingting, na tingting bilong em i no klia na no stap stret, na em i no kontrolim pasin bilong em, em i stap longwei tru long mi.
Tasol sapos wanpela monk i stap haumas handret kilomita longwei long mi, na em i nogat strongpela laik long sigarap, na em i nogat tingting nogut, na emi strong long bihainim gutpela pasin, na save was gut long tingting, na tingting bilong em i klia na stap stret, na em i kontrolim pasin bilong em, em i stap kolostu long mi. Long wonem? Em i lukim Dharma. Taim em i lukim Dharma, em i lukim mi.

Bilong kambek long ol heve

Pas wantaim rop bilong sigarap na laik na rop bilong laik kamap, wanpela bai i mas kambek ken long dispela kain laip. Sapos rop bilong sigarap na laik i lus, tasol rop bilong laik kamap i pas yet, wanpela i no inap kambek ken long dispela kain laip. Sapos rop bilong sigarap na laik i lus na tu rop bilong laik kamap i lus, wanpela i kamap wanpela Arahant pinis na olgeta heve i pinis olgeta.

Ol presen

I gat tupela kain presen, wanpela ol kain samting na narapela presen long givim Dharma. Long tupela presen, bilong givim Dharma em i moa beta.
I gat tupela kain serim, wanpela long serim ol kain samting na narapela long serim Dharma. Long tupela serim, serim Dharma i moa gutpela.
I gat tupela kain halibim, wanpela long givim ol kain samting na narapela long givim Dharma. Long tupela givim, givim Dharma i moa gupela tru.

Skelim man tru

Mi save skelim wanpela man wantaim tripela kain save long strong bilong Dharma na no long narapela kain skelim. Na hausat long strong bilong Dharma, mi save makim wanpela man tru i gat tripela kain save, na no long narapela kain skelim?
Taim wanpela monk inap save long ol laip bilong em bipo, wanpela born i go pinis inap long hamas handret na tausen born i go pinis, taim ol star i wok long go i kam

planti taim. Na em i save long dispela taim em i bin born long wonem hap, na em i bin wantok bilong husat, na em i bin luk olsem wonem. Em i save long wonem kain kaikai em i bin kisim, long ol heve na pen em i bin pilim, na em i bin dai olsem wonem. Na taim em i bin dai em i bin kamap ken long wonem hap na tu long dispela hap em i bin olsem wonem. Olsem em i save tingim ol laip bilong em bipo.
Dispela em i namba wan save em i winim. Ol tingting i no klia i raus na klia save i wok long kamap; tudak i raus na lait i wok long kamap - olsem hamamas long wanpela husat i save trai hat na stap gut na strong.

Na tu wanpela monk i save lukim - long rot long ai bilong em i kamap klin na klia olsem ai bilong ol god - ol kainkain samting i stap laip i save dai na kamap ken, ol gutpela o nogut, ol lukluk smat o nogut, ol sindaun gut o kisim heve, bihainim ol samting ol i bin wokim bipo. Ol dispela husat i bin wokim pasin nogut wantaim bodi na maus na tingting bilong ol; husat i no respektim ol gutpela man tru; husat i bin gat ol karanki tingting na bin wokim samting i bihainim ol dispela karanki tingting, - taim bodi bilong ol i buruk long taim ol i dai, ol i bin go long hap nogut olsem ol hel na kain hap olsem. Tasol ol dispela husat i bin wokim gutpela pasin wantaim bodi na maus na tingting bilong ol; husat i respektim ol gutpela man tru; husat i bin gat ol stretpela tingting na bin wokim samting i bihainim ol dispela gutpela tingting, - taim bodi bilong ol i buruk long taim ol i dai, ol i bin go long ol gutpela hap olsem heven.
Dispela em i namba tu save em i winim. Ol tingting i no klia i raus na klia save i wok long kamap; tudak i raus na lait i wok long kamap - olsem hamamas long wanpela husat i save trai hat na stap gut na strong.

Na tu wanpela monk, taim ol paol tingting i pinis, save stap pri long ol karanki na paol tingting na pri long tingting long laik na no laik na kain skelim olsem, na em yet i winim klia save nau long dispela laip.
Dispela em i namba tri save em i winim. Ol tingting i no klia i raus na klia save i wok long kamap; tudak i raus na lait i wok long kamap - olsem hamamas long wanpela husat i save trai hat na stap gut na strong.
Mi save skelim long dispela rot wanpela man, wantaim tripela kain save, long strong bilong Dharma na no long narapela kain skelim.

Mak bilong ol tru man bilong lotu na monk

Ol man bilong lotu o monk husat i no luk save klia hausat ol samting i stap, olsem 'Dispela em i heve…dispela heve save kamap olsem…dispela heve save pinis olsem…na dispela emi rot long pinisim ol heve', long tingting bilong mi ol dispela kain man bilong lotu na monk ol i no man bilong lotu o ol monk tru. Na tu ol i no go insait na stap long laip i bihainim rot long winim mak bilong kisim klia save, na long rot long ol yet i luk save klia long ol samting, na winim klia save long dispela laip.
Tasol ol man bilong lotu o monk husat i luk save klia hausat ol samting i stap, olsem 'Dispela em i heve…dispela heve save kamap olsem…dispela heve save pinis olsem…na dispela emi rot long pinisim ol heve', long tingting bilong mi, ol dispela kain man bilong lotu na monk, ol i man bilong lotu na ol monk tru. Na tu ol i go insait na stap long laip i bihainim rot long winim mak bilong kisim klia save, long rot long ol yet i luk save klia long ol samting na winim klia save long dispela laip.

Mama na papa

Ol i stap wantaim ol god, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. Ol i stap wantaim ol angelo, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. Ol i stap wantaim ol namba wan tisa, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. Ol i stap wantaim ol husat i gutpela long givim samting long ol, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. 'Ol god' i olsem mama na papa. 'Ol angelo' i olsem mama na papa. 'Nambawan tisa' i olsem mama na papa. 'Ol husat i gutpela long givim samting long ol' i olsem mama na papa. Long wonem? Ol mama na papa save wokim planti samting long halibim ol pikinini bilong ol. Ol i save lukautim ol, givim ol kaikai, na halibim ol long go inait long wel.

Wara long karim man

Sapos wanpela simatpela wara i karim wanpela man i go daun. Na narapela man, ai bilong em i gutpela, i sanap long sait bilong dispela wara na em i tokim dispela man olsem: 'Nau yu tirip i go daun long gutpela wara, tasol sapos yu go daun moa bai yu painim raun wara i gat si na wara i go raun hariap, na tu i gat o kain animal i nogut na ol masalai i stap. Taim yu kamap long dispela hap bai yu dai o kisim bikpela bakarap'. Na taim dispela man i drif long wara i harim dispela toktok em i trai hat long suim wantaim han na lek i go bek ken na no go daun long dispela hap nogut.

Mi wokim liklik stori i gat mining long em olsem: *Wara i ron i go daun* i olsem laik na sigarap. *Smat* i olsem taim yu lukluk, harim, smelim, testim, tasim na driman. *Raun wara daunbilo* em i paipela tingting i save pasim - olsem: bilip long wanpela 'mi yet' stap, nogat bilip long Buddha na skul bilong em, bilip sapos yu wokim wanpela kain pasin o toktok tasol bai dispela ken wokim klia save o pri i kamap, na pasin bilong sigarap na laik, na pasin bilong no laik na koros. *Ol si* i ol bel hat na wari. Ol *wara i go raun hariap* i ol samting yu ken lukim, harim, smelim, testim, tasim na drimanim. *Ol masalai* em ol meri o man husat i luk smat moa. *Suim i go bek* em pasin bilong lusim holim ol samting, *Trai hat* wantaim han na lek em olsem trai hat olgeta taim long bihainim gutpela laip. Dispela *man husat i bin gat gutpela ai na i bin sanap long sait bilong wara* em Klia Save Man husat em yet i bin kisim klia save tru.

Wanpela husat i gat strong

Sapos taim wanpela monk i wokabaut, o sanap, o sindaun, na emi gat wanpela tingting long sigarap, o wanpela tingting nogut, o koros, o long bakarapim samting i kamap, na em i no save lusim dispela tingting hariap na rausim, na burukim, na klinim i raus olgeta, em i no trai hat na nogat wari long kamap gutpela, oli save kolim em wanpela husat i slek na nogat strong.

Tasol, sapos taim wanpela monk i wokabaut, o sanap, o sindaun, na emi gat wanpela tingting long sigarap, o wanpela tingting nogut, o koros, o long bakarapim samting i kamap, na em i save lusim dispela tingting hariap na rausim, na burukim na klinim i raus olgeta, em i trai hat na wari long kamap gutpela, oli kolim em wanpela husat i gat strong na save trai hat olgeta taim.

Ol toktok bilong Buddha i kam long Anguttara Nikaya - *Ol 'namba sutta'*:

Olgeta-tinging

Mi no save long narapela samting inap bakarapim wanpela olsem wanpela olgeta-tingting (mind), man i no skulim gut, na ino was gut long em, na ino lukautim gut na ino kontrolim gut. Dispela kain olgeta-tingting save bakarapim man tru.

Mi no save long narapela samting inap halibim wanpela olsem wanpela olgeta-tingting, man i skulim gut, na was gut long em, na lukautim gut na kontrolim gut. Dispela kain olgeta-tinting save halibim wanpela truia.

Olgeta-tingting, ol monk, i olsem wanpela lait, tasol ol paol tingting i save bakarapim. Wanpela husat i no skul long gutpela rot i no klia long dispela, na klia save ino save grou long em.

Olgeta-tingting, ol monk, i olsem wanpela lait na inap pri long ol paol tingting. Wanpela husat i skul long gutpela rot inap klia long dispela, na klia save inap grou gut long em.

Nambawan samting long winim

Sapos wanpela lusim ol wantok, moni na gutpela neim, i no wanpela bikpela samting olsem sapos wanpela i lusim klia save.
Sapos wanpela kisim planti wantok, moni na gutpela neim, i no gutpela olsem sapos wanpela i winim moa klia save.
Olsem, ol monk, yupela mas skulim yupela olsem: "Bai mipela grou long winim moa klia save." Yupela mas skulim yupela olsem.

Trai hat moa

Tupela samting, ol monk, mi bin save gut long ol: noken hamamas long ol gutpela sindaun bilong tingting yu winim pinis, tasol trai hat olgeta taim long kisim klia save. Mi bin trai hat tru olgeta taim na bin tingting olsem: "Larim skin, rop na ol bun tasol i stap; larim mit na blut bilong bodi bilong mi i drai; na mi no inap slek, na bai mi winim wonem samting wanpela man tru inap winim long strong, trai hat, na wok strong".
Long rot bilong trai hat mi bin winim klia save, long rot bilong trai hat mi bin winim pri long ol samting i save pasim man.
Sapos yupela tu, ol monk, trai hat olgeta taim na gat tingting olsem: "Larim skin, rop na ol bun tasol i stap; larim mit na blut bilong bodi bilong mi drai; na mi no inap slek, na bai mi winim wonem samting wanpela man tru inap winim long strong, trai hat, na wok strong". Sapos yupela wokim olsem i no longtaim bai yu yet i winim klia save, long dispela laip tasol, dispela mak bilong winim long gutpela holi laip, ol pikinini bilong ol gutpela pamili save lusim haus bilong ol long go painim, na taim yu go insait long em bai yu stap long em.
Olsem, yupela, ol monk, mas skulim yupela yet: "Bai mi trai hat olgeta taim na gat dispela tingting: "Larim skin, rop na ol bun tasol i stap; larim mit na blut bilong bodi bilong mi i drai; na mi no inap slek, na bai mi winim wonem samting wanpela man tru inap winim long strong, trai hat, na wok strong".

Bekim hat wok bilong mama na papa

Ol monk, igat tupela man yu no inap long bekim hat wok bilong ol. Na husat tupela? Mama na papa bilong yu.
Sapos yu karim mama long wanpela sholda na papa long narapela, na taim yu wokim yu stap inap long wan handret yia; na yu stap na lukautim tupela na halibim tupela long wasim, rapim, na wokim han na lek bilong tupela, na tu yu klinim wanpela sapos emi pekpek o pispis - ol dispela i no inap long bekim hat wok bilong tupela. Na tu sapos yu stretim mama na papa i kamap ol bikman wantaim planti moni na ol kainkain gutpela samting, dispela i no inap long bekim hat wok bilong ol tuia. Olsem wonem? Mama na papa save wokim planti samting long halibim ol pikinini, tupela save lukautim ol long grou kamap bikpela, givim ol kaikai na halibim ol long go insait long wel.
Tasol, ol monk, wanpela husat i save halibim mama na papa, sapos tupela i nogat stretpela bilip, long bihainim gutpela rot; sapos ol bilong bihainim ol karanki pasin, save halibim ol long wokim ol gutpela pasin; sapos ol i laik pasim ol samting bilong

ol yet, save halibim ol long winim pasin bilong marimari; sapos ol i no gat klia save, save halibim ol long winim klia save; em i save bekim hat wok bilong ol. Em i save bekim hat wok bilong mama na papa, na em i save givim tupela antap ken long hat wok bilong tupela.

Has bilong ol wokim

I gat, ol monk, tripela has bilong wokim samting i kamap. Wonem tripela? Pasin bilong gridi, bilong heitim, na no klia (long ron bilong ol samting - olsem i nogat 'em yet' i stap).

Sapos wanpela i wokim samting taim em i gridi, o heitim, o no klia, i born long wanpela long dispela tripela, has bilong wokim i wanpela long dispela tripela, na save kamap bihainim wanpela long tripela, bekim bilong em bai i kamap long wonem hap dispela man i stap long em o born long em. Na long wonem hap dispela bekim long wokim i kamap, bai dispela man i kisim kaikai i bihainim dispela bekim, long dispela laip, o narapela laip bihain.

I wankain, ol monk, olsem ol sid bilong ol diwai taim ol i no bakarap, i no stink, san na win i no bakarapim, na ol inap kamap gutpela na tu ol i sindaun long gutpela hap giraun: sapos i gat planti ren, ol dispela sid bai i grou na kamap strong na gut.

Olsem, ol monk, wonem kain wokim wanpela i wokim i gat tingting long gridi, heitim o i no klia i stap baksait, bai i kamap long wonem hap dispela man i stap long em. Long wonem hap dispela bekim long wokim i kamap, dispela man save kisim kaikai i kamap long em, long dispela laip o long narapela laip bihain.

Dispela tripela, ol monk, i has bilong samting wanpela i wokim.

Na tu, ol monk, i gat tripela has ken bilong wokim samting i kamap. Wonem tripela? Pasin bilong no gridi, bilong no heitim, na klia tingting (long ron bilong ol samting - olsem i nogat 'em yet' i stap).

Sapos wanpela i wokim samting taim em i no gridi, o no heitim, o nogat tingting i no klia, i born long wanpela long dispela tripela, has bilong wokim i wanpela long dispela tripela, na save kamap bihainim wanpela long tripela, taim gridi, heitim na no klia tingting i pinis olgeta, dispela kain wokim em i lusim, emi katim ol rop bilong em, bakarapim olsem has bilong wanpela kokonas ol i katim het i raus olgeta, i no stap moa olsem i no inap kamap bihain.

Em i wankain, ol monk, sapos ol sid bilong ol diwai taim ol i no bakarap, i no stink, san na win i no bakarapim, na ol inap kamap gutpela: sapos wanpela man kukim ol na wokim ol kamap hap pipia bilong paia, na toromoi ol long strongpela win o toromoi ol long wanpela wara i ron strong, ol dispela sid i mas bakarap, ol i no stap moa na no inap grou moa long bihain taim.

I wankain, ol monk, long wonem samting wanpela wokim taim em i no gridi, nogat heitim, na nogat no klia tngting i stap. Taim gridi, heitim na no klia tingting i go pinis olgeta, ol dispela wokim em i lusim, em i katim rop bilong ol, wokim i dai olsem has bilong wanpela kokonhas ol i katim het i raus olgeta, pinis olgeta olsem i no inap long kamap ken.

Dispela em i narapela tripela has long ol wokim.

Tripela kain praud

Ol i bin lukautim mi gutpela tru taim mi bin liklik, ol monk. Long haus bilong papa i bin gat ol raun wara, long wanpela i bin gat ol blu palawa, narapela wait, na long

narapela ret palawa. Oli bin wok long hamamasim mi tasol. Mi bin yusim ol gutpela laplap na kolos tasol. Long nait na san ol i bin putim wanpela waitpela laplap antap long mi, olsem ambrela, nogut kol o hat o das o wara i kam antap long mi. Mi bin gat tripela haus, wanpela long taim bilong hat, wanpela long taim bilong kol na narapela long taim bilong ren. Long taim bilong ren ol meri husat i save wokim musik i bin lukautim mi na mi no bin raun. Taim ol narapela haus i bin gat ol kain kaikai i no smat tumas, mipela i bin gat ol gutpela rais na mit tasol.
Taim mi bin stap wantaim ol dispela gutpela samting na nogat wari, dispela tinting i bin kam long mi: "Wanpela man i no klia na i no inap winim kamap lapun, save no laik lukim tru wanpela husat i lapun, na save lusim tingting olsem em tu bai i kamap lapun. Na tu mi yet i mas kamap lapun, i nogat narapela rot. Sapos taim mi lukim wanpela i lapun tru, na mi pilim nogut na no laik lukim, em i no stret". Taim mi bin tingting olsem ol praud long strong na yangpela bilong mi i bin pinis.

Mi bin tingting tu olsem:"Wanpela man i no klia na i no inap long winim pasin bilong kisim sik, save no laik lukim tru wanpela husat i gat bikpela sik, na save lusim tingting olsem em tu bai i mas gat sik. Na mi tu bai i mas gat sik, i nogat narapela rot. Sapos taim mi lukim wanpela i gat sik, na mi pilim nogut na no laik lukim, em i no stret". Taim mi bin tingting olsem ol praud long stap strong na nogat sik i bin pinis.

Mi bin tingting tu olsem:"Wanpela man i no klia na i no inap long winim dai, save no laik lukim tru wanpela husat i dai pinis, na save lusim tingting olsem em tu bai i mas dai. Na mi tu bai i mas dai, i nogat narapela rot. Sapos taim mi lukim wanpela i dai pinis, na mi pilim nogut na no laik lukim, em i no stret". Taim mi bin tingting olsem ol praud long stap laip i bin pinis.

Yu yet ken lukim Dharma klia

Wanpela taim wanpela bikman i bin kam lukim Klia Save Man na bin tok olsem: "Ol i tok, Masta Gotama, wanpela yet inap lukim Dharma klia. Hausat Dharma i klia na wanpela inap lukim nau tasol, na kisim klia save long em na luksave olsem em i gutpela long bihaimim?"
"Taim, bikman, wanpela i holim pas sigarap na laik, o heitim na koros, na pulap long dispela karanki tingting na laikim tumas, em i save tingting long bakarapim em yet, o narapela, o em yet na narapela; na em i save kisim ol heve na wari. Em i save wokim tu ol pasin nogut long bodi, toktok na tingting, na em i no klia long wonem samting i gutpela long em yet, o long narapela, o long em wantaim narapela.
Tasol taim em i lusim ol dispela kain karanki tingting, em i no pulap long em na em i no laikim, em i no save gat tingting long bakarapim em yet, o narapela, o em yet na ol narapela; na em no i save kisim ol heve na wari. Na tu em i no save wokim ol pasin nogut long bodi, toktok na tingting, na em i klia long wonem samting i gutpela long em yet, o long narapela, o long em wantaim narapela. Long dispela rot, bikman, wanpela inap lukim Dharma klia, nau tasol, na kisim klia save long em, na luksave olsem em i gutpela long bihainim."

Ol pasin bilong gridi, heitim, na no klia

Sapos sampela i askim yu long diferens long pasin bilong gridi, heitim na no klia, ol monk, bai yu ken bekim olsem: "Gridi na sigarap i no rong tumas olsem narapela

tupela, tasol i hat long pinisim. Pasin bilong heitim na koros i rong moa, tasol i isi liklik long pinisim. Nogat klia save i rong olgeta na i hat long pinisim".
Na sapos ol i askim ken:"Wonem has bilong gridi na sigarp long kirap, na sapos i kirap, olsem wonem i save kamap strong moa?" Bai yu ken bekim olsem::"Samting i luk smat na gutpela, sapos wanpela tingting strong long em, laik na sigarap bai i kirap na bai i kamap strong moa".
Na sapos ol i askim:"Wonem has bilong heitim na koros long kirap, na sapos i kirap, olsem wonem i save kamap strong moa?" Bai yu ken bekim olsem:"Samting i luk nogut na bilong sting, sapos wanpela tingting strong long em, no laik na heitim bai i kirap na bai i kamap strong moa".
Na sapos ol i askim:"Wonem has bilong no klia tingting long kirap, na sapos i kirap, olsem wonem i save kamap strong moa?" Bai yu ken bekim olsem::"Samting wanpela i no lukim gut na klia, sapos wanpela tingting strong long em, no klia tingting bai i kirap na bai i kamap strong moa".
Na sapos ol i askim:"Wonem has bilong gridi na sigarp i no inap long kirap, na long lusim wonem gridi na sigarap i kirap pinis?" Bai yu ken bekim olsem:"Samting i luk nogut tru, sapos wanpela tingting strong long em, laik na sigarap ino inap long kirap, na sapos sampela i kirap pinis bai emi lusim".
Na sapos ol i askim:"Wonem has bilong heitim na koros i no inap long kirap, na long lusim wonem heitim na koros i kirap pinis?" Bai yu ken bekim olsem:"Sapos wanpela i hopim olgeta-tingting wantaim lav na marimari, na sapos wanpela tingting strong long lav na marimari, heitim na koros ino inap long kirap, na sapos sampela i kirap pinis bai emi lusim".
Na sapos ol i askim:"Wonem has bilong no klia tingting ino inap long kirap, na long lusim wonem no klia tingting i kirap pinis?" Bai yu ken bekim olsem::"Wanpela mas lukluk gut na klia long ol samting, na sapos wanpela i lukluk gut na klia, tingting i no klia ino inap long kirap, na sapos sampela i kirap pinis bai emi lusim"

Wara i ron

I gat porpela kain man, ol monk, i stap long ples giraun. Wonem popela? Dispela husat i save go wantaim wara i ron; dispela i suim i go antap long wara i ron; dispela i sanap na stap strong; na dispela husat i go pinis long hap sait na kamap long giraun i drai.
Na dispela husat i ron wantaim ron bilong wara em wonem kain man? Em i wanpela husat i save hamamas long sigarap na wokim samting nogut.
Na dispela husat i suim i go antap long wara i wonem kain man? Em i wanpela husat i no save hamamas long sigarap na wokim samting nogut. Em i save stap gut, na trai hat long kamap gutpela moa, na painim dispela i hat na save karai na wari long em.
Na dispela husat i save sanap na stap strong i wonem kain man? Em i wanpela husat i pinisim olgeta dispela paipela samting i save pasim - bilip long wanpela 'mi yet' i stap, nogat bilip long skul bilong Buddha, bilip sapos em i wokim wanpela pasin o toktok bai dispela i halibim em long winim klia save, pasin bilong gridi na sigarap, na pasin bilong heitim na koros - na em bai i born bihain long heven na long hap bai em i winim nirvana, na emi no inap long kambek ken long dispela wel.
Na dispela husat i go pinis long hap sait na kamap long giraun i drai i wonem kain man? Em i wanpela husat i rausim ol samting nogut na olgeta-tingting bilong em i klin na em i winim klia save na kamap pri, long rot bilong hat wok bilong em yet, na em yet i luk save klia tru olgeta.
Em ol monk, dispela popela kain man i stap long ples giraun.

Laion

Ol monk, Laion, king bilong ol animal, save kamaut long hap em i stap long em taim san i laik go daun. Em i save taitim bodi bilong em na lukluk nambaut na singaut tripela taim, na stat long painim kaikai.

Na wonem kain animal i harim singaut bilong laion save pilim bikpela poret tru na wari. Ol dispela animal i save stap long hol save gobek insait long hol; dispela husat i save stap long bik bush save go bek long bik bush; na ol pisin save pilai i go antap long skai. Ol elepan i stap long ol ples o taun save pul strong long rop i pasim ol na sapos rop i buruk save ron longlong nambaut.

Dispela em i bikpela pawa, ol monk, laion i gat antap long ol narapela animal.

Wankain, ol monk, wanpela Tathgata save kamap long wel, wanpela arahant, wanpela husat i kisim olgeta klia save, na gat tru save na stretpela pasin, save stap isi na save gut long ron bilong wel, na lida bilong ol husat i reti long stretim olgeta-tingting bilong ol, tisa bilong ol angelo na man, Klia Save Man. Em i save skulim Dharma olsem: Dispela em wanpela bung bilong bodi na olgeta-tingting, oli kolim wanpela kain man, dispela em i has bilong kamap long dispela kain, dispela em i pinis long dispela kain, na dispela em i rot long pinisim dispela kain.

Na, ol monk, wonem kain angelo o diva i stap, hamamas, na long wonem hap, taim ol i harim skul bilong Tathagata, pilim poret na wari na singaut:"Mipela bin tingting olsem bai mipela i stap olgeta, tasol nau mipela klia olsem mipela i no inap long stap olsem! Mipela husat i bin ting mipela i stap gutpela olgeta, luksave nau i no olsem. Nau mipela i klia olsem bai mipela i pinis na mipela i bung bilong ol samting bilong pinis".

Dispela em i bikpela pawa, ol monk, Tathagata i gat long hol wel wantaim ol angelo o diva.

Wonem nambawan bilip

Ol monk, i gat popela kain bilip i gutpela moa, na popela i olsem:

Long namel long olgeta samting i stap laip, sapos ol i nogat lek, o oli gat tupela, popela o planti lek, sampela i gat bodi na sampela nogat, na sampela inap skelim ol samting na sampela nogat, na sampela i nogat tingting long skelim na tu no-nogat, Tathagata, Arahant, Klia save Man, ol i luksave olsem em i nambawan long ol. Husat i gat bilip long Buddha i gat bilip long nambawan; na husat i gat bilip long nambawan, em bai i kisim nambawan kain bekim.

Long namel long ol samting i save kamap bihainim narapela samting, dispela gutpela rot, oli kolim Gutpela Eitpela Step, em i namba wan. Husat i gat bilip long Gutpela Eitpela Step i gat bilip long namba wan; na husat i gat bilip long nambawan, em bai i kisim nambawan kain bekim.

Long namel long ol samting i save kamap bihainim narapela samting na ol samting i save kamap nating, stap isi na nogat sigarap em i nambawan; olsem rausim sigarap, pinisim ol laik, pinisim pasin bilong holim, katim raun raun bilong born na dai, pinisim olgeta strongpela laik, stap isi, Nirvana. Na husat i gat bilip long Dharma bilong stap isi i gat bilip long namba wan, na husat i gat bilip long nambawan, em bai i kisim nambawan kain bekim.

Long ol lain bilong ol kainkain lotu, ol Sangha bilong Tathagata em i nambawan; olsem popela kain long ol gutpela man, ol eitpela gutpela man; dispela Sangha i ol

sumatin bilong Klia Save Man, i gutpela long halibim ol na givim presen long ol, i gutpela long lukautim ol, na respektim ol, ol husat inap halibim ol narapela tru. Ol husat i gat bilip long dispela Sangha i gat bilip long namba wan, na husat i gat bilip long nambawan, em bai i kisim nambawan kain bekim.
Em olsem, ol monk, popela kain nambawan bilip.

Painim pinis bilong wel

Wanpela taim Klia Save Man i bin stap long Savatthi, long hap bilong bus bilong Jeta, long haus monk bilong Anathapindika. Na long bik nait Rohithassa, pikinini man bilong wanpela diva o angelo, i bin kamap long Buddha, na simatpela lait bilong em i bin wokim olgeta bus long hap i lait. Em i respektim Klia Save Man na sanap long wanpela sait bilong em na askim em olsem:
"Wanpela inap, Bik Man, go long wanpela hap long pinis bilong wel, na long dispela hap wanpela ino inap long sik, o kamap lapun, o dai, o born ken?"
"Nogat tru, poroman, wanpela ino inap go long wanpela hap olsem na long dispela hap wanpela ino inap long sik, o kamap lapun, o dai, o born ken."
"Bik Man, toktok bilong yu i gutpela na tru olgeta. Bipo mi bin wanpela man, neim bilong mi Rohithassa, pikanaini bilong Bhoja, na mi bin gat pawa, olsem wanpela glasman, long wokabaut antap long skai. Insait long hap taim bilong wanpela simatpela man inap long sutim bunara i korosim shado long wanpela kokonhas, mi inap long korosim namel long solwara long hap long san i go daun i kam long solwara long hap bilong san i kam antap. Mi bin laik go na painim pinis bilong ol wel na mi bin spid tru i go longwei tru inap long wan handret yia, tasol mi bin malolo liklik long, slip, pispis na pekpek. Tasol mi no bin inap painim pinis long wel na mi bin dai taim mi bin wok yet long traim. Olsem mi tok olsem, em i stret toktok olgeta bilong yu, olsem, wanpela ino inap go long wanpela hap olsem na long dispela hap wanpela ino inap long sik, o kamap lapun, o dai, o born ken."
"Poroman, mi save toktok olsem. Tasol mi no save tok olsem wanpela i no inap long pinisim ol heve sapos em i no painim pinis bilong ol wel. Na tu, poroman, mi save tokaut olsem has bilong wel, pinis bilong wel, na rot long painim pinis bilong wel i stap long dispela bodi na olgeta-tingting.

Popela samting i save wokim lukluk na tingting na bilip i no klia

Ol monk, i gat popela samting i save wokim lukluk save, tingting, na bilip i no klia. Dispela popela i olsem:
Sapos wanpela i ting samting i stap olgeta, taim em i save senis olgeta taim. Dispela save wokim lukluk save, tingting, na bilip i no klia.
Sapos wanpela ting i gat hamamas insait long ol heve. Dispela save wokim lukluk save, tingting, na bilip i no klia.
Sapos wanpela i ting wanpela 'em yet' i stap long wanpela samting i nogat wanpela 'em yet' i stap. Dispela save wokim lukluk save, tingting, na bilip i no klia.
Sapos wanpela ting samting i no klin na bilong sting i smat moa. Dispela save wokim lukluk save, tingting, na bilip i no klia.
Ol dispela, ol monk, i popela samting i save wokim lukluk save, tingting, na bilip i no klia.

Na, ol monk, i gat popela samting ino save wokim lukluk save, tingting, na bilip i no klia. Dispela popela i olsem:
Sapos wanpela i luksave long samting i senis olgeta taim olsem i senis olgeta taim.
Sapos wanpela i luksave long heve olsem heve tasol.
Sapos wanpela i luksave long samting i nogat wanpela 'em yet' olsem i nogat wanpela 'em yet'.
Sapos wanpela i luksave long samting i no klin na bilong sting olsem em i no klin na bilong sting.
Ol dispela, ol monk, i popela samting i save wokim lukluk save, tingting, na bilip i klia.

Presen bilong kaikai

Wanpela taim Klia Save Man i bin stap long hap bilong ol Koliyan, long wanpela taun oli kolim Sajjanela. Wanpela morning em i bin putim laplap bilong em long raun na karim bowel na bin go long hap bilong Suppavhasa, wanpela bikpela meri bilong ol Koliyan. Taim Buddha i bin kamap em i bin sindaun long hap Suppavhasa i bin stretim long em na em i bin givim Klia Save Man ol kaikain gutpela kaikai. Taim Buddha i pinis long kaikai, Suppavhasa i bin sindaun long wanpela sait bilong em na Bik Man i bin givim dispela toktok i go long em:
'Suppavhasa, wanpela gutpela meri husat i save bihainim gutpela rot, taim yu givim kaikai yu givim popela samting long husat i save kisim. Dispela popela samting i olsem: laip, simatpela lukluk, hamamas na strong. Taim yu givim laip, bai yu tu winim longpela laip long dispela wel o heven. Taim yu givim simatpela lukluk, bai yu tu i luk smat long dispela wel o long heven. Taim yu givim hamamas, yu tu bai i kisim hamamas long dispela wel o heven. Taim yu givim strong, bai yu tu i gat strong long dispela wel o long heven. Olsem wanpela gutpela meri husat i save bihainim gutpela rot, taim em givim kaikai emi givim popela samting long husat i save kisim.

Mak bilong wanpela gutpela man

Ol monk, i gat popela samting bilong makim wanpela man i no gutpela tumas. Dispela popela i olsem:
Sapos ol i no askim, em i save go het yet na tokaut long ol pasin nogut bilong ol narapela man. Na taim ol i askim em, em i save go moa yet na tokaut long olgeta pasin nogut bilong wanpela narapela, na em ino save haitim wanpela samting.
Na tu, em i no save tokaut long ol gutpela pasin bilong narapela sapos ol i askim em, na nogat tru sapos ol i no askim em. Tasol sapos ol i askim planti, em i save tokaut long sampela gutpela pasin bilong narapela, na em i no save tokaut klia o olgeta o strong long ol gutpela pasin bilong narapela.
Na tu, em i save haitim ol pasin nogut bilong em yet sapos ol i askim em. Tasol sapos em i mas tokaut long ol, em i nosave tokaut klia o olgeta o strong long ol nogut pasin bilong em.
Na tu, em i save tokaut long ol gutpela pasin bilong em sapos ol i no askim em, na save go moa yet sapos ol i askim em. Na taim ol i askim em, em i save toktok klia na strong long ol gutpela pasin bilong em na em i no save lusim wanpela samting.
Dispela kain man yumi ken tingim em olsem wanpela man nogut.

Ol monk, i gat popela samting bilong makim wanpela man i gutpela moa. Dispela popela i olsem:
Sapos ol i askim em, em i no save tokaut long ol pasin nogut bilong narapela. Na taim ol i askim strong, em i ken tokaut liklik tasol, na isi, na no tumas long ol pasin nogut long narapela.
Na tu em i save tokaut long ol gutpela pasin bilong narapela taim ol i no askim, na save go moa sapos ol i askim. Em i save tokaut long olgeta gutpela pasin bilong narapela, strong na olgeta na no haitim liklik.
Na tu, em i save tokaut long ol pasin nogut bilong em yet sapos ol i no askim. Na tu taim ol i askim, em i save go moa na no save lusim wanpela samting, na save tokaut klia na olgeta.
Na tu, em i no save tokaut long ol gutpela pasin bilong em yet sapos oli askim na tu taim ol i no askim. Tasol sapos ol i strong, em i save toktok isi, na i no olgeta, na save larim sampela.
Dispela kain man yumi inap kolim em wanpela man i gutpela moa.

Long halibim yu yet

Long halibim yu yet, ol monk, yu mas was gut long ol tingting. I gat popela has tingting long dispela:
'Mi laik bai olgeta-tingting bilong mi i nogat tingting long sigarap long wonem kain samting i ken kirapim dispela kain tingting.' Long bihainim dispela kain tingting bai wanpela mas was gut long ol tingting long halivm em yet.
'Mi laik bai olgeta-tingting bilong mi i nogat tingting long heitim o koros long wonem kain samting i ken kirapim dispela kain tingting.' Long bihainim dispela kain tingting bai wanpela mas was gut long ol tingting long halivim em yet.
'Mi laik bai olgeta-tingting bilong mi i nogat tingting i no klia long wonem kain samting i ken kirapim dispela kain tingting.' Long bihainim dispela kain tingting bai wanpela mas was gut long ol tingting long halivim em yet.
'Mi laik bai olgeta-tingting bilong mi i nogat tingting long strongpela laik long wonem kain samting i ken kirapim dispela kain tingting.' Long bihainim dispela kain tingting bai wanpela mas was gut long ol tingting long halivim em yet.
Taim, ol monk, wanpela i nogat sigarap long ol samting i ken wokim sigarap i kirap, long wonem em i nogat moa tingting long sigarap i stap; nogat heitim o koros long ol samting i ken wokim heitim o koros i kirap, long wonem em i nogat moa tingting long heitim o koros i stap; nogat tingting i no klia long ol samting i ken wokim no klia tingting i kirap, long wonem em i nogat moa tingting i no klia i stap; nogat strongpela laik long ol samting i ken wokim strongpela laik i kirap, long wonem em i nogat moa tingting long strongpela laik i stap; sapos wanpela monk i olsem, em i no inap abris, guria o poret, na tu em bai i no inap long bihainim ol bilip long ol narapela tisa.

Popela gutpela samting tru

Ol monk, taim wanpela Tathagata i kamap, wanpela Arahant, wanpela husat gat Klia Save Tru, popela gutpela samting tru save kirap. Dispela popela i olsem:
Ol man, planti taim, save hamamas long ol kainkain samting na holim pas ol kainkain samting. Tasol, taim wanpela Tathagata save skulim Dharma bilong noken holim pas ol samting, ol man i interes long harim na trai long winim klia save long em. Dispela

em i namba wan gutpela samting i save kamap taim wanpela Tathagata i kamap, wanpela Arahant, wanpela husat i gat Klia Save Tru.
Ol man, olgeta taim, save hamamas long praud na save hamamas long praudim ol yet. Tasol, taim wanpela Tathagata save skulim Dharma bilong pinisim pasin bilong praud, ol man i interes long harim na trai long winim klia save long em. Dispela em i namba tu gutpela samting i save kamap taim wanpela Tathagata i kamap, wanpela Arahant, wanpela husat i gat Klia Save Tru.
Ol man, olgeta taim, save hamamas long ol sigarap na painim samting bilong wokim ol i sigarap. Tasol taim wanpela Tathagata save skulim Dharma bilong piis na stap isi, ol man i interes long harim na trai long winim klia save long em. Dispela em i namba tri gutpela samting i save kamap taim wanpela Tathagata i kamap, wanpela Arahant, wanpela i gat Klia Save Tru.
Ol man, planti taim, save stap wantaim tingting i no klia na ai bilong ol i pas long no klia tingting. Tasol taim wanpela Tathagata save skulim Dharma bilong pinisim ol tingting i no klia, ol man i interes long harim na trai long winim klia save long em. Dispela em i namba po gutpela samting i save kamap taim wanpela Tathagata i kamap, wanpela Arahant, wanpela i gat Klia Save Tru.
Olsem taim wanpela Tathagata i kamap, wanpela Arahant, wanpela i gat Klia Save Tru, popela gutpela samting tru save kirap.

Popela pasin

Ol monk, i gat popela kain pasin. Popela i olsem: pasin bilong bel hat, pasin bilong stap isi, pasin bilong kontrolim, pasin bilong slouim.
Pasin bilong bel hat i olsem wonem? I olsem: sapos wanpela i korosim narapela, o tok nogut long narapela, dispela narapela i save bekim wantaim koros na tok nogut.
Pasin bilong stap isi i olsem wonem? I olsem: sapos wanpela i korosim narapela, o tok nogut long narapela, dispela narapela ino save bekim wantaim koros o tok nogut.
Pasin bilong kontrolim i olsem wonem? I olsem: sapos wanpela lukim wanpela samting wantaim ai bilong em, o harim samting wantaim iau bilong em, o smelim samting wantaim nus bilong em, o testim samting wantaim tang bilong em, o tasim samting wantaim bodi bilong em, o tingim o drimanim wanpela samting, em i no save holim pas dispela samting o liklik hap bilong em, nogat. Em i save was gut na kontrolim ol dispela kain tingting, nogut em i no was gut na sampela karanki o paol tingting i kirap na winim em.
Pasin bilong slouim i olsem wonem? I olsem: wanpela monk i no inap larim wanpela tingting long sigrap i kirap, tingting bilong heitim o koros, o tingting bilong toromoi han o ol narapela kain paol tingting o tingting nogut i kirap. Em i save lusim ol dispela kain tingting, i no holim moa, rausim ol, na pinsim ol olgeta.
Em, ol monk, popela kain pasin

Laik long wokim

Ol monk, taim bodi i stap, hamamas na pen save kamap bihainim wonem samting bodi i wokim. Taim toktok i stap, hamamas na pen save kamap bihainim wonem kain toktok i kirap. Taim olgeta-tingting i stap, hamamas na pen save kamap bihainim wonem kain tingting i kirap. Ol dispela save bihainim tingting i no klia.

Long laik bilong wanpela yet o long narapela, wanpela save wokim samting wantaim bodi long wokim hamamas o pen i kamap. Wanpela save wokim dispela sapos em i lukluk klia long wonem samting em i wokim, o sapos em i no lukluk klia.
Long laik bilong wanpela yet o long narapela, wanpela save wokim toktok long wokim hamamas o pen i kamap. Wanpela save wokim dispela sapos em i lukluk klia long wonem samting em i wokim, o sapos em i no lukluk klia.
Long laik bilong wanpela yet o long narapela, wanpela save wokim ron na grou bilong tingting long wokim hamamas o pen i kamap. Wanpela save wokim dispela sapos em i lukluk klia long wonem samting em i wokim, o sapos em i no lukluk klia.
Long ol dispela, ol monk, tingting i no klia i stap. Tasol sapos tingting ino klia i pinis olgeta, bai bodi, toktok na tingting i no inap long wokim hamamas na pen i kamap insait long wanpela. I nogat moa wanpela samting i stap long kirapim hamamas na pen insait long wanpela sapos tingting i no klia i pinis olgeta..

Nogat rot long stretim

I stap popela samting, ol monk, inogat rot bilong stretim, i kam long wanpela gutpela man, o tisa, o angelo, o god, sapos i kamap. Dispela popela samting i olsem:
Wonem samting bilong bakarap na sting i no inap bakarap na sting; wonem samting bilong kisim sik i no inap long kisim sik; wonem samting bilong dai ino inap long dai; na nogat ol hevi na samting nogut bilong kamap bihainim ol pasin nogut wanpela yet i bin wokim, olsem pen, poret, born ken, kamap lapun na dai.

Popela kain karma (wokim)

Ol monk, taim mi bin winim klia save tru mi bin luksave olsem i gat popela kain karma i stap. Dispela popela i olsem:
I gat tudak karma wantaim tudak bekim; i gat lait karma wantaim lait bekim; i gat tudak na lait karma wantaim tudak na lait bekim; igat karma i no tudak o lait na bekim i no tudak o lait na save pinisim strong bilong karma.
Na dispela tudak karma wantaim tudak bekim i olsem wonem? Em save kamap sapos wanpela i wokim samting i wokim hevi o pen wantaim bodi o toktok o tingting. Sapos em i wokim olsem, em bai i born ken long kain wel i gat hevi na pen. Taim em i born ken long wel i gat hevi na pen bai ol hevi na pen i kamap long em. Taim ol hevi na pen i kontektim em, em i pilim bikpela pen na hevi, wankain olsem em i stap long hel. Dispela oli kolim tudak karma wantaim tudak bekim.
Na dispela lait karma wantaim lait bekim i olsem wonem? Em save kamap sapos wanpela i wokim samting i no wokim hevi o pen wantaim bodi o toktok o tingting. Sapos em i wokim olsem, em bai i born ken long kain wel i nogat hevi na pen. Taim em i born ken long wel i nogat hevi na pen bai ol hevi na pen i noinap kamap long em. Taim ol samting i nogat hevi na pen i kontektim em, em i no pilim pen na hevi na em i pilim hamamas, wankain olsem em i stap long heven. Dispela oli kolim lait karma wantaim lait bekim.
Na dispela tudak na lait karma wantaim tudak na lait bekim i olsem wonem? Em save kamap sapos wanpela i wokim samting i wokim hevi o pen wantaim bodi o toktok o tingting na tu em i wokim samting i no wokim hevi o pen wantaim bodi o toktok o tingting. Sapos em i wokim olsem, em bai i born ken long kain wel i gat hevi na pen na tu i nogat hevi na pen. Taim em i born ken bai ol hevi na pen i kamap long em na tu ol samting i nogat hevi na pen i ken kamap long em. Taim ol samting i kontektim

em, em i ken pilim bikpela pen na hevi, na tu sampela taim em i noken pilim pen na hevi, olsem tupela i bung wantaim, wankain olsem em i stap long wel bilong ol man o bilong sampela kain angelo o deva. Dispela oli kolim tudak na lait karma wantaim tudak na lait bekim.
Na dispela karma i no tudak o lait na bekim i no tudak o lait na save pinisim strong bilong karma i olsem wonem? Em taim wanpela laik lusim pasin bilong wokim tudak karma wantaim tudak bekim, na tu lusim pasin bilong wokim lait karma wantaim lait bekim, na tu lusim pasin bilong wokim tudak na lait karma wantaim tudak na lait bekim. Dispela oli kolim karma i no tudak o lait na bekim i no tudak o lait na save pinisim strong bilong karma.
Dispela, ol monk, em popela kain karma mi bin lukluk klia long ol taim mi bin winim klia save tru.

Grou bilong klia save

Popela samting save halibim grou bilong klia save, ol monk. Dispela popela i olsem:
Stap wantaim ol man i gutpela moa; harim gutpela Dharma, tingting na luksave gut long em, na praktis long bihaimim skul bilong Dharma. Dispela popela i save halibim klia save i grou i kamap.
Na tu dispela popela i save halibim tru wanpela man o meri.

Pawa bilong sumatin

Ol monk, i gat paipela pawa bilong wanpela husat i skul moa long gutpela rot. Dispela paipela i olsem: bilip, sem, poret long wokim rong, strong na klia save.
Pawa bilong bilip i olsem: Em, wanpela gutpela sumatin i gat bilip long Tathagata i winim klia save tru, olsem em wanpela Arhant, wanpela husat i klia olgeta na save long wonem samting i tru olgeta na wonem em i gutpela pasin, wanpela husat i stap isi na save gut long wel, namba wan lida bilong ol husat i laik kontrolim olgeta-tingting bilong ol, tisa bilong ol angelo, god na man, Klia Save Man, man husat i antap olgeta.
Pawa bilong sem i olsem: Em, wanpela gutpela sumatin i gat sem long wokim samting nogut wantaim bodi, toktok na tingting; em i sem long olgeta samting nogut na ino stret.
Pawa long poret long wokim rong i olsem: Em, wanpela gutpela sumatin em i poret long wokim samting nogut wantaim bodi, toktok na tingting; em i poret long olgeta samting nogut na no stret.
Pawa bilong strong i olsem: Em, wanpela gutpela sumatin i save stap wantaim strong long lusim olgeta pasin i no gutpela na winim olgeta pasin i gutpela; em i save stap strong olgeta taim na no save lusim wok long wokim em i kamap gutpela moa.
Pawa bilong klia save i olsem: Em, wanpela sumatin i winim klia save long kamap na pinis bilong olgeta samting, na save pinisim olgeta ol hevi na wari.
Em, ol monk, dispela paipela pawa bilong wanpela husat i go moa long skul long gutpela rot.
Olsem yupela mas skulim yupela yet olsem: 'Bai mipela i winim pawa long bilip, sem, poret long wokim rong, strong, na klia save bilong wanpela husat i go moa long skul'. Yupela mas skulim yupela yet olsem.

Samting bilong kamapim gutpela na nogut

Sapos bilip long ol gutpela pasin i stap, ol nogut i no inap kam insait. Tasol taim bilip long ol gutpela i no stap na wanpela i nogat bilip long gutpela pasin, bai ol nogut i kam insait.

Sapos sem i stap long ol pasin nogut, bai ol nogut i no inap long kam insait. Tasol taim sem i no stap na nogat sem i kamap bikpela, bai ol nogut i kam insait.

Sapos poret long wokim rong i stap, bai ol nogut i no inap kam insait. Tasol taim poret bilong wokim rong i no stap na wanpela i nogat brek long wokim samting, bai ol nogut i ken kam insait.

Sapos strong bilong wokim gutpela pasin i stap, bai ol nogut i no inap long kam insait. Tasol, sapos strong i pinis na les i stap, bai nogut inap kam insait.

Sapos klia save long ol gutpela pasin i stap, ol nogut ino inap long kam insait. Tasol, sapos klia save i go pinis na karanki tingting i kamap strong, bai ol nogut i kam insait.

Stori long liklik pikinini

Kolostu olgeta man save laik painim hamamas long rot long bihaimim laik na sigarap. Nau sapos wanpela yangpela bilong wanpela gutpela pamili i lusim dispela pasin na bihainim gutpela rot, yumi inap ting olsem em i mas bihainim dispela long bilip bilong em. Long wonem ol yangpela i painim isi long painim hamamas long rot long bihainim laik na sigarap, sapos ol liklik o bikpela o wonem kain hamamas.

Na sapos wanpela liklik pikinini i slip long baksait na em i putim wanpela liklik hap diwai o nil long maus bilong em. Taim mama o husat i lukautim dispela pikinini i luksave long dispela em bai i rausim dispela hap diwai o nil hariap. Na sapos em i pas bai em i holim het bilong pikinini na putim pinga bilong em i go insait long maus bilong em na rausim dispela samting, na nogut liklik blut tu i ron. Dispela i mas wokim pen long pikinini, tasol dispela meri i mas gohet na wokim, long wonim em i laik bai pikinini i mas stap gut, long wonem em i wari long gutpela bilong pikinini na gat marimari. Tasol bihain taim pikinini i grou i kamap bikpela, em i no inap wari moa, long wonem em i save pikinini inap lukautim em yet, na no inap long wokim dispela kain samting.

Wankain, ol monk, sapos wanpela i no soim bilip bilong em long ol gutpela pasin, na emi no soim sem na poret long ol samting nogut, na emi no soim strong na klia save long ol gutpela samting, bai mi mas was gut long em yet. Tasol sapos em i soim strong bilong em long ol dispela samting bai mi no ken wari moa long em, long wonem mi save em inap lukautim em yet, na em i no inap wokim samting nogut moa.

Paipela samting long halibim stetpela tingting

Stretpela tingting, ol monk, sapos paipela samting i halibim, inap wokim olgeta-tingting i kamap pri, na wokim klia save tru i kamap. Dispela paipela samting i olsem: Stretpela tinging save kisim halibim long gutpela pasin, gutpela na planti skul, toktok wantaim ol narapela long ol lanim long skul, stap isi, na klia save.

Paipela samting i gutpela long tingim planti taim

I gat paipela samting, ol monk, i gutpela long olgeta long tingting gut long em. Dispela paipela i olsem:

Bai im mas kamap lapun. Mi nogat rot long abrisim lapun.

Bai mi mas kisim sik sampela taim. Mi no inap abrisim sik.
Bai mi mas dai. Mi no inap abrisim dai.
Bai mi mas lusim olgeta samting mi save lavim na laikim tumas.
Mi papa bilong ol samting mi wokim. Mi pikinini bilong ol samting mi wokim. Kamap bilong mi i bihainim wonem samting mi bin wokim. Ol samting mi wokim i olsem ol kandere bilong mi. Samting mi wokim inap halibim mi. Wonem samting mi wokim, sapos gutpela o nogut bai mi kisim bekim long em bihain.
Nau olsem wonem i gutpela long wanpela man, meri, monk, o nan long tingting planti taim long em i mas kamap lapun, na em i nogat rot long abrisim? Taim wanpela i yangpela em i save praud long yangpela bilong em, na taim em i pulap long dispela kain praud em i ken wokim ol karanki pasin long tingting, toktok na wokim. Tasol sapos em i tingting planti taim olsem em i mas kamap lapun, bai dispela kain praud i ken slou na pinis. Olsem i gutpela long tingting planti taim long wanpela mas kamap lapun.
Nau olsem wonem i gutpela long wanpela man, meri, monk, o nan long tingting planti taim long em i mas kisim sik, na em i nogat rot long abrisim? Taim wanpela i nogat sik, em i save praud long em i nogat sik, na taim em i pulap long dispela kain praud em i ken wokim ol karanki pasin long tingting, toktok na wokim. Tasol sapos em i tingting planti taim olsem em i mas kisim sik sampela taim, bai dispela kain praud i ken slou na pinis. Olsem i gutpela long tingting planti taim long wanpela mas kisim sik.
Nau olsem wonem i gutpela long wanpela man, meri, monk, o nan long tingting planti taim long em i mas dai, na em i nogat rot long abrisim? Yumi save praud long stap laip na taim yumi i pulap long dispela kain praud yumi ken wokim ol karanki pasin long tingting, toktok na wokim. Tasol sapos wanpela tingting planti taim olsem em i mas dai, bai dispela kain praud i ken slou na pinis. Olsem i gutpela long tingting planti taim long wanpela mas dai.
Nau olsem wonem i gutpela long wanpela man, meri, monk, o nan long tingting planti taim long em i mas lusim olgeta samting em save lavim na laikim tumas, na em i nogat rot long abrisim? Yumi save laikim strong na sigarap long ol samting yumi lavim na laikim tumas na dispela i ken wokim ol karanki pasin long tingting, toktok na wokim i kamap. Tasol sapos wanpela tingting planti taim olsem em i mas lusim ol samting em i lavim na laikim tumas, bai dispela sigarap na strongpela laik i ken slou na pinis. Olsem i gutpela long tingting planti taim long wanpela mas lusim olgeta samting em i lavim na laikim tumas.
Nau olsem wonem i gutpela long wanpela man, meri, monk, o nan long tingting planti taim long emi papa bilong ol samting em i wokim na bai em i mas kisim bekim long wonem samting em i wokim, sapos gutpela o nogut, na em i nogat rot long abrisim? I gat sampela i save wokim ol pasin nogut long tingting, toktok, na wokim. Tasol sapos wanpela tingting planti long em i mas kisim bekim long wonem samting em i wokim, bai dispela pasin bilong wokim samting nogut long tingting, o toktok, o wokim, i ken slou na pinis. Olsem i gutpela long tingting planti taim long wanpela mas kisim bekim long wonem samting em i wokim.
Nau, ol monk, wanpela husat i skul gut i save tingting olsem: 'I no mi tasol husat i mas kamap lapun, kisim sik, na dai, nogat. Tasol long wonem hap ol samting laip i kamap, stap na pinis, na kamap ken, ol i mas kamap lapun, kisim sik na dai. Husat i save tingting planti taim long dispela, em i save go insait long gupela rot. Na em i save stat long bihainim na grou strong insait long gutpela rot, na save lusim ol samting long pasim em na pinism ol karanki na paol tingting na pasin.

Nau, ol monk, wanpela husat i skul gut i save tingting olsem: 'I no mi tasol husat i mas lusim ol samting em i lavim na laikim tumas, nogat. Tasol long wonem hap ol samting laip i kamap, stap na pinis, na kamap ken, ol i mas lusim ol samting ol i lavim na laikim tumas. Husat i save tingting planti taim long dispela, em i save go insait long gupela rot. Na em i save stat long bihainim na grou strong insait long gutpela rot, na save lusim ol samting long pasim em na pinism ol karanki na paol tingting na pasin.
Nau, ol monk, wanpela husat i skul gut i save tingting olsem: 'I no mi tasol husat i papa bilong ol samting emi wokim na kisim bekim long wonem samting emi wokim, nogat. Tasol long wonem hap ol samting laip i kamap, stap na pinis, na kamap ken, ol i papa bilong ol samting ol i wokim na mas kisim bekim long ol samting ol i wokim.. Husat i save tingting planti taim long dispela, em i save go insait long gupela rot. Na em i save stat long bihainim na grou strong insait long gutpela rot, na save lusim ol samting long pasim em na pinism ol karanki na paol tingting na pasin.

Stretpela pasin long skulim dharma

Wanpela taim Klia Save Man i bin stap long Kosambi long haus monk bilong Ghosita, na monk Udayi i bin sindaun long namel long planti man bilong ples na bin skulim ol long Dharma. Taim monk Ananda i bin lukim dispela em i bin go stori long Klia Save Man husat i bin bekim olsem:
"Em i no isi, Ananda, long skulim ol man long Dharma. Sapos wanpela laik skulim ol man long Dharma em i mas bihainim paipela mak. Na dispela paipela i olsem:
'Bai mi skulim ol isi isi long Dharma', em wanpela pasin long skulim narapela long Dharma.
'Bai mi skulim ol wantaim ol toktok i gat dip na klia tingting long has bilong em', em wanpela pasin long skulim narapela long Dharma.
'Taim mi gat marimari bai mi toktok', em wanpela pasin long skulim narapela long Dharma.
'Bai mi noken tingting long winim wanpela samting', em wanpela pasin long skulim narapela long Dharma.
'Mi noken toktok long apim neim bilong mi na daunim narapela', em wanpela pasin long skulim narapela long Dharma.
Olsem, Ananda, i no isi long givim skul long dharma, na taim wanpela laik wokim, em mas tingim dispela paipela pasin."

Ol rot bilong rausim koros na bel heve

I gat, ol monk, paipela rot long rausim ol koros na bel heve. Dispela paipela i olsem:
Sapos wanpela i gat koros na bel heve long narapela, em i mas wokim lav, o wokim marimari i go long em, o tingim em i olsem ol narapela na givim wankain gutpela tingting i go long olgeta. Sapos wanpela i bihainim dispela rot em inap pinisim koros and bel heve.
O wanpela noken lukluk moa long dispela man na noken gat tingting moa long em. Dispela inap pinisim koros na bel heve.
O wanpela ken tingim karma, olsem: em papa bilong ol samting em i wokim na bai em i mas kisim bekim long wonem samting em i wokim, sapos gutpela o nogut, na em i nogat rot long abrisim.

Gutpela hamamas long stap long jhana

Taim wanpela i stap long hamamas i save kamap long strongim tingting long mediteisen, jhana, i gat paipela samting i save kamap long em:

1) Wonem kain pen bilong sigarap na laik i no inap stap
2) Wonem kain hamamas bilong sigarap na laik i no inap stap
3) Wonem kain pen na wari i save kamap wantaim ol paol tingting i no inap stap
4) Wonem kain hamamas i save kamap wantaim ol paol tingting i no inap stap
5) Wonem kain pen na wari i save kamap wantaim ol gutpela tingting i no inap stap.

Taim wanpela i save go insait na stap long hamamas long jhana, bai dispela paipela samting i kam long em.

Paipela kain wok i nogutpela

I gat paipela kain wok i nogutpela long wanpela husat i laik bihainim gutpela rot. Dispela paipela i olsem: bisnis bilong salim gan o samting bilong pait na kil, bisnis long salim ol samting i stap laip, bisnis bilong salim mit, bisnis bilong salim strongpela drink o drag, bisnis bilong salim posin.

Mak bilong gutpela toktok

Sapos toktok i gat paipela mak, em i gutpela toktok, na i no bilong bakarapim samting, na ol klia save man bai i hamamas long em. Dispela paipela mak i olsem:
Toktok i kamap long rait taim, toktok i tru, toktok isi, toktok i gat has tingting long em, na toktok i stap wantaim tingting bilong lav.

Laik na Sigarap

Ol monk, samting bilong poretim, em i wanpela neim bilong pilim sigarap, pen em i wanpela neim bilong pilim sigarap, sik em i wanpela neim bilong pilim sigarap, kansa em i wanpela neim bilong pilim sigarap, samting bilong pasim, em i wanpela neim bilong pilim sigarap, tais em i wanpela neim bilong pilim sigarap.
Na olsem wonem samting bilong poretim em i wanpela neim bilong pilim sigarap? Tuhat long pilim sigarap na kalabus long ol tingting bilong sigarap, wanpela i no pri long ol samting long poret long em long dispela wel o wel bihain.
Tuhat long pilim sigarap na kalabus long ol tingting bilong sigarap, wanpela i no pri long pen, sik, kansa, samting bilong pasim, na tais, long dispela wel o wel bihain.

Has bilong koros

I gat, ol monk, sikispela has bilong ol koros. Dispela sikispela i olsem:
Em, wanpela monk em i koros na laik bekim rong, o em i laik bos na lukdaun long narapela, o em i jeles o gridi, o em i laik giamanim narapela, o em i gat tingting nogut na ol karanki tingting, o em i het strong na no laik, na painim hat, long lusim dispela bilip o tingting bilong em. Dispela kain monk em i no respektim gut Tisa, Dharma na Sangha na em i no bihainim skul gut. Dispela kain monk save wokim namel i kamap insait long Sangha, na dispela inap wokim bel hevi na lus i kamap long planti man, na bakarap na bel hevi i kamap long ol angelo o deva na man.

Na sapos yu lukim sampela long ol dispela has bilong koros long yu yet o long narapela, yu mas wokim praktis bai ol dispela has i no inap kamap moa. Long dispela rot bai yupela inap lusim ol dispela has bilong koros, na bai ol ino inap long kamap long bihain taim.

Skul i stap klia

Wanpela taim wanpela man bilong lotu, Moliya Sivaka, i bin toktok long Klia Save Man olsem:
'Ol i tok, Bikman, Dharma i stap klia long lukim tru. Na hausat, Bikman, Dharma i stap klia, nau, gutpela, na ol klia save man inap lukim klia tru?'
'Bai mi bekim long rot bilong wanpela askim olsem: Sapos, Sivaka, taim gridi i stap long yu bai yu save gridi i stap o nogat? Na taim gridi i no stap bai yu save gridi i no stap o nogat?'
'Bai mi save Bik Man.'
'Sapos yu save olsem gridi i stap taim em i stap na em i no stap taim em i no stap, em i rot long lukim Dharma i stap klia.'
'Sapos, Sivaka, taim koros o no klia tingting i stap long yu bai yu save koros o no klia tingting i stap o nogat? Na taim koros na no klia tingting i no stap bai yu save koros o no klia tingting i no stap o nogat?'
'Bai mi save Bik Man.'
'Sapos yu save olsem koros o no klia tingting i stap taim em i stap na em i no stap taim em i no stap, em i rot long lukim Dharma i stap klia.
Long dispela rot Dharma i stap klia, nau, gutpela, na ol klia save man inap lukim klia tru.'

Wanpela i mas gat narapela

Ol monk, sapos wanpela i no kontrolim lukluk, harim, smelim, tesim, tasim na driman bai em i nogat has bilong gutpela pasin long kamap. Sapos wanpela i nogat gutpela pasin, em i nogat has bilong stretpela strongim tingting i ken kamap. Sapos wanpela i nogat stretpela strongim tingting, em i nogat has bilong kisim klia save hausat ol samting i stap tru. Sapos wanpela i nogat klia save hausat ol samting i stap tru, em i nogat has long no laikim na lusim ol samting. Sapos wanpela i nogat pilim bilong no laikim na lusim ol samting, bai em i nogat has bilong klia lukluk save long rot bilong kamap pri.
Dispela i wankain olsem wanpela diwai i nogat ol han na lip: ol prut i no inap long kamap, na tu skin bilong diwai na insait bilong em i no inap long grou kamap tuia. Wankain, sapos sapos ol dispela has i no stap ol samting i no inap long kamap.
Tasol, sapos wanpela i kontrolim lukluk, harim, smelim, testim, tasim na driman bai em i gat has bilong gutpela pasin long kamap. Sapos wanpela i gat gutpela pasin, em i gat has bilong stretpela strongim tingting i ken kamap. Sapos wanpela i gat stretpela strongim tingting, em i gat has bilong kisim klia save hausat ol samting i stap tru. Sapos wanpela i gat klia save hausat ol samting i stap tru, em i gat has long no laikim na lusim ol samting. Sapos wanpela i gat pilim bilong no laikim na lusim ol samting, bai em i gat has bilong klia lukluk save long rot bilong kamap pri.
Dispela i wankain olsem wanpela diwai i gat ol han na lip: ol prut inap long kamap, na tu skin bilong diwai na insait bilong em inap long grou kamap tuia.
Wankain, sapos ol dispela has i stap ol samting tu i inap long kamap.

Sikispela pasin bilong pasim

Sapos wanpela i no lusim sikispela pasin, bai em i no inap long winim klia save na winim rot bilong kamap pri. Dispela sikispela i olsem: pasin bilong no was gut long tingting; no luk save klia long ol samting; no was gut long lukluk, harim, smelim, testim, tasim na driman; kaikai tumas; giaman; na toktok tumas. Tasol sapos wanpela i lusim ol dispela kain pasin, bai wanpela inap long winim klia save na winim rot bilong kamap pri.

Sikispela samting i no save kamap planti taim

Ol monk, i gat sikispela samting i no save kamap planti taim long dispela ples giraun: Dispela sikispela i olsem: wanpela Tathagata i kamap long ples giraun; wanpela i skulim Dharma na gutpela pasin i bihainim skul bilong Tathagata; long born long wanpela hap ol gutpela man tru i stap long em; long gat gutpela bodi na tingting i nogat sampela bakarap long em; nogat karanki na slou tingting na pasin i stap, long gat laik long winim ol gutpela pasin.

Gutpela i save kamap sapos wanpela stat long bihainim tru gutpela rot

I gat sikispela gutpela samting i save kamap sapos wanpela stat long bihainim tru gutpela rot, (olsem em i luksave klia long popela samting i tru olgeta, em i nogat bilip moa long wanpela 'em yet' o 'mi yet' i stap olgeta, em i luk save olsem Buddha na skul bilong emi tru, em i nogat bilip sapos em i wokim wanpela kain pasin o toktok bai klia save i ken kamap nating). Dispela sikispela i olsem: Wanpela i stap strong long Dharma. Em i no inap pundaun i go bek. Em makim pinis bilong ol heve. Em i gat planti ol gutpela save. Em i klia long has bilong ol samting na wonem samting i mas kamap bihainim dispela kain has.

Gutpela poroman

Ol monk, i gutpela long bihainim wanpela gutpela poroman sapos em i save wokim sevenpela kain pasin. Dispela sevenpela i olsem: Em i save givim samting i hat long givim, em i save wokim samting i hat long wokim, em i save stap isi sapos taim nogut i kamap long em, em i save tokaut long ol hait toktok bilong em, em i no save tokaut long ol hait toktok bilong ol narapela, em i no save lusim wanpela sapos em i kisim taim nogut, em i no inap tok nogut long wanpela sapos em lusim samting.

Eitpela tingting long ples giraun:

Ol monk, i gat eitpela has i save wokim wel i raunraun, na wel i save bihainim dispela eitpela samting. Dispela eitpela i olsem: Win na lus, gutpela neim na neim nogut, swit na gutpela toktok na kot o toktok i putim rong natap long yu, hamamas na pen.

Ol dispela samting bilong ples giraun save kam antap long wanpela i no skul long gutpela rot na tu long wanpela husat i skul pinis. Nau wonem deferens long dispela tupela man?
Taim wanpela i no bin skul long gutpela rot i save winim samting, em i no save ting olsem: Dispela mi winim i no inap long stap longpela taim, na i gat heve long em, na i mas senis. Olsem em i no luksave klia long dispela samting. Wankain sapos em i lus long wanpela samting, o sapos em i winim gutpela neim o winim neim nogut, o kisim sampela swit na gutpela toktok o kot o toktok i putim rong natap long em, em i no save stap isi na ting olsem: Dispela mi winim i no inap long stap longpela taim, na i gat heve long em, na i mas senis. Olsem em i no luksave klia long ol dispela samting. Taim ol dispela samting i kamap olgeta-tingting bilong em i save pas long ol. Taim win i kamap em i hamamas, taim em i lus em pilim nogut. Taim em i kisim gutpela neim em i hamamas, taim em i kisim neim nogut, em i pilim nogut. Taim em i kisim sampela swit na gutpela toktok em i hamamas, taim ol i putim rong antap long em na kotim em, em i pilim nogut. Taim em i winim hamamas em i pilim hamamas, taim em i kisim pen em i pilim nogut. Taim em i stap wantaim ol dispela laik na no laik, em i no inap long lusim raun long born, kamap lapun na dai, em ino inap long lusim ol heve, pen, karai, na bakarap. Mi tok olsem bai em ino inap pri long ol heve.
Tasol taim wanpela i bin skul long gutpela rot i save winim samting, em i save ting olsem: Dispela mi winim i no inap long stap longpela taim, na i gat heve long em, na i mas senis. Olsem em i luksave klia long dispela samting na olgeta-tingting bilong em i no inap long pas long em. Olsem em i no inap long hamamas olgeta taim em i winim samting o wari taim em i lus, em i no inap hamamas olgeta taim em i winim gutpela neim o wari taim em i kisim neim nogut, em i no inap hamamas olgeta taim ol i wokim swit toktok na gutpela toktok long em o wari taim ol i kotim em o putim rong antap long em; em i no inap hamamas olgeta taim em i winim hamamas o wari taim em i kisim pen..Taim em i lusim ol dispela laik na no laik, em bai i pri long born, kamap lapun, na dai, pri long ol heve, pen, karai na bakarap. Mi tok olsem bai em i pri long olgeta heve.
Dispela, ol monk, em i deferens long wanpela husat i no skul long gutpela rot na wanpela husat i bin skul long em.

[Long hap yumi stap long em, bisi wantaim ol kain kain samting,

Save wokabaut hariap ol man i dai long eitpela tingting long wel.

Em i long dispela hap yu inap painim dispela matmat long wokim yu i guria olgeta,

Na em i long dispela hap yupela ol monk mas wokabaut long nait wantaim ol man i dai.]

Ol samting wanpela Arahant i no inap long wokim

Wanpela husat i kamap wanpela Arahant - wanpela husat i nogat moa ol paol tingting, husat i winim dispela mak em i bin laikim, husat i bin bihainim gutpela pasin, wokim strongpela wok, lusim pasin bilong holim pas, rausim ol samting bilong pasim em, na kamap pri long rot long winim klia save - i no inap long wokim nainpela samting olsem: em i no inap bakarapim wanpela samting i stap laip, em i no inap long stil, em i no inap long wokim sex, em ino inap giaman, em i no inap long yusim ol samting em i bin holim bipo, taim emi no kamap wanpela monk, bilong wokim em i hamamas,

em i no inap long wokim wanpela samting nogut i bihainim gridi, heitim, tingting i no klia o poret.

Nainpela samting i kamap bihainim strongpela laik

Ol monk, i gat nainpela samting i bihainim strongpela laik. Harim gut. Dispela nainpela i olsem:
Bihainim strongpela laik, pasin bilong bihainim save kamap. Bihain long pasin bilong bihainim, kisim save kamap. Bihainim kisim, skelim save kamap. Bihainim skelim, laik na sigarap save kamap. Bihainim laik na sigarap, tingting long holim bilong em yet i save kamap. Bihainim tingting bilong holim bilong em yet, holim bilong em yet i save kamap. Bihainim holim bilong em yet, pasin bilong gridi save kamap. Bihainim pasin bilong gridi, tingting long holim longwei long ol narapela i save kamap. Bihainim tingting long holim longwei long ol narapela, tingting long kisim ol samting bilong pait, na ol kain samting nogut, na koros, belhat, tok nogut na giaman i save kamap.
Ol dispela i gat has bilong ol long strongpela laik.

Skelim gut tingting

Sapos, ol monk, wanpela i no smat long long skelim ol tingitng, em i mas promis olsem: 'Bai mi mas kamap smat long save long ol ron bilong tingting bilong mi'.
Na hausat bai wanpela inap kamap smat long save long ol ron bilong tingting bilong em? I wankain olsem wanpela yangpela man o meri husat i save laikim bilas i save lukim pes bilong em long wanpela glas (mira) i klia na klin tru. Na sapos em i lukim hap dirty o das em bai i trai hat long rausim. Tasol sapos em i no lukim hap dirty o das, em bai i hamamas na ting oelsem: ' Em i smat na mi klin'.
I laik wankain long wanpela monk sapos em i luksave gut long olgeta-tingting bilong em, dispela bai i halibim em long grou na kamap gutpela moa. 'Mi save gridi na laik kisim ol samting o nogat? Mi gat tingting nogut o koros long bel bilong mi o nogat? Mi save les na laik slip tasol o nogat? Mi save pilim sigarap planti taim o nogat? Mi save pilim no klia long ol samting planti taim o nogat? Mi save pilim bel hat o bel kaskas planti taim o nogat? Bodi bilong mi i save stap isi o laik mov nambaut planti? Mi man bilong les o mi gat strong long wok? Tingting bilong mi save kamap strong na klia na sap planti taim o nogat?
Taim wanpela save skelim olgeta-tingting bilong em olsem na painimaut olsem planti taim em i save gridi, koros, les, sigarap, no klia long planti samting, bel hat, bodi bilong em i no inap long sindaun isi, na tingting i no stap klia na sap na strong, em i mas trai hat tru na was gut na klia long olgeta-tingting na lusim ol dispela paol tingting na pasin nogut.
Wankain sapos wanpela man laplap bilong em i paia i mas trai hat tru na was gut na klia bai em i ken pinisim dispela paia hariap, wanpela mas tri hat tru na was gut na klia long lusim ol dispela paol tingting na pasin nogut.
Na sapos wanpela skelim olgeta-tingting bilong em na painimaut olsem planti taim em i no save gridi, koros, les, sigarap, no klia long planti samting, bel hat, na planti taim bodi bilong em inap sindaun isi, na tingting i save stap klia na sap na strong, em i

mas strong long ol dispela gutpela pasin na trai hat moa na was gut na klia long olgeta-tingting na lusim ol dispela paol tingting na pasin nogut i stap yet.

Has bilong olgeta samting

Nogut, ol monk, sampela man bilong lotu i ken askim yu olsem:'Wonem has bilong ol samting? Hausat olgeta samting save kamap? Ol samting save kam long wonem hap? Ol i save go kamap long wonem hap? Wonem samting save go pas long ol? Husat i bos bilong ol? Wonem samting i antap olgeta? Wonem save stap insait tru long olgeta? Ol samting save go kamap long wonem hap? Ol i save pinis long wonem hap?'

Sapos ol i askim yu olsem, bai yu ken bekim olsem: 'Has bilong olgeta samting (long yumi) i stap long strongpela laik. Ol i save kam stap long rot bilong holim, long bihainim kontek, na save go kamap long pilim. Strongpela na klia na sap tingting i save go pas long ol. Was gut long olgeta-tingting em i bos bilong ol. Antap long olgeta em i tru klia save. Pri em i stap isait tru long ol. Olgeta samting save go kamap long no dai, na Nirvana em i pinis bilong ol.

Has tingting bilong kamap monk.

Ol monk, yupela mas skulim yupela yet olsem: 'Bai mipela mas strongim olgeta-tingting bilong mipela long winim pri. Bai mipela i no inap larim wanpela tingting paol o nogut i stap na ron insait long tingting bilong mipela! Bai mipela strongim tingting long senis bilong olgeta samting! Bai mipela strongim tingting olsem mipela nogat wanpela 'mi yet' i stap! Bai mipela strongim tingting long no klin! Bai mipela strongim tingting long ol kain bakarap i ken kamap! Bai mipela strongim tingting hausat ol samting long ples giraun i ken gutpela sampela taim na sampela taim nogut! Taim mipela klia hausat ol samting long ples giraun save senis, bai mipela strongim olgeta-tingting bilong mipela! Taim mipela klia hausat ol samting long ples giraun save pinis, bai mipela strongim olgeta-tingting bilong mipela! Bai mipela strongim tingting bilong lusim pasin bilong holim! Bai mipela strongim tingting long les long na lusim laik long ol samting! Bai mipela i strongim tingting long pinis bilong ol samting! Long dispela rot yupela mas skulim yupela yet, ol monk.

Taim wanpela i strongim olgeta-tingting bilong em long dispela rot, wanpela long tupela kain prut bai em i winim: em bai i winim klia save i go olgeta long dispela laip tasol, o sapos liklik tingting bilong holim i stap yet, em i no inap long kambek long ples giraun moa.

Hamamas na heve

Wanpela taim Monk Sariputta i bin stap long Magadha, long ples Nalaka. Wanpela man bilong lotu, Samandakani, bin kamap long em na askim em:

'Pren Sariputta, wonem samting em i hamamas na wonem em i heve?'

'Sapos yu born ken, pren, em i heve, sapos yu no born ken em i hamamas.

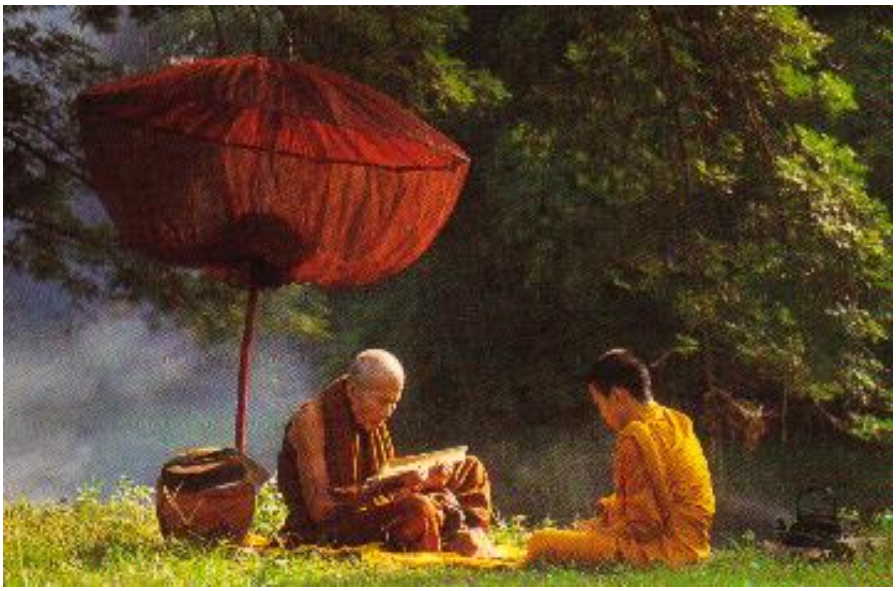
Gutpela na nogut

Bai mi skulim yupela, ol monk, long gutpela na nogut. Harim gut:

Wonem samting i nogut? Pasin bilong kilim samting i stap laip, kisim samting wanpela i no givim, paol na wokim pasin nogut long sex, giaman, toktok long wokim namel long sampela lain man, strongpela toktok, toktok nating, pasin bilong gridi, pasin bilong no laik na koros, na bilip i no stret. Ol dispela i nogut, na bai ol save man i tok i no gutpela, bai ol wokim heve i kamap, ol i mak bilong wanpela man i no gutpela, ol dispela samting yu no ken wokim na mas pasim.
Na wonem i gutpela? Pasin bilong noken kilim samting i stap laip, noken kisim samting wanpela i no givim, noken paol na wokim pasin nogut long sex, noken giaman, noken toktok long wokim namel long sampela lain man, noken wokim strongpela toktok, noken toktok nating, nogat pasin bilong gridi, pasin bilong hamamas na halibim narapela, na bilip i stret. Ol dispela i gutpela na ol save man i ken tok i gutpela, bai ol i wokim hamamas i kamap, ol i mak bilong wanpela gutpela man, ol dispela samting yu mas wokim na grouim i kamap strong.

Gutpela i kamap bihainm lav na marimari

Sapos yu praktis planti taim lav na marimari na wokim i kamap olsem has bilong ol tingting bilong yu na yu strongim na wokim gutpela tru, bai ilevenpela samting i kamap: Bai yu slip gut; bai yu nogat driman nogut; ol man bai i laikim yu; bai ol animal, tebel, na angelo i laikim yu; bai ol angelo o deva i lukautim yu; paia, posin, na ol samting bilong pait i no inap long bakarapim yu; bai yu painim isi long strongim tingting i kamap sap na klia; pes bilong yu bai i luk hamamas na isi; bai tingting bilong yu i no inap long paol; bai tingting bilong yu i stap klia na yu no inap paol taim yu dai; na sapos yu no kisim pri bai yu born ken long wel bilong ol god.



Ol toktok bilong Buddha i kam long Samyutta Nikaya:

Hat long wokim

Kamada Devaputta i bin sanap long sait bilong Klia Save Man na bin toktok olsem:
'Em i hat long wokim, Bikman, em i hat truia!'
'Truia, em hat long wokim, ol dispela gutpela man i bihaimim skul na olgeta tingting bilong ol i klin na stret. Long ol husat igo na stap longwei long ol haus i gat hamamas i ken kamap hamamas tru.'
'Em i hat long winim, Bik Man, dispela kain hamamas!'
'Truia, em i hat tru long winim dispela gutpela ol i winim, ol dispela i save trai hat long slouim tingting bilong ol. Long ol dispela lain husat i save hamamas long wokim mediteisen san na nait, olgeta-tingting bilong ol i painim bikpela hamamas long mediteisen.'
'Em i hat, Bik Man, long wokim tingting i kamap sap, klia na strong!'
'Tasol wonem i hat long strongim tingting, ol i strongim i kamap sap na klia, ol dispela lain husat i laik kontrolim lukluk, harim, smelim, testim, tasim na driman. Ol i burukim umben bilong dai, ol dispela gutpela man truia, na ol i wokabaut pri, Kamada.'
'Em i hat, Bikman, long bihainim wanpela hatpela rot!'
'Tasol ol i bihainim dispela hatpela rot, ol dispela gutpela man truia, Kamada. Long dispela kain rot ol man nogut save pundaun long het bilong ol, tasol rot i no hat long ol dispela i gutpela tru na ol i save wokabaut gut long dispela hatpela rot.'

Husat i lavim em yet truia

Mi, Ananda, bin harim olsem: Wanpela taim Klia Save Man i bin stap long Savatthi long Jeta Gaden long haus monk bilong Anathapindika. Sif Pasenadi bilong Kosala i bin kamap na respektim Buddha na bin sindaun long sait bilong em na bin toktok olsem:
'Taim mi bin stap, mi wanpela, mi bin tingting olsem: Husat i save lavim em yet, na husat i no save lavim em yet? Na mi bin skelim olsem: Ol dispela husat i save bihainim pasin nogut wantaim bodi, toktok na tingting, ol i no save lavim ol yet. Sapos ol yet i tok: 'mipela save lavim mipela yet', ol i no save wokim tru. Long wonem? Ol i save wokim wankain wanpela husat i heitim wanpela na laik bakarapim dispela man. Olsem ol i no lavim ol tru.
'Tasol ol husat i save wokim gutpela pasin tasol wantaim bodi, toktok na tingting, ol i lavim ol yet tru. Sapos ol i tok: 'mipela i no lavim mipela yet', ol i lavim ol truia. Long wonem? Ol i wokim wankain wanpela poroman i save wokim long poroman bilong em. Olsem ol i save lavim ol truia.'
'Em i tru, sif,' bekim Bik Man.
'Husat i save laikim em yet, i no inap wokim pasin nogut. Husat i wokim pasin nogut i no inap winim hamamas i stap longpela taim. Dai bai i kam long em, na em i no inap long karim ol samting em i kisim i go wantaim em.
'Wonem samting bai i bihainim em wankain olsem shado long bodi bilong em? Ol samting em i bin wokim, gutpela na nogut, bai i bihainim em, na em ol samting bilong em truia, na dispela bai em i karim wantaim em. Ol samting em i wokim bai i

bihainim em wankain olsem shado bilong bodi bilong em, na oli no inap long lusim em.
'Olsem, wanpela mas wokim ol gutpela samting nau long stretim laip bihain. Ol gutpela pasin bai i halibim wanpela long narapela wel bihain.'

Lukaut long traipela bakarap

Klia Save Man i bin toktok i go long Sif Pasenadi bilong Kosala olsem:
'Yu tingting olsem wonem Sif, sapos wanpela gutpela man i kam long hap bilong san i kam antap na tok: Sif, mi kam long hap bilong san i kam antap na mi lukim wanpela traipela maunten, longpela bilong em i go antap long skai, i wok long muv i kam na burukim olgeta samting i stap laip i stap long rot bilong em. Wokim wonem samting yu ting gutpela nauia, Sif.
Na narapela man tu i kam long hap bilong san i go daun, na wanpela ken long hap bilong saut, na narapela ken long nort. Na ol i gat wankain toktok.
Olsem, Sif, wanpela traipela bakarap i laik kamap, na yu save i no isi long born kamap wanpela man, bai yu wokim wonem?'
'Sapos wanpela traipela bakarap i laik kamap, na i no isi long born kamap wanpela man, bai mi praktisim Dharma, na wokim ol gutpela samting bilong wokim ol gupela kamap bihain, i nogat narapela samting long wokim'.
'Orait, Sip, sapos mi tok olsem: kamap lapun na dai bai i kam long yu. Taim kamap lapun na dai i laik kam long yu, bai yu wokim wonem?'
'Truia, kamap lapun na dai i laik kam long mi, olsem, mi mas praktisim Dharma, na wokim ol gutpela samting bilong wokim ol gutpela kamap bihain.'

Giaman bilong masalai

Wanpela taim Klia Save Man i bin stap long Silavati, hap bilong ol Sakyas, wantaim planti ol gutpela monk, husat i bin trai hat na strong long wokim mediteisen.
Na wanpela masalai nogut i bin kamap long ol monk. Dispela masalai i bin gat longpela paol gras na skin bilong wanpela lepard long karamapim em, na em i bin luk olsem wanpela man i lapun olgeta, wantaim sotwin na baksait i krukid, na em i bin holim wanpela diwai long han bilong em bilong halibim em long wokabaut. Em i bin toktok olsem i go long ol monk:
'Yupela stap ol manki yetia. Yupela ol yangpela wantaim bilakpela gras na ol strong bilong ol yangpela. Yupela no pinisim laik yet long traim ol kainkain hamamas long ples giraun. Yupela ol yangpela, mas traim ol dispela samting naia. Yu noken lusim ol dispela samting i stap reti nau na bihainim samting i stap longwei!'
'Mipela no lusim ol samting i stap reti nau, na bihainim samting i stap longwei, nogatia. Mipela lusim wonem samting i longwei na go hariap long disepla i stap kolostu. Bik Man i bin tokim mipela ol samting long pels giraun i longwei, olsem ol i save kamapim planti heve na wari na save paolim yumi planti taim. Tasol dispela Dharma, mipela inap lukim klia nauia, wantaim bekim bilong em, na i stap long halibim mipela long gohet, na ol save man inap kisim gutpela save moa long em.'
Taim ol i bin tok olsem, dispela masalai i sakim het bilong em, putim tang bilong em i kam arasait na lusim ol, pes bilong em i bin gat mak bilong wari long em.
Na ol monk i bin go lukim Klia Save Man na stori long em long dispela.
Na Bik Man i bin tokim ol: 'Dispela i no bin wanpela masalai nating, ol monk. Em i bin Mara o Satan, na em i bin laik kam na paolim ol tingting bilong yupela. Husat i

luksave long heve na has bilong heve i no inap long tingim hamamas bilong ples giraun. Wanpela olsem i save pasin bilong holim pas samting save pasim em long ples giraun na wanpela mas skul long lusim dispela kain pasin.'

Giaman bilong Mara (Satan)

Wanpela nan, Vajira, i bin sindaun long has bilong wanpela diwai, long hap bilong bus bilong Andha long Savatthi, bihain long kaikai bilong em. Na Mara, man nogut, i bin kamap long em na bin laik wokim em i poret na paolim em bai em i no inap wokim mediteisen gut. Em i bin tok olsem:
'Husat i wokim dispela i stap laip? Em i stap we? Dispela meri i kamap olsem wonem? Em i save pinis long wonem hap?'
Na nan Vajira i bin ting olsem:' Husat i toktok olsem? Em i mas Mara, man nogut, na em i mas gat laik long paolim mi bai mi no inap long wokim mediteisen gut.
Na em i bekim olsem:
'Samting i stap laip. Em i olsem wonem?
Mi ting Mara i no gat klia save long dispela. Em i bung bilong ol samting i kamap na i nogat wanpela 'em yet' i stap.
Wankain wanpela ka taim ol i bungim olgeta hap bilong em, ol i kolim wanpela "ka" nauia, olsem taim bodi, pilim, tingting bilong bipo, bilip na skelim, ron na grou na sindaun bilong tingting na ol konsius i bung, ol i save kolim wanpela "samting i stap laip".
Em i ol heve tasol i save kamap, na ol heve tasol i stap na bihain pinis. Ol heve tasol i save kamap na pinis, i nogat moa.'
Na Mara i bin ting olsem meri i mas luksave long em pinis, na em i bin wari na lusim em.

Ken na ken

Ken na ken ol i save planim sid long giraun,
Ken na ken ren i save kam daun,
Ken na ken ol pama i save burukim giraun,
Ken na ken ol plan na diwai i save karim.
Ken na ken ol man i save kam askim halibim,
Ken na ken ol gutpela save halibim,
Ken na ken long rot bilong givim
Ken na ken ol gutpela save winim heven.
Ken na ken ol i save kisim susu long ol kau,
Ken na ken pikinini kow save painim mama bilong em,
Ken na ken ol man i save wok na kisim heve,
Ken na ken ol karanki save born ken.
Ken na ken yumi born na dai,
Ken na ken ol i karim yumi long matmat,
Tasol sapos yumi bihainim rot tru long winim dispela ol heve,
Dispela man husat i winim save tru, i no inap long born ken na ken.

Strong

Trai hat na lusim ol samting bilong pasim!

Holim strong skul bilong Buddha!
Rausim dai wankain wanpela elepan
inap burukim wanpela liklik haus ol i wokim long gras!
Husat i skul gut na stap gut long Dharma,
bai i lusim dispela raun long born na dai, born na dai.
Pinisim ol heve nauia!

Promis bilong Sakka

Bipo, taim Sakka, sif bilong ol god, i bin wanpela man em i bin praktis strong long sevenpela kain promis. Olsem em i bin kamap sif bilong ol god bihain. Dispela sevenpela i olsem:
Taim mi stap laip bai mi lukautim mama na papa.
Taim mi stap laip bai mi respektim ol bikman insait long pamili.
Taim mi stap laip bai mi wokim gutpela na isi toktok.
Taim mi stap laip bai mi no inap tok nogut o bakarapim narapela long toktok.
Taim mi stap laip na mi stap long haus, bai mi wokim ol tingting bilong mi i tingim ol narapela na noken tingim mi tasol, na bai mi givim halibim, na hamamas long givim narapela wonem samting bilong mi, na bai mi ken harim ol askim, na bai mi hamamas long givim na sherim.
Taim mi stap laip bai mi tok tru tasol.
Taim mi stap laip bai mi kontrolim koros na bal hat, na sapos i kamap bai mi pinisim hariap.

Kamap bilong olgeta samting save bihainim narapela samting

Ol Monk, bai mi skulim yupela long hausat olgeta samting save kamap bihainim narapela samting.
Taim wanpela i born, kamap lapun na dai mas kamap. Sapos wanpela Klia Save Man o Tathagata i stap o nogat, dispela em i pasin bilong ol samting, dispela em i hausat wanpela samting i save stap wantaim narapela, dispela em hausat wanpela save bihainim narapela. Wanpela Tathagata save kisim klia save long em na go insait long em, na taim em i klia tru olgeta long dispela, em i save tokaut long em, na skulim ol narapela long em, na tok klia long em.
Em i save tok olsem: taim born i kamap, bai lapun na dai i mas kamap. Has bilong born, em i kamap o wokim kamap. Has bilong wokim kamap, em pasin bilong holim strong samting. Has bilong pasin bilong holim strong, em i strongpela laik. Has bilong strongpela laik, em i pilim i kamap bihainim lukluk, harim, smelim, testim, tasim na tingim samting. Has bilong pilim, em i kontek wantaim dispela sikispela samting olsem: ai, iau, nus, tang, skin na tingting. Has bilong kontek, em dispela sikispela samting. Has bilong dispela sikispela samting, em i bodi na olgeta-tingting. Has bilong olgeta-tingting em i pilim, tingting bilong bipo, bilip na tingting bilong skelim, grou na ron na sindaun bilong tingting, na konsious - i kamap bihainim lukuk, harim, smelim, testim, tasim na driman. Has bilong bodi, em ol elemen olsem strong, wara, win na hat. Dispela oli kolim olgeta-tingting-bodi. Na has bilong olgeta-tingting-bodi, em i konsius. Has bilong konsius, em taim wanpela wokim samting long laik bilong

em, olsem em i wokim karma. I gat tripela rot long wokim samting long laik - wantaim bodi, wantaim toktok, wantaim tingting. Na has bilong ol dispela wokim, karma, em i no klia tingting. Olsem wanpela i no klia long ol hevi, has bilong ol hevi, pinis bilong ol hevi na rot long pinisim ol hevi. Dispela em i no klia tingting.
Taim wanpela monk lukluk klia tru long hausat ol samting i save kamap bihaimim narapela samting, em ino inap gat wari olsem: Mi bin stap bipo o nogat? Mi wonem samting bipo? Mi bin olsem wonem bipo? Taim mi bin stap bipo mi bin kamap olsem wonem?
Na tu em i no inap gat wari olsem: Bai mi stap bihain o nogat? Bai mi wonem samting bihain? Bai mi olsem wonem bihain? Taim mi dispela kain bai mi wonem kain bihain?
Na tu em i no inap gat tingting olsem: Mi stap o nogat? Mi wonem samting? Mi olsem wonem? Mi bin kamap olsem wonem na bai mi go we?
Long wonem? Dispela man i klia gut na luksave long hausat wanpela samting mas bihainim narapela samting.

Wankain olsem wara i ron daun

Ol monk, taim i gat ren antap long wanpela maunten, wara save kamdaun long sait bilong dispela maunten na pulumapim ol liklik wara tambalo, na ol dispela liklik wara save pulumapim ol bikpela wara, na ol dispela i save pulumapim ol raun wara, na ol raun wara save pulumapim ol bikpela wara na ol bikpela wara save pulumapim solwara.
Wankain, ol monk, tingting i no klia i has bilong wokim samting long laik, na ol samting wanpela wokim i has bilong konsius, konsius em i has bilong olgeta-tingting-bodi, olgeta-tingting-bodi em i has bilong lukluk, harim, smelim, testim, tasim na driman, dispela sikispela samting i has bilong kontek, kontek em i has bilong pilim, pilim em i has bilong strongpela laik, strongpela laik em i has bilong holim strong, holim strong em i has bilong wokim kamap, wokim kamap i has bilong born, born em i has bilong ol hevi, ol hevi i ken has bilong lukluk klia wantaim bilip, dispela i has bilong hamamas, hamamas em has bilong dip hamamas tru, dispela em i has bilong stap isi, dispela i has bilong sap na strong na klia tingting, dispela em i has bilong klia lukluk save long hausat samting i save kamap tru, na dispela save wokim wanpela i les long ol kain samting olsem, na dispela save larim wanpela i lusim ol samting, na taim wanpela i lusim ol samting em i kamap pri, na pri em i has bilong save olsem wanpela i kamap pri, olsem kamap wanpela Arahant.

Lusim laik long bodi

Wanpela, husat i no skul long gutpela rot, i ken les long bodi bilong em taim em i luksave olsem bodi bilong em bai i grou kamap lapun na bakarap. Na em inap lusim pasin bilong holim strong dispela bodi na winim pri. Tasol long dispela olgeta-tingting, dispela ron bilong tingting, dispela konsius, wanpela husat i no skul long gutpela rot ino inap long les long em na lusim na winim pri. Long wonem? Em i ting olsem dispela em i em tru, na em i holim em pas na save tingting olsem: Dispela em bilong mi. Mi, em dispela. Dispela em i 'mi yet'. Olsem, wanpela husat i no skul long gutpela rot i no inap les long olgeta-tingting, na lusim na winim pri.
Tasol i moa beta sapos dispela man, husat i no skul long gutpela rot, i gat bilip olsem bodi, dispela bung bilong dispela popela elemen, em i 'em yet' na noken tingim

olgeta-tingting em i 'em yet' Long wonem? Dispela bodi yumi ken lukim i save stap inap tupela yia, inap paipela yia, inap tenpela yia, inap tupela ten yia, inap paipela ten yia o hamas yia. Tasol dispela olgeta-tingting, dispela ron bilong tingting, dispela konsius, save kamap na pinis olgeta taim long san na nait. Wankain olsem wanpela mongi taim em i raun insait long ol diwai, save holim wanpela han bilong diwai na bihain lusim na holim narapela, na bihain lusim na holim narapela. Wankain, ol monk, dispela olgeta-tingting, dispela ron bilong tingting, dispela konsius, save kamap long wanpela hap taim na pinis ken taim narapela i kamap, long san na long nait.

Nau, wanpela husat i skul gut long gutpela rot save olsem kamap bilong wanpela samting i save bihainim narapela samting. Olsem sapos samting i stap bai dispela samting i ken kamap. Sapos i no stap dispela samting i no inap kamap. Sapos samting i no pinis bai dispela samting i mas kamap yet. Sapos samting i pinis bai dispela samting i no inap long kamap moa.

Olsem, no klia tingting i has bilong wokim samting long laik, na ol samting wanpela wokim i has bilong konsius, konsius em i has bilong olgeta-tingting-bodi, olgeta-tingting-bodi em i has bilong lukluk, harim, smelim, testim, tasim na driman, dispela sikispela samting i has bilong kontek, kontek em i has bilong pilim, pilim em i has bilong strongpela laik, strongpela laik em i has bilong holim strong, holim strong em i has bilong wokim kamap, wokim kamap i has bilong born, born em i has bilong ol hevi, kamap lapun na dai. Tasol sapos ol no klia tingting i pinis, ol dispela samting ino inap kamap moa na ol hevi bai i mas pinis.

Olsem wanpela husat i skul gut long gutpela rot i les na no laik holim moa bodi, pilim, tingting bilong bipo, bilong skelim o bilip, ron na grou na sindaun bilong tingting na konsius. Taim em i les na no laik holim, em i lusim na kisim save olsem em i lusim, na kamap pri, na save olsem: Born i pinis, gutpela laip mi livim pinis, wok mi mas wokim mi wokim pinis, i nogat moa long dispela.

Wokabaut long bik bus

Ol monk, i wankain sapos wanpela i raun long bik bus na lukim wanpela rot bilong bipo, bipo tru, bilong ol man bilong bipo tru. Na sapos em i bihainim i go, i go, em i kamap long wanpela simatpela ples bilong ol man bilong bipo, wantaim ol raun wara, ol gutpela diwai na banis. Na taim dispela man i lukim ol dispela samting em i go na stori long sif long ples bilong em na tokim em long ol samting em i bin lukim, na tokim em olsem em i laik wokim kamap dispela ples ken. Na sif i bihainim dispela tingting na go na wokim wanpela gutpela taun ken long dispela hap na ol man i go bung na hamamas long em.

I wankain, ol monk, mi lukim wanpela rot bilong bipo, ol Klia Save Man bipo i bin bihainim. Na dispela rot, ol Klia Save Man bilong bipo i bin bihainim, i olsem wonem? Em dispela Gutpela Eitpela Step o Rot, olsem: stretpela lukluk save, stretpela tingting na laik, stretpela na gutpela toktok, stretpela wokim, stretpela wok na sindaun, stretpela traim, stretpela was na lukluk long tingting, stretpela na strongpela na sap tingting.

Taim mi bin bihainim dispela olpela rot ol Klia Save Man bilong bipo, bipo tru, i bin bihainim, mi bin kisim save long kamap lapun na dai, mi bin kisim save long has bilong kamap lapun na dai, mi bin kisim save long pinis bilong lapun na dai, na mi bin kisim save long rot long pinisim lapun na dai. Taim mi bin bihainim mi bin kisim save long born, long kamap, long holim strong, long strongpela laik, long wokim

samting long laik, long has bilong kamap bilong ol dispela, na pinis bilong ol, na rot long pinisim ol.
Taim mi yet tu i klia long ol dispela mi bin skulim ol monk, nan, na ol man na meri na dispela gutpela holi laip i kamap strong long planti hap, na planti i save long em na ol deva o god na man i tokaut long em.

Das long kapa long pinga

Mi, Ananda, bin harim olsem: Wanpela taim Klia Save Man i bin stap kolostu Savatthi long Jeta bus long hap bilong haus monk bilong Anathapindika. Na Buddha i putim liklik hap das antap long kapa long pinga bilong em na bin tok: 'Ol monk, yu ting olsem wonem? Dispela hap das antap long kapa bilong pinga bilong mi i bikpela o dispela giraun yumi sindaun antap long em i bikpela?'
'Bik Man, dispela giraun yumi sindaun long em i traipela moa long dispela hap das yu holim antap long kapa bilong pinga bilong yu.'
'Olsem, ol monk, long wanpela husat i skul gut long gutpela rot na winim stretpela klia save, dispela i moa: ol hevi i pinis olgeta, na i no stap moa. Liklik tru i lep tasol, sapos yu skelim wantaim ol kainkain hevi i bin stap bipo, i wankain olsem dispela liklik hap das antap long kapa bilong pinga bilong mi, na ol hevi bipo i olsem dispela traipela giraun yumi sindaun antap long em. Bai wanpela olsem, inap born ken inap long sevenpela taim moa tasol.
"Olsem winim stretpela klia save em i wanpela bikpela samting tru. Em i wanpela traipela win truia, long luksave klia long Dharma.

Wankain wanpela hap diwai

Wankain sapos wanpela i toromoi i go antap wanpela hap diwai, bai dispela diwai inap pundaun long has bilong em o long sait o long het bilong em. Wankain ol husat i nogat klia tingting na pasin bilong strongpela laik i stap bikpela, bai i raun-raun long born na dai, born na dai, wanpela taim born long wanpela wel na narapela taim born long narapela wel, i go i go olsem. Long wonem?
Wanpela husat i no klia na pasin bilong strongpela laik i stap bikpela, i no inap tingim stat long dispela raun long born na dai. Olsem longpela taim tru yupela i bin kisim ol kainkain hevi, pen na bakarap, na ol matmat i grou kamap bikpela pinis. Em inap taim long larim yupela stat long les long, na lusim, ol dispela samting, narapela samting i bin wokim i kamap. Em inap taim pinis long yu long lusim na larim ol.

Kisim planti samting na winim neim

Sapos wanpela wok long kisim planti samting na kamap bikman, na neim bilong em i bikpela, dispela inap bakarapim em, na em i mas poret, nogut i pasim em bai emi no inap long winim pri.
Olsem ol monk, yupela mas skulim yupela olsem: Taim mipela i winim planti samting na gutpela neim olsem laik kamap wanpela bikman, bai mipela lusim ol dispela kain tingting na no inap larim ol i kontrolim mipela

Praktis long wokim lav na marimai

Wankain ol lain pamili husat i gat planti meri na nogat planti man, ol man nogut inap kam na stil long ol, wankain wanpela monk husat i no praktisim na wokim gut mediation long lav na marimari inap kisim bakarap long ol samting i stap laip i no man.

Wankain ol lain pamili husat i nogat planti meri na gat planti man, ol man nogut ino inap kam na stil long ol, wankain wanpela monk husat i praktisim na wokim gut mediteisen long lav na marimari, ino inap long kisim bakarap long samting i stap laip, i no man.

Yupela mas skulim yupela olsem, ol monk 'Bai mipela i wokim na praktisim mediteisen long lav na marimari planti taim, na olgeta de. Bai mipela trai hat long kisim gutpela save long wokim na wokim i kamap hap long laip bilong mipela.'

Praktis long wokim tingting i kamap strong na klia na sap

Mi, Ananda, bin harim olsem: Wanpela taim Klia Save Man i bin stap kolostu long Savatthi na bin toktok i go long ol monk olsem:

Wokim tingting i kamap strong, sap, na klia, long wonem husat i wokim dispela inap kisim tru save long ron bilong olgeta samting. Na sapos em i kisim klia save long ron bilong ol samting bai save bilong em i olsem wonem? Em bai i save long kirap na pinis bilong bodi, kirap na pinis bilong pilim, kirap na pinis bilong bilip na tingting bilong bipo na tingting bilong skelim, kirap na pinis bilong ron na grou na sindaun bilong tingting, na kirap na pinis bilong konsius.

Bodi ino inap stap

Bodi, ol monk, i no inap long stap. Wonem samting ino inap stap save wokim heve. Wonem samting i wokim heve i nogat wanpela 'em yet' i stap. Wonem samting i nogat wanpela 'em yet' i stap yumi mas luksave olsem 'em ino bilong mi', 'mi no dispela', 'dispela em i no 'mi yet'. Sapos yu bihainim dispela rot bai yu inap lukluk klia hausat samting i stap tru wantaim tru klia luksave.

Pilim ino inap long stap, bilip, tingting bilong bipo na tingting bilong skelim ino inap stap, ron na grou na sindaun bilong tingting ino inap stap, konsius i kamap bihain long lukluk, harim, smelim, testim, tasim na driman, i no inap stap. Wonem samting ino inap stap save wokim heve. Wonem samting i wokim heve i nogat wanpela 'em yet' i stap. Wonem samting i nogat wanpela 'em yet' i stap yumi mas luksave olsem 'em ino bilong mi', 'mi no dispela', 'dispela em i no mi yet'. Sapos yu bihainim dispela rot bai yu inap lukluk klia hausat samting i stap tru wantaim tru klia luksave.

Samting i wokim bodi i kamap i no save stap wankain tuia

Bodi, ol monk, ino inap stap. Samting i wokim bodi i kamap i no save stap wankain tuia. Hausat sapos samting i wokim bodi i kamap i no inap stap, bai bodi inap stap?

Pilim ino inap long stap, bilip, tingting bilong bipo na tingting bilong skelim ino inap stap, ron na grou na sindaun bilong tingting ino inap stap, konsius i kamap bihain long lukluk, harim, smelim, testim, tasim na driman, i no inap stap. Samting i wokim ol dispela i kamap i no save stap wankain tuia. Hausat sapos samting i wokim ol dispela i kamap i no inap stap, bai ol inap stap?

Olsem, taim wanpela husat i skul gut long gutpela rot i lukluk klia long dispela, em bai i lusim pasin bilong holim strong bodi, pilim, tingting bilong bipo, bilip, tingting bilong skelim, ron na grou na sindaun bilong tingting na ol konsius. Taim em i nogat moa laik long holim strong ol dispela, em bai i lusim, na ol ino inap holim em moa na em bai i save emi pri: 'olsem rot long born ken i pinis, mi livim pinis gutpela holi laip, wonem samting mi sapos long wokim, mi wokim pinis, i nogat moa long dispela kain sindaun'.

Kisim klia save

Ol monk, bai mi skulim yupela long wonem samting yupela mas kisim klia save long em: Yupela mas kisim klia save long bodi, pilim, tingting bilong bipo, bilip, tingting bilong skelim, ron na grou na sindaun bilong tingting na ol konsius.
Na wonem em i klia save? Em pinis bilong pasin bilong gridi long holim na kisim, heitim long rausim na no laik, na no klia tingting.

Wonem samting em i hamamas na wonem em i heve

Taim mi no winim klia save tru yet, taim mi bin wanpela Bodhisattva, mi bin tingting olsem: Wonem em i hamamas na wonem em i heve long bodi, pilim, tingting bilong bipo, bilip, na tingting bilong skelim, ron na grou na sindaun bilong tingting, na ol konsius?
Na mi bin skelim olsem: wonem hamamas i kamap long bodi save kamap na stap sapos bodi i no senis. Na wonem hamamas i kamap long pilim, tingting bilong bipo, bilip, tingting bilong skelim, ron na grou na sindaun bilong tingting, na ol konsius save kamap na stap sapos ol i no senis. Sapos ol i senis na no inap long stap wankain, dispela save wokim heve i kamap. Sapos mi pinisim strongpela laik na pasin bilong holim ol dispela, bai mi inap lusim ol, na ol ino inap holim mi moa.
Taim mi no bin klia wonem samting em i hamamas na wonem samting em i heve, na sapos mi no lusim pasin bilong holim strong bodi, pilim, tingting bilong bipo, ol bilip, na tingting bilong skelim, ron na grou na sindaun bilong tingting, na ol konsius, na no luksave klia tru long hausat ol i ron, ol bin holim mi yet, na mi no bin inap winim tru klia save.
Tasol taim mi klia wonem samting em i hamamas na wonem samting em i heve, na sapos mi lusim pasin bilong holim strong bodi, pilim tingting bilong bipo, ol bilip, na tingting bilong skelim, ron na grou na sindaun bilong tingting, na ol konsius, na luksave klia tru long hausat ol i ron, ol ino inap holim mi moa, na mi klia olgeta long dispela, mi bin winim dispela tru klia save i stret na klin na i go olgeta.
Na mi kamap klia olsem mi pri olgeta na mi no inap long born ken na mi no inap long kamap moa.

Lusim samting i no bilong yu

Wanpela taim Klia Save Man i bin stap long Savatthi na bin toktok i go long ol monk olsem: Wonem samting i no bilong yu, lusim. Sapos yu lusim bai i gutpela long yu na bai yu winim hamamas.
Na wonem ol dispela samting i no bilong yu i gutpela long lusim? Em bodi, pilim, tingting bilong bipo na bilong skelim, bilip, ron na grou na sindaun bilong tingting, na konsius. Sapos yu lusim ol dispela bai i halibim yu long winim hamamas.

I wankain sapos wanpela i brumim na kukim ol pipia na ol liklik hap diwai i stap long dispela hap. Sapos wanpela wokim olsem bai yu ting olsem: 'dispela man i wok long karim yumi i go longwei na kukim yumi, o nogat?'
'Nogat tru, Bik Man'.
'Long wonem?'
'Ol dispela samting ino bilong mipela, Bik Man'.
'Olsem, ol monk, dispela bodi i no bilong yu, lusim! Ol pilim i no bilong yu, lusim! Ol bilip, tingting bilong bipo na tingting bilong skelim, i no bilong yu, lusim! Ol ron na grou na sindaun bilong tingting ino bilong yu, lusim! Ol konsius i no bilong yu, lusim! Sapos yu lusim ol dispela bai i halibim yu long winim hamamas.

Hausat long save i nogat wanpela 'mi yet' i stap

Monk Radha i bin kamap long Klia Save Man na bin soim respect long em na sindaun long sait bilong em na bin askim em olsem::
'Bik Man, hausat bai mi inap luk save olsem long dispela bodi na olgeta-tingting i nogat wanpela 'mi yet' i stap, i nogat samting bilong mi i stap long em, na bai mi noken gat wanpela liklik tingting long praudim mi?'
'Wonem kain bodi, pilim, tingting bilong bipo o bilong skelim o bilip, ron na grou na sindaun bilong tingting o konsius, Radha, bilong bipo, bilong bihain o bilong nau, insait o arasait, liklik o bikpela, antap o tambalo, longwei o kolostu, yu mas luksave olsem: 'Em i no bilong mi', 'Mi no dispela', 'Dispela i no mi yet'. Sapos yu lukluk klia olsem, bai yu luksave hausat samting i stap tru wantaim tru klia save. Na bai yu inap luk save olsem long dispela bodi na olgeta-tingting i nogat wanpela 'yu yet' i stap, i nogat samting bilong yu i stap long em, na bai yu noken gat wanpela liklik tingting long praudim yu.'
Bihain long dispela, monk Radha i bin go na stap, em wanpela, na trai hat, na bin kisim klia save tru na winim pri, na bin kamap wanpela gutpela man tru i gat klia save.

Wankain ol palawa oli kolim lotus

Mi nogat toktok pait wantaim wanpela long wel, nogat, tasol i gat sampela i laik toktok pait wantaim mi. Wanpela husat i save tokaut long Dharma ino inap toktok pait wantaim wanpela. Wonem samting ol save man i no inap bilipim, mi tu mas tok i no olsem. Wonem samting ol save man i tok i olsem, mi tu save tok i olsem.
Na wonem samting ol save man i save tok i no olsem? Em olsem bodi, pilim, tingting bilong bipo na skelim na bilip, grou na ron na sindaun bilong tingting, na konsious, i no inap long senis, na ol i save stap olgeta, na mi tu save tok ino olsem.
Na wonem samting ol save man gat bilip long em? Em olsem bodi, pilim, tingting bilong bipo na skelim na bilip, grou na ron na sindaun bilong tingting, na konsious, i save senis, na ol i no save stap olgeta, na mi tu save tok olsem.
I gat, ol monk, long wel we ol samting i save kamap bihainim narapela samting, ol samting Tathagata i hopim ai pinis long ol, na lukim klia tru, na kisim klia save long ol. Na ol wonem? Ol bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting, na konsius.
Na husat monk, taim Tathagata i skulim em na soim em gut long skelim dispela, na kliarim gut long em, em ino inap kisim save na ino inap klia na ino inap luksave, em i wanpela ai pas man, em i nogat save, na mi no inap long halibim em.

Wankain ol palawa oli kolim lotus o lily i grou insait long wara na save kamap antap long wara na wara i no save bakarapim, Tathagata save grou i kamap insait long wel na winim, na no save kisim bakarap o dirty long wel.

Wokim bodi na olgeta-tingting i kamap

Yu no inap tingim, ol monk, stat long raun long born na dai. Long ol husat i ai pas yet long ol no klia tingting, na sigarap yet long laikim ol samting, em i no inap luksave long stat bilong raun bilong em long born na dai.
Wankain olsem wanpela dok oli pasim em wantaim wanpela rop long wanpela diwai, sapos em i laik wokabaut em i save go kolostu long dispela diwai tasol. Sapos em i sanap emi sanap kolostu long dispela diwai tasol. Sapos em i sindaun o slip em i sindaun na slip kolostu long dispela diwai tasol.
Wankain wanpela husat i no skul long gutpela rot i save lukluk long bodi olsem: Em bilong mi, mi dispela, dispela em i mi yet. Na em i save lukluk long ol pilim, ol bilip na tingting bilong skelim na bilong bipo, ron na grou na sindaun bilong tingting, na ol konsius olsem: Em bilong mi, mi dispela, dispela em i mi yet. Sapos em i laik wokabaut em i save go long ol dispela tasol. Sapos em i sanap emi sanap kolostu long ol dispela paipela samting bilong holim tasol. Sapos em i sindaun o slip em i sindaun na slip kolostu long ol dispela tasol.
Olsem, ol monk, yupela mas tingting olgeta taim: Dispela olgeta-tingting i bin bakarap long gridi, heitim na no klia tingting longpela taim truia. Sapos olgeta-tingting i bakarap olsem, dispela man tu i save bakarap. Sapos olgeta-tingting i klin na klia, dispela man bai i kamap gutpela na klin na klia.
Ol monk, yupela lukim pinis wanpela piksa wanpela man i bin penim o nogat?
"Mipela lukim sampela, Bik Man.'
Kirap bilong dispela piksa i bin long olgeta-tingting bilong dispela man husat i bin penim. Olsem olgeta-tingting i gat moa ol kainkain samting long dispela piksa. Olsem, ol monk, yupela mas tingting olgeta taim: Dispela olgeta-tingting i bin bakarap long gridi, heitim na no klia tingting longpela taim truia. Sapos olgeta-tingting i bakarap olsem, dispela man tu i save bakarap. Sapos olgeta-tingting i klin na klia, dispela man bai i kamap gutpela na klin na klia.
Mi no lukim, ol monk, wanpela lain i moa diferen long ol kainkain animal. Olgeta-tingting save skelim ol kainkain animal. Olsem olgeta-tingting i gat moa kainkain samting long ol dispela kainkain animal.
Olsem, ol monk, yupela mas tingting olgeta taim: Dispela olgeta-tingting i bin bakarap long gridi, heitim na no klia tingting longpela taim truia. Sapos olgeta-tingting i bakarap olsem, dispela man tu i save bakarap. Sapos olgeta-tingting i klin na klia, dispela man bai i kamap gutpela na klin na klia.
Wankain wanpela man husat i save long pent inap long wokim olgeta liklik hap bilong wanpela bodi bilong wanpela man o meri antap long wanpela laplap, wanpela man husat i no skul long gutpela rot save wokim bodi i kamap na pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting na konsius i kamap tuia.

Pasin bilong grouim tingting i kamap gutpela

Wankain wanpela kapenta save lukim mak long han bilong em long ol samting bilong em long wok, tasol em i no save hamas skin, bilong ol samting bilong wok, han blong

em i rausim aste, o tete. Em i save tasol olsem mak bilong han bilong em i wok long kamap moa.
Olsem, wanpela husat i trai hat long mediteisen long wokim olgeta-tingting bilong em i kamap gutpela, em i no save hamas ol samting nogut em i rausim aste o tete, tasol em i save ol i wok long raus.
Wankain wanpela bikpela kanu, i gat bet antap long em, sapos i stap long nambis long san inap sikispela mun, bai i mas bakarap na ol rop i buruk na insait bilong em i stat long sting.
Olsem, wanpela husat i save trai hat long mediteisen long wokim olgeta-tingting bilong em i kamap gutpela, save burukim olgeta karanki tingting na ol samting bilong pasim em bai i sting na buruk.

Lukluk long senis

Sapos wanpela praktis long luksave long senis bilong olgeta samting olgeta taim, bai ol tingting bilong sigarap i slou na pinis, ol laik long kisim ol samting i slou na pinis, laik long kamap i slou na pinis, ol no klia tingting bai i pinis, na tingting olsem 'mi yet' i stap, i pinis.
Wankain wanpela pama taim em i katim ol liklik rop bilong ol diwai wantaim sped bilong em, taim wanpela praktis long luksave long senis bilong olgeta samting olgeta taim, bai ol tingting bilong sigarap i slou na pinis, ol laik long kisim ol samting i slou na pinis, laik long kamap i slou na pinis, ol no klia tingting bai i pinis, na tingting olsem mi yet i stap i pinis.

Samting i stap laip

Monk Radha i bin askim Klia Save Man olsem: 'Yumi kolim yumi wanpela samting i stap laip. Olsem wonem, Bik Man, oli kolim 'samting i stap laip'?
Olsem, long pas long laik, laik long holim, long sigarap, long hamamas, long strongpela laik long bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting, na konsius, oli tok wanpela i save stap.
Wankain ol liklik pikinini save hamamas long pilai wantaim ol giraun i malmalum. Sapos ol i no pinisim laik, laik long holim, long sigarap, long hamamas, long strongpela laik long pilai, ol i hoim strong. Tasol taim ol i les na laik i pinis, laik long holim, long sigarap, long hamamas, long strongpela laik i pinis, ol i save burukim wantaim han na lek na toromoi na no inap pilai moa wantaim ol dispela hap giraun i malmalum.
Wankain, Radha, yu inap toromoi bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting na konsius. Yu inap burukim na no inap pilai moa wantaim ol, sapos yu praktis long pinisim strongpela laik long ol.
Pinis bilong strongpela laik, Radha, i Nirvana.

Rot long winim klia save tru

Ol monk, taim laik na pasin bilong holim bodi, pilim, tingting bilong bipo na skelim na bilip, na ron na grou na sindaun bilong tingting na konsius i stap, dispela koraptim olgeta-tingting.

Tasol, taim wanpela lusim dispela korapt olgeta-tingting, em bai i laik lusim ol dispela paipela. Na wanpela olgeta-tingting i gat laik long lusim olsem, i reti long luksave long ol dispela samting inap halibim em long winim klia save tu.

Olgeta

Ol monk, bai mi skulim yu long *Olgeta,* na harim gut:
Na wonem dispela *Olgeta*? Emi ai na ol samting bilong lukim, iau wantaim ol samting bilong harim, nus na ol samting bilong smelim, tang na ol samting bilong testim, bodi na ol samting bilong tasim, na olgeta-tingting na ol samting bilong tingim. Dispela yumi kolim *Olgeta*.
Na sapos wanpela i tok olsem bai mi putim dispela *Olgeta* i go long hap sait na stori long narapela *Olgeta,* em i toktok nating tasol, na sapos yu askim em gut bai em ino inap long toktok moa na bai tingting bilong em i paol. Long wonem? Em i no inap.

Lusim no klia tingting

Wanpela taim wanpela monk i kamap long Klia Save Man na taim em i soim respect pinis, em i bin sindaun long sait bilong em na askim em olsem:
'Bik Man, hausat sapos wanpela kisim save na lukluk gut, wanpela inap lusim no klia tingting na kisim tru klia save?'
'Sapos yu save na lukluk long senis long ai, iau, nus, tang, bodi, na tingting, bai yu lusim no klia tingting na kisim klia save. Sapos yu save na lukluk long senis long ol samting bilong lukim, harim, smelim, testim, tasim na tingim, bai yu lusim no klia tingting na kisim klia save. Sapos yu save na lukluk long senis long konsius i bihainim lukluk, konsius i bihainim harim, konsius i bihainim smelim, konsius i bihainim testim, konsius i bihainim tasim, konsius i bihainim tingting na driman, bai yu lusim no klia tingting na kisim klia save. Sapos yu save na lukluk long senis bilong kontek bilong ai wantaim samting bilong lukim, iau wantaim samting bilong harim, nus wantaim samting bilong smelim, tang wantaim samting bilong testim, bodi wantaim samting bilong tasim, tingting wantaim samting bilong tingim, bai yu lusim no klia tingting na kisim klia save. Na wonem samting i kamap bihainim kontek, yu pilim olsem gutpela, nogut o namel, taim yu lukim senis long dispela tuia, bai yu lusim no klia tingting na kisim klia save.
Olsem, sapos yu luksave gut bai yu lusim no klia tingting na kisim klia save.'

Kisim save long pasin bilong holim strong

Bai mi skulim yupela, ol monk, bai yupela ken kisim klia save long pasin bilong holim strong.
Konsius bilong lukluk save kamap sapos ai na samting bilong lukim i stap. Kontek, em i taim dispela tripela i stap wantaim. Pilim save kamap bihainim kontek. Olsem, wanpela husat i skul gut long gutpela rot i lusim interes long ai, long ol samting bilong lukim, long konsius i kamap bihain long lukim samting, long kontek na pilim. Taim em i lusim interes, em i lusm pasin bilong holim strong, na taim em i lusim pasin bilong holim em i kamap pri, na taim em i pri em i save pasin bilong holim strong i pinis.
Wankain, konsius save kamap sapos iau na samting bilong harim, nus na samting bilong smelim, tang na samting bilong testim, bodi na samting bilong tasim, tingting

na samting bilong tingim na drimanim, i stap. Kontek, em i taim wanpela tripela i stap wantaim. Pilim save kamap bihainim kontek. Olsem, wanpela husat i skul gut long gutpela rot i lusim interes long iau, nus, tang, bodi na driman, long ol samting bilong harim, smelim, testim, tasim, na tingim na drimanim, long konsius i kamap bihain long ol dispela samting, long kontek na pilim. Taim em i lusim interes, em i lusim pasin bilong holim strong, na taim em i lusim pasin bilong holim em i kamap pri, na taim em i pri em i save pasin bilong holim strong i pinis.
Dispela, ol monk, emi skul long kisim klia save long ol pasin bilong holim strong.

Kisim klia save long samting, hausat em i stap tru

'Ol monk, sapos wanpela monk i no klia long kamap na go daun bilong olgeta samting, hamamas, heve na pri, long sikispela has bilong kontek, em i no stap insait long gutpela holi laip, em i stap longwei long Dharma na skul long stap gut na kamap gutpela.'
Taim em i bin tok olsem wanpela monk i bin tok olsem:
'Bik Man, mi wari tru long dispela. Mi no klia long kamap na go daun bilong olgeta samting, hamamas, heve, na pri long sikispela has bilong kontek.'
'Tingting bilong yu i olsem wonem, monk, yu save lukluk long ai olsem: "em bilong mi', "mi em dispela", "dispela em i mi yet"?'
'Nogat, Bik Man.'
'Em i gutpela, monk. Sapos yu lukluk long ai olsem: "em i no bilong mi", "mi no dispela", "dispela em i no mi yet", bai yu kisim klia save long em, hausat em i stap tru, wantaim klia save tru. Dispela i pinisim ol heve.
Na yu save lukluk long iau, nus, tang, bodi na olgeta-tingting olsem: "em bilong mi', "mi em dispela", "dispela em i mi yet"?'
'Nogat, Bik Man.'
'Em i gutpela, monk. Sapos yu lukluk long wanwan olsem: "em i no bilong mi', "mi no dispela", "dispela em i no mi yet", bai yu kisim klia save long em, hausat em i stap tru, wantaim klia save tru. Dispela i pinisim ol heve.

Laki tru long stap long gupela rot

Ol monk, yupela i laki tru na win tru long stap long holi laip na bihainim gutpela rot.
Ol monk, mi lukim hap bilong hel oli kolim 'hel bilong sikispela has bilong kontek'. Long dispela hap sapos wanpela samting bilong lukim i kamap, bai yu lukim samting nogut na bilong wokim heve tasol, yu no inap long lukim wanpela samting i gutpela na bilong wokim hamamas, bai yu lukim samting yu no laikim na no laik holim, yu no inap long lukim samting yu laikim o laik long holim. Wankain taim yu harim, smelim, testim, tasim o drimanim samting, bai i mas samting nogut tasol, i noken gutpela, bai i mas samting yu no gat laik long holim, i noken samting yu laik long holim. Olsem yupela i laki tru na win tru long stap long holi laip na bihainim gutpela rot.
Ol monk, mi lukim pinis heven, oli kolim 'heven bilong sikispela has bilong kontek'. Long dispela hap sapos samting bilong lukim i kamap, bai yu lukim samting i gutpela tasol, i noken nogut, bai yu gat laik long holim, na bai yu no inap no laikim. Wankain taim yu harim, smelim, testim, tasim o drimanim samting bai i mas samting i gutpela tasol, i noken nogut, bai i mas samting yu gat laik long holim, i noken samting yu no laik long holim. Olsem yupela i laki tru na win tru long stap long holi laip na bihainim gutpela rot.

Solwara

Traipela solwara, traipela solwara! Wanpela man i no skul long gutpela rot bai i tok olsem. Tasol dispela em i no traipela solwara long skul bilong gutpela rot. Em i wanpela traipela hap wara tasol, planti wara tasol.

I gat, ol monk, ol samting bilong lukim wantaim ai, samting bilong harim wantaim iau, samting bilong smelim wantaim nus, samting bilong testim wantaim tang, samting bilong tasim wantaim bodi, samting bilong tingim wantaim olgeta-tingting, i gutpela, bilong wokim hamamas, bilong laikim, na save wokim tingting long sigarap long kisim na holim i kirap. Dispela em i traipela solwara long skul long gutpela rot. Long dispela solwara ol bikman, ol man i nogat neim, ol kainkain man i stap insait long em, na ol i pas insait long em, wankain olsem wanpela i pasim ol wantaim wanpela rop o ol paspas, na ol i no inap lusim dispela hap bilong kisim heve, kisim bakarap, kamap long hap nogut, na born ken long hap nogut.

Gita

Sapos i gat wanpela bikman husat i no bin harim karai bilong wanpela gita bipo, na taim em i harim em i tok: 'Pren, em wonem samting, karai bilong em i smat tru na swit, na laik holim olgeta-tingting bilong mi?'

'Em wanpela gita, bos.'

'Go kisim i kam.'

Ol i karim i kam na givim em. Tasol em i tok:

'Mi no laikim dispela, mi laikim karai bilong em tasol!'

Na ol i bekim:"Dispela oli kolim wanpela gita. I gat ol hap bilong em, olsem ol string, hap bilong taitim string, hap bilong string long ron antap long em, bel bilong em, saitsait bilong em. Taim ol dispela i stap stret, karai bilong em i save kamap gut na smat.'

Na dispela man i burukim dispela gita i go long ol liklik, liklik hap, na bihain burukim ol dispela liklik hap ken na kukim long paia. Bihain em i karim asis bilong dispela gita i go long wanpela wara na toromoi insat long dispela wara, na em i toktok:

'Dispela yu kolim wanpela gita i no gutpela samting, longtaim tru planti man save hamamas tumas long em, na em i save paolim tingting bilong ol.'

Wankain long dispela kain pasin wanpela, husat i bihainim gutpela rot, mas skelim bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting na ol konsius. Sapos em i glasim ol dispela gut tru bai em i luksave klia olsem ol i no em, ol i no bilong em, ol i nogat wanpela "mi yet" i stap.'

Nirvana

Wanpela taim monk Sariputta i bin stap long ples Nalaka long kantri Magadha. Na wanpela man blong lotu, Jambukhadaka, i bin kam na bin stori long monk Sariputta olsem:

'Nirvana, Nirvana! Oli kolim olsem, pren Sariputta. Tasol Nirvana em wonem samting truia?'

'Pinis bilong gridi, heitim na no klia tingting, pren, emi Nirvana.'

'Tasol, i gat wapela rot, o wanpela kain pasin wanpela inap bihainim long winim dispela Nirvana, o nogat?'

'I gat wanpela rot na wanpela kain pasin wanpela inap bihainim long winim Nirvana i stap.'
'Dispela rot na kain pasin i olsem wonen?'
'Em dispela Gutpela Eitpela Stretpela Step o Rot olsem: stretpela save, stretpela tingting, stretpela toktok, stretpela wokim, stretpela pasin bilong winim sindaun, stretpela trai hat, stretpela was long tingting, stretpela strongim tingting'.
'Em i wanpela gutpela rot, pren, wanpela gutpela pasin, bilong winim Nirvana, na wanpela gutpela has tingting long trai hat!

Pasin bilong poroman.

Wanpela taim monk Ananda i bin askim Klia Save Man olsem:
'Hap bilong dispela holi laip em bilong stap wantaim ol gutpela man, raun wantaim ol gutpela man, na poroman wantaim ol gutpela man.'
'Yu no ken tok olsem, Annada. Em i olgeta bilong dispela holi laip, dispela pasin bilong stap wantaim ol gutpela man, raun wantaim ol gutpela man, na poroman wantaim ol gutpela man. Sapos wanpela stap wantaim ol gutpela man bai em i grou long, na prektisim, dispela Gutpela Eitpela Step o Rot. Olsem bai em i grouim na strongim stretpela klia save, stretpela tingting, stretpela toktok, stretpela wokim, stretpela pasin bilong winim sindaun, stretpela trai hat, stretpela was long tingting, stretpela strongim tingting, na noken gat strongpela laik o no laik, na nogat moa sigarap long ol samting, na luksave long pinis bilong ol samting, na em i lusim pasin bilong holim ol samting.
'Olsem, Ananda, wanpela husat i poroman na save stap wantaim ol gutpela man, save grou long, na praktisim dispela Gutpela Eitpela Step o Rot.
'Olsem, Ananda, bai yu ken klia olsem: olgeta bilong dispela holi laip em dispela pasin bilong stap wantaim ol gutpela man, raun wantaim ol gutpela man, na poroman wantaim ol gutpela man.
'Taim wanpela i kisim mi olsem wanpela gutpela poroman, bai em i winim pasin bilong born ken, winim pasin bilong kamap lapun, winim pasin bilong dai moa, winim pasin bilong kisim ol heve, wari, sore na karai.
'Olsem, Ananda, wanpela mas klia hausat olgeta bilong dispela holi laip i stap long dispela pasin bilong stap wantaim ol gutpela man, raun wantaim ol gutpela man, na poroman wantaim ol gutpela man.'

Gutpela Eitpela Step na Rot

Bai mi skulim yupela, ol monk, long Gutpela Eitpela Step na Rot na tok klia long em. Harim Gut:
Stretpela Save i olsem: Em save long heve, has bilong ol heve, pinis bilong ol heve na rot long bihainim long pinisim ol heve.
Stretpela Tingting i olsem: Em tingting long lusim holim, tingting long wokim gutpela long ol narapela, tingting long noken wokim bakarap o heve long narapela.
Stretpela Toktok i olsem: Em noken toktok giaman, noken toktok long bakarapim narapela, noken toktok strong, noken toktok nating.
Stretpela Wokim i olsem: Noken bakarapim wanpela i stap laip, noken paol na wokim pasin nogut long pamuk, na ol monk na nan i noken kohap.
Stretpela wok long winim sindaun. Em wokim gutpela samting long winim sindaun na noken wokim samting nogut.

Stretpela traim i olsem: Wanpela mas wokim strongpela laik, na trai hat na strong, na wokim pawa i kamap long pasim wonem tingting nogut i kirap na noken larim sampela tingting nogut i kirap. Wanpela mas wokim strongpela laik, na trai hat na strong, na wokim pawa i kamap long grouim wonem gutpela tingting i kamap strong moa na kirapim ol nupela gutpela tingting.
Stretpela was long tingting i olsem: Em wanpela i mas was long bodi, was long pilim, was long sindaun bilong tingting, was long samting na ron bilong tingting, na was klia na save gut long ol, na lusim laik long holim na lusim wari long ol samting long wel.
Stretpela strongim tingting i olsem: Em taim wanpela i stap em yet, strongim tingting i go insait long nambawan jhana, i gat tingting na luksave long tingting i kamap long pasin bilong lusim holim na i gat bikpela hamamas.
Taim tingting na luksave i slou na olgeta-tingting i bung gut na stap isi, em i go insait long nambatu jhana, i nogat tingting i ron o luksave long em, na i kamap bihainim strongpela na sap na klia tingting na i gat bikpela hamamas.
Taim bikpela hamamas i slou, em i stap isi na gat gutpela tingting long olgeta na nogat moa tingting long laik na no laik, na tingting bilong em was gut na stap klia na em i gat dip hamamas, em i stap long namba tri jhana.
Taim em i lusim ol hamamas na heve na pen, na ol hamamas na pen bilong bipo i pinis, em i stap long namba po jhana na dispela i nogat hamamas o pen, na em i was gut long tingting na nogat laik o no laik i stap, na em i gat wankain gutpela tingting long olgeta.

Popela has bilong was long tingting

Bihain long dispela taim Klia Save Man i bin winim klia save tru, em i bin stap long sait bilong wara Nerarjara, aninit long banyan diwai, na dispela tingting i bin kamap long em:
Dispela em i rot long olgeta long kamap klin na gutpela olgeta, bilong winim ol heve na wari, bilong pinisim ol pen na sore, long winim stretpela rot, long winim Nirvana, em dispela popela has bilong was long tingting. Olsem wanpela mas was gut long bodi, pilim, sindaun bilong tingting, na ol ron na samting bilong tingting, na was klia na gut, taim wanpela i nogat laik o wari long ol samting long wel. Em disepla rot tasol, long was long popela has bilong tingting.
Olsem wanpela mas save taim wanpela pilim i kamap, taim em i stap, na taim em i pinis. Wanpela mas save taim wanpela kain sindaun bilong tingting i kamap, i stap, na i pinis. Wanpela mas save taim wanpela ron o samting bilong tingting i kamap, i stap na i pinis.
Sapos wanpela i bihainim dispela rot na lusim ol laik long holim ol samting i kamap, em bai i luksave klia na winim pri.

Paipela pawa bilong halibim

Ol monk, i gat paipela pawa bilong halibim: bilip long samting i tru, wok strong, was gut long tingting, wokim tingting i strong na klia na sap, na klia save.
Bilip long samting i tru i olsem: wanpela bilip olsem Tathagata i winim klia save tru, olsem em i wanpela Arahant, emi gat klia save tru, emi save gat stretpela pasin na save, emi gutpela olgeta, emi save long olgeta wel, lida bilong ol man husat inap kamap gutpela, Tisa bilong ol deva, god, na man.

Wok strong i olsem: wanpela i save stap na wok strong long rausim ol karanki na paol tingting i no stret, na strongim ol dispela i stret, na trai hat olgeta taim na no inap long lusim pasin bilong trai hat long kamap stret na gutpela olgeta.
Was gut long tingting i olsem: wanpela save stap olgeta taim na was gut long ol tingting wantaim klia lukluk save, na tu tingim gut ol samting bilong bipo.
Wokim tingting i strong na klia na sap i olsem: wanpela i no save holim pas samting bilong tingting, na save strongim tingting, na wokim tinging i kamap sap na klia na i stap wantaim.
Na Klia Save i olsem: wanpela save luksave klia na gut long kirap na go daun bilong olgeta samting, na winim rot long pinisim ol heve.

Halibim ol narapela

Ol monk, long ol husat yu gat marimari, long ol husat yu ting ol i save givim gutpela toktok - sapos ol poroman, ol man yu mitim ol tasol, ol wantok, o ol pamili - i gutpela long halibim ol, na soim ol, na strongim ol, long popela samting long bringim ol long gutpela rot. Na dispela popela i olsem: Halibim ol long kisim save long Klia Save Man, long skul bilong em - *Dharma*, long ol lain i bihainim skul bilong em - *Sangha*, na ol dispela kain gutpela pasin i save hamamasim ol gutpela man na save halibim long wokim tingting i ken kamap klia, sap na strong.

Popela samting i tru olgeta

I gat, ol monk, popela samting i tru olgeta. Dispela popela i olsem: Tru bilong ol heve, tru bilong has bilong ol heve, tru bilong pinis bilong ol heve, na tru bilong rot long pinisim ol heve.
Na tru bilong ol heve i olsem: Em dispela paipela ol samting yumi save holim strong, olsem: bodi, pilim, tingting bilong bipo na bilong skelim na bilip, ron na grou na sindaun bilong tingting, na ol konsius.
Na tru bilong has bilong ol heve i olsem: Em strongpela laik long wokim kamap ken, wantaim hamamas na pasin bilong holim. Wanpela save painim hamamas long wanpela hap na bihain long narapela, olsem sigarap long holim, laik long kamap, o no laik long kamap.
Na tru bilong pinis bilong ol heve i olsem: Em pinis bilong dispela strongpela laik, long lusim, na rausim, na kamap pri long, na no interes moa long, dispela strongpela laik.
Na tru long rot long pinisim ol heve: Em dispela Gutpela Eitpela Step o Rot, olsem: stretpela save, stretpela tingting na laik, stretpela toktok, stretpela wokim, stretpela wok long winim sindaun, stretpela trai hat, stretpela was long tingting, stretpela strongim tingting.
Long luksave long ol heve, wanpela mas trai hat. Long luksave long has bilong ol heve, wanpela mas trai hat. Long luksave pinis bilong ol heve, wanpela mas trai hat. Long luksave long rot long pinisim ol heve, wanpela mas trai hat.

Raun bilong born na dai

Sapos, ol monk, wanpela man inap stap wan handret yia na ol i tokim em olsem: 'Long morning bai sampela lain i paitim yu wantaim wan handret ol spia, na bai ol i wokim ken long belo na long nait, wanwan de inap wanhandret yia bilong yu i pinis.

Na taim wanhandret yia bilong yu i laik pinis, bai yu winim klia save long dispela Popela Samting i Tru Olgeta.'
Sapos dispela i kamap long wanpela i kam long wanpela gutpela pamili na emi klia long wonem samting i gutpela long winim, em i ken gat tingting long bihainim dispela kain rot long winim dispela klia save. Long wonem? Long wonem yumi no inap long tingim stat long raun born na dai bilong yumi. Yumi no inap long luksave long stat bilong ol kainkain heve olsem ol spia, diwai na tamiyok i bin wokim long yumi bipo.
Tasol mi no save tok olsem bai yu kisim heve sapos yu luksave klia long dispela Popela Samting i Tru Olgeta, nogat. Mi save tok olsem bai yu gat bikpela hamamas i kamap. Olsem mi save tok: Long luksave long ol heve, wanpela mas trai hat. Long luksave long has bilong ol heve, wanpela mas trai hat. Long luksave long pinis bilong ol heve, wanpela mas trai hat. Long luksave long rot long pinisim ol heve, wanpela mas trai hat.

Bikpela lait long wel

Ol monk, sapos san na mun i no kamap, bai ples i tudak olgeta. Bai i nogat san na nait, o kain taim, na mun na yia. Tasol taim san na mun i kamap, bai i gat bipela lait i kamap. Bai ples ino inap long tudak olgeta taim. Bai i gat san na nait, ol kain taim na mun na yia.
Wankain sapos wanpela Tathagata, wanpela Klia Save Man, wanpela Buddha, i no kamap long wel, bai i nogat bikpela lait, na ol man i stap long tudak olgeta. I nogat tokaut o skul long gutpela rot, i nogat skelim na kliarim long dispela Popela Samting i Tru Olgeta.
Tasol sapos wanpela Tathagata, wanpela Klia Save Man, wanpela Buddha, i kamap long wel, bai i gat bikpela lait, na ol man i no inap long stap long tudak olgeta. I gat tokaut na skul long gutpela rot, i gat skelim na kliarim long dispela Popela Samting i Tru Olgeta. Olsem, ol monk: Long luksave long ol heve, wanpela mas trai hat. Long luksave long has bilong ol heve, wanpela mas trai hat. Long luksave long pinis bilong ol heve, wanpela mas trai hat. Long luksave long rot long pinisim ol heve, wanpela mas trai hat.

Toktok i kam long sampela narapela

Tisa tru

Insait long ol lain bilong ol Sakya wanpela Klia Save Man, wanpela Buddha i bin born, i nogat narapela man i wankain.
Em i bin winim ol, rausim Mara (Satan), na i no bin gat wanpela i winim em.
Em i bin pri na no holim pas wanpela samting.
Em i bin klia long olgeta samting na pinisim ol karma long rot long pinisim pasin bilong holim.
Em i tisa bilong mi na mi luksave olsem skul bilong em i tru.

Husat long respektim

Em husat i winim klia save tru long dispela wel wantaim ol god,
Dispela Tisa, ol i save putim em antap olgeta,
Mi respektim em truia.
Long em husat ol tingting long gridi, heitim na no klia i raus olgeta,
Olgeta samting nogut i pinis olgeta, dispela Arahant,
Mi lavim em truia.
Ol dispela husat i rausim ol pasin gridi na heitim na pinisim no klia tingting,
Ol husat i go insait long gutpela rot, na no save holim pas ol samting,
Na save trai hat long skul gut,
Mi respektim ol truia.

Sampela Toktok long taim bilong dai

Sore, i no longtaim bai dispela bodi slip long giraun.
Emi nogat tingting i stap, na ol lain i no laikim moa,
Na i nogat ius long em olsem wanpela hap diwai.
Olgeta samting i save senis, olsem ol i save kamap
Na bihain ol i save go longwei.
Sapos ol samting i slou na pinis bai hamamas tru inap kamap.
Olgeta samting bai i dai, bipo ol i bin dai na bihain ol bai i dai.
Mi tu bai mi mas dai, mi klia olgeta long dispela.

Em i bin givim yumi samting, em i bin wok long halibim yumi,
Em i bin wantok bilong yumi, na poroman tu.
Olsem yumi givim halibim long tingting i go long dispela i dai
Na tingim ol samting em i bin wokim.
Nogat wanpela karai na sore o ware inap long halibim em nau.

Tasol, yumi inap wokim sampela gutpela samting long neim bilong em,
Na givim lav na ol gutpela tingting i go long em long kisim gutpela nupela laip.
Yumi inap halibim ol lain bilong em husat i stap,
Na halibim ol long rot bilong Dharma
Long pinisim wari bilong ol.

Tok tok long halibim sapos wanpela i dai

Ven. Tich Nhat Hanh, monk, i bin raitim

Sapos yu stap isi na luluk long wanpela lip i laik dai long wanpela diwai:
Dispela lip bai i kamap ret na no longtaim pundaun. Dispela lip i bin olsem mama bilong dispela diwai. Yumi save ting olsem wanpela diwai em i mama bilong ol lip bilong em, tasol sapos yu lukluk klia dispela lip tu i bin mama bilong dispela diwai. Ol wara insait long diwai na ol gutpela i kam long giraun, tasol dispela i no inap long strongim diwai i stap. Ol diwai save salim dispela wara i go antap long ol lip, na ol lip i save yusim san na win long putim ol gutpela samting i go insait long kaikai bilong diwai, bai diwai i ken stap strong. Em olsem, dispela lip i bin mama bilong dispela diwai truai. Em i isi long lukim olsem lip i hap bilong diwai, long wonem i gat ol han bilong diwai i stap.
Yumi nogat wanpela han olsem i save pasim yumi i go long mama bilong yumi, tasol taim yumi i bin stap long bel bilong em yumi bin gat wanpela. Gutpela win na wara i bin kam long blut bilong mama na go insait long wanpela rop long kam long bodi bilong yumi. Tasol taim yumi bin born ol bin katim dispela rop na yumi stat long ting olsem yumi stap yumi yet, longwei long mama. Tasol dispela tingting i no stret. Mama bilong yumi save lukautim yumi longpela taim. Na tu yumi gat sampela narapela mama tuia.
Ples tu em i mama bilong yumi. Yumi gat planti han i save ron long yumi i go long ples. I gat wanpela han i ron long ol klaud long skai. Sapos i nogat klaud, bai i nogat wara bilong yumi long dring. Na bikpela hap bilong bodi bilong yumi i wara tasol. Olsem dispela han i ron long klaud i kam long yumi i stap truia. I wankain long ol wara na bus, na ol man i wokim kaikai o katim timba long bus. I gat planti thausan ol han i save ron long namel long yumi na olgeta hap long ples, giraun na skai.
Yu inap long lukim dispela han i stap long namel long yu na mi? Sapos yu no stap, mi tu i no stap long dispela hap. Sapos yu no lukim klia tumas, stap isi na lukluk gut.
Dispela i no wanpela bilip, em i samting truia.

Mi bin askim dispela lip sapos em i poret long dai. Na em i bin bekim olsem em i no poret, olsem em i bin wok hat long halibim givim strong long dispela diwai, na bikpela hat wok bilong em i stap insait long diwai pinis. Em i bin tok: 'Yu noken tok olsem mi dispela lip yu lukim tasol, nogat. Mi dispela diwai. Mi save mi stap insait long dispela diwai pinis, na taim mi pundaun long giraun, bai mi givim strong yet long dispela diwai. Olsem mi no wari. Taim mi lusim dispela han na pundaun bai mi kolim diwai na tokim em: "lukim yu kolostu"'.
Mi bin kirap nogut na winim sampela klia save……..yumi mas lukim laip. Yumi noken tok laip long lip, nogat, yumi mas tok long *Laip i stap long* lip na long diwai. Laip bilong mi em i laip tasol, na yu ken lukim em long mi na long dispela diwai.

Long dispela taim i bin gat wanpela win i bin stap, na bihain liklik mi bin lukim dispela lip i lusim han bilong diwai na drif na danis hamamas i go daun long giraun, long wonem em i luksave olsem em i hap bilong diwai pinis. Em i bin hamamas olgeta. Mi bin putim het bilong mi i go daun long respektim em, long wonem yumi gat planti samting long lanim long dispela lip, olsem em i no poret - em i save i nogat wanpela samting i ken born na nogat wanpela samting i ken dai.

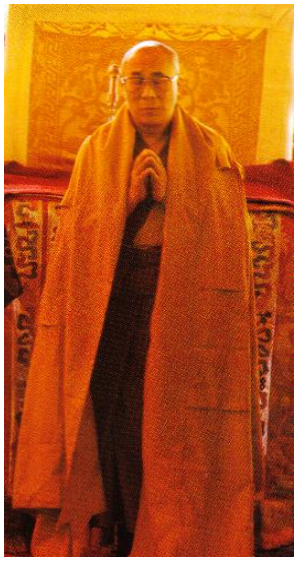
Ol klaud long skai i no save poret. Sapos taim bilong klaud i mas senis i go kamap ren, em i hamamas long pundaun, singsing, na kamap hap bilong wara Sepik, o Fly, o Lawes, o pundaun long gaden bilong wanpela meri na go insait long wanpela kaukau na bihain kamap hap bilong wanpela man. Em i samting bilong hamamas. Ol klaud i save sapos ol i pundaun ol i ken kamap hap bilong solwara tuia. Olsem ol i no save poret. Ol man tasol save poret.

Sapos yu lukluk klia na dip bai yu inap luksave hausat olgeta samting save stap wantaim, na taim yu lukim klia tru, bai yu no inap long poret moa - bai yu nogat poret long born o dai. Born na dai em ol tingting tasol long het bilong yumi, na tupela i no samting tru olgeta. I wankain taim yu tok olsem samting i stap antap o daunbilo. Yumi save tok sapos yumi putim han i go antap, em i antap na sapos daun, em i daun. Heven i stap antap na hel i stap daunbilo. Tasol ol man long hapsait long wel i nogat wankain tingting, nogat, long wonem dispela toktok long antap na daun i no stret bilong hol wel. I wankain long toktok long born na dai.
Olsem lukluk gut i go long pastaim na bai yu inap luksave yu bin stap bipo olgeta. Yumi lukluk gut wantaim long laip bilong wanpela lip, na yumi inap kamap wanpela wantaim dispela lip. Yumi lukluk klia na kamap wanpela wantaim dispela klaud, o wantaim wanpela si long solwara, na kisim klia save olsem yumi hap wara na pinisim ol poret. Sapos yumi lukluk dip na klia tru, bai yumi winim born na dai.

Tumora, bai mi stap yet, tasol yu mas lukuk klia na strong long painim mi. Bai mi wanpela palawa, o lip.
Bai mi stap olsem na bai mi tok halou long yu. Sapos yu was gut na klia, bai yu luksave long mi na yu inap tok halou long mi. Bai mi hamamas truia.

Sampela 'Hua Tou' o *'Koan'* long halibim long kirapim tingting i go olgeta

- Em husat i save harim?
- Wonem pes bilong yu pastaim long mama na papa bilong yu i bin born?
- Wonem samting i go antap long olgeta samting long olgeta wel?
- Wonem kain pairap long wanpela han?
- Olgeta-tingting bilong yu i wonem?
- Buddha em i wonem?
- Dispela kain tingting bilong Buddha i luk olsem wonem?
- Wanpela dok i gat Buddha tingting i stap o nogat?
- Dispela mi i olsem wonem?
- Antap long ol diwai ol pis i pilai, na ol pisin i pilai insait long blu solwara.
- Pilak i no meknois, win i no meknois, tingting tasol i meknois.
- Taim yu stap long hia, pasim dispela bot i stap longwei long hap.
- Tete em i namba 8 de bilong dispela mun. Tumora em i namba 13.
- Sapos yu tok 'Buddha', husat i singautim neim bilong em?



Sampela Prei

Prei bilong kamap strong

Bai mi mas strongim olgeta-tingting bilong mi long winim pri.
Bai mi i no inap larim wanpela tingting paol o nogut i stap
na ron insait long tingting bilong mi!
Bai mi strongim tingting long senis bilong olgeta samting!
Bai mi strongim tingting olsem mi nogat wanpela 'mi yet' i stap!
Bai mi strongim tingting long no klin!
Bai mi strongim tingting long ol kain bakarap i ken kamap!
Bai mi strongim tingting hausat ol samting long ples giraun i ken
gutpela sampela taim na sampela taim nogut!
Taim mi klia hausat ol samting long ples giraun save senis,
bai mi strongim olgeta-tingting bilong mi!
Taim mi klia hausat ol samting long ples giraun save pinis,
bai mi strongim olgeta-tingting bilong mi!
Bai mi strongim tingting bilong lusim pasin bilong holim!
Bai mi strongim tingting long les long, na lusim laik long ol samting!
Bai mi i strongim tingting long pinis bilong ol samting!

Prei long halibim

Mi laik bai olgeta-tingting bilong mi i nogat tingting long sigarap long wonem kain samting i ken kirapim dispela kain tingting. Long bihainim dispela kain tingting bai mi mas was gut long ol tingting long halivm mi yet.
Mi laik bai olgeta-tingting bilong mi i nogat tingting long heitim o koros long wonem kain samting i ken kirapim dispela kain tingting. Long bihainim dispela kain tingting bai mi mas was gut long ol tingting long halivim mi yet.
Mi laik bai olgeta-tingting bilong mi i nogat tingting i no klia long wonem kain samting i ken kirapim dispela kain tingting. Long bihainim dispela kain tingting bai mi mas was gut long ol tingting long halivim mi yet.
Mi laik bai olgeta-tingting bilong mi i nogat tingting long strongpela laik long wonem kain samting i ken kirapim dispela kain tingting. Long bihainim dispela kain tingting bai mi mas was gut long ol tingting long halivim mi yet.

Prei long halibim gutpela senis i kamap insait long tingting

[Geshe Langri Thangpa i bin raitim]

Wantaim strongpela tingting tru long halibim ol samting i stap laip,
Husat i winim ol narapela gutpela samting i givim mi hamamas,
Mi laik bai mi mas gat gutpela tingting long ol, olgeta taim.
Taim mi stap wantaim ol narapela, mi laik bai mi putim mi igo daun,
Na insait long tingting bilong mi tru bai mi mas respektim ol
Na putim ol i go antap.
Olgeta taim mi laik wokim samting
Mi laik bai mi mas lukluk gut insait long tingting bilong mi.
Na taim wanpela paol tingting o tingting nogut i kamap,
Husat inap bakarapim mi yet o bakarapim wanpela narapela,
Mi mas lukluk save gut na abrisim na senisim.
Taim mi lukim ol man i nogat gutpela pasin,
Na ol i kisim taim long ol karanki tingting na ol heve,
Mi laik bai mi mas gat gutpela tingting long ol - long wonem, heve i painim ol -
Olsem mi painim wanpela hap gol o gutpela samting tru.
Taim ol narapela i save jeles
Na bakarapim mi wantaim ol toktok nogut, giaman toktok na toktok baksait,
Mi laik bai mi mas larim na givim win i go long ol.
Taim wanpela husat mi bin halibim, o mi bin ting i mas kamap gut,
I bakarapim mi long ol kain pasin nogut,
Mi laik bai mi mas luksave gut olsem em i wanpela gutpela tisa bilong mi.
Olsem mi laik givim gutpela na hamamas i go long olgeta
Olsem ol mama bilong mi,
Na bai mi kisim ol heve na pen bilong ol.
Mi laik bai ol kain tingting olsem eitpela tingting long ples giraun
i no inap bakarapim tingting bilong mi.
Na mi laik bai mi inap luksave klia olsem olgeta samting i no olsem mi lukim,
Na bai mi noken holim pas moa samting, na winim pri.

Prei bilong ol Bodhisattva

Mi noken prei bai wanpela i haitim mi
long ol kain samting inap bakarapim mi,
tasol bai mi prei long stap strong na no ken poret
sapos ol kain samting nogut i kamap.
Mi noken askim bai ol pen i pinis,
tasol bai mi askim long strong long winim.
Bai mi noken traim paindim ol narapela bilong kam halibim mi,
tasol bai mi strong mi yet.
Bai mi no ken sigarap wantaim poret
long wanpela long kam sevim mi,
tasol bai mi traim stap isi na stong long winim pri.

Prei bilong Shantideva

Mi laik bai mi inap halibim ol i nogat halibim,
Lidim ol husat i laik wokabaut,
Kamap olsem wanpela bot, o bris, o pasis,
Bilong ol lain i laik winim hap longwei.
Mi laik bai ol pen long olgeta i gat laip
I mas pinis olgeta.
Mi laik kamap olsem dokta na tu marasin bilong ol.
Mi laik kamap olsem wanpela nes
Bilong husat i gat sik long wel
Inap olgeta sik i pinis.
Olsem spes
Na ol has bilong ol samting olsem giraun,
Mi laik stap strong na lukluk long laip
Bilong olgeta samting long olgeta hap.
Na inap taim ol i lusim pen,
Mi laik kamap has bilong laip
Bilong ol kainkain samting
I save go inap long spes i pinis.

Prei long lav bilong mi

Lav bilong mi i go long ol dispela i nogat lek,
Long ol dispela i gat tupela lek lav bilong mi i go tu.
Lav bilong mi i go long ol dispela i gat popela lek,
Na long ol dispela i gat planti lek tu.
Ol dispela i nogat lek i noken bakarapim mi,
Na ol dispela i gat tupela lek tu.
Ol dispela i gat popela lek i noken bakarapim mi,
Na ol dispela i gat planti lek tu.
Olgeta animal na ol samting i save pulim win,
Olgeta samting, mi no lusim wanpela,
Mi laik bai ol i mas sindaun gut
Na noken kisim bakarap.
Buddha i save go olgeta!
Dharma i save go olgeta!
Sangha i save go olgeta!
Tasol ol samting olsem save pinis -
Sinek, spaida, sentipid, pilai na rat.
Nau mi wokim pinis ol dispela toktok
Mi laik bai ol samting nogut i mas go longwei!
Em, mi respektim tru, Buddha,
Olgeta husat i kisim klia save tru mi respektim ol tru.

Prei bilong halibim taim, wanpela i laik dai

Tisa, Buddha,
Yu olsem san antap husat i rausim tudak,
Na olsem wanpela gutpela marasin long pinisim olgeta kainkain sik.
Yu soim dispela gutpela rot long bihainim long kamap pri.

Long dispela taim, dai i kamap long……,
Na mi laik bai em i ken painim hamamas na kamap pri.

Taim ol strong insait long bodi bilong em i kamap olsem wara,
Na ol samting em i lukim i wankain samting yumi lukim longwei
long taim bilong hatpela san,
Mi laik bai em i noken poret, na em i mas stap strong.

Taim ol wara insait long bodi i laik kamap olsem hat,
Na ol samting em i lukim i olsem simok,
Mi laik bai em i ken lukim pes bilong Buddha,
Na bai em i ken pilim hamamas na piis.

Taim ol hat insait long bodi i kamap olsem win,
Na ol samting i luk olsem ol paia plai,
Mi laik bai ol tingting bilong em i mas
Pulap wantaim ol gutpela save i kam long Dharma.

Taim ol win i senis i kamap konsious,
Na ol samting i luk olsem paia,
Mi laik bai em i mas bihainim lait long pes bilong Buddha
Na go long wanpela gutpela hap

Mi laik bai dispela lait i kam long bros bilong Buddha
I mas go insait long het bilong em,
Na go daun long namel na hukim konsious bilong em,
Na karim i go long wanpela gutpela hap.

Sapos karma bilong em i pulim em i go long wanpela narapela kain hap,
Mi laik bai ol Gutpela i mas stap kolostu long em
Na soim em stretpela rot na bai em i ken lukim ol gutpela samting tasol,
Na harim olgeta kain nois olsem skul bilong Dharma.

Mi laik bai em na ol narapela i ken lusim raun long born na dai,
Na mi laik bai em i mas bihainim rot Buddha i soim,
Na em i lusim pasin bilong holim pas ol samting
Na konsious bilong em i kamap pri olgeta.

Paipela putim het i go daun long respect

1. Wantaim respekt mi putim het i go daun long makim ol tumbuna
Mi lukim mama na papa bilong mi, blut bilong husat i stap insait long mi.
Taim mi lukim mama na papa mi inap lukim mama na papa bilong tupela na ol tumbuna. Pawa bilong ol i bin ron long planti lain stret na nau i kam long mi long karim. Wonem heve bilong ol inap pinis na bai mi pinisim.
Mi hopim olgeta-tingting na bodi bilong mi long kisim pawa, lav, na save bilong ol.
Ol rop bilong kamap bilong mi i stap long mama na papa bilong mi na ol tumbuna. Mi olsem gohet long ol dispela lain tasol.
Sampela taim sampela heve i save wokim ol mama na papa ino inap long tokaut long ol lav na wari ol i gat long pikinini bilong ol.
Nau mi putim het bilong mi i go long giraun long kisim pawa long ol tumbuna. Mi laik bai ol i mas halibim mi na givim mi strong.

2. Wantaim respekt mi putim het i go daun long makim ol tisa long gutpela rot.
Mi lukim tisa bilong mi, husat i bin halibim mi long kisim save na givim lav, na long winim hamamas tru, na stap long nau tasol.
Taim mi lukim tisa bilong mi, mi inap lukim planti ol tisa bilong bipo, igo igo inap long Buddha, 2,600 yia i go pinis. Mi lukim Buddha olsem tisa bilong mi na tumbuna bilong mi long halibim mi long winim klia save. Mi lukim pawa bilong em na ol tisa i kam long mi na wokim mi gat hamamas, piis, klia save na lav. Mi save pawa bilong Buddha i bin senisim wel, na sapos dispela pawa nogat, bai mi no inap long save long praktis stret long halibim mi iet na ol narapela.
Mi hopim olgeta-tingting na bodi bilong mi long kisim dispela pawa bilong lav na klia save i kam long Buddha, Dharma na Sangha bilong bipo inap long nau.
Mi olsem gohet bilong Buddha, Dharma na Sangha. Plis givim mi piis, klia save, strong, na lav.
Mi promis long praktis long pinisim ol heve long mi na long ol narapela, na givim dispela pawa i go long ol husat bai i bihainim gutpela rot bihain.

3. Wantaim resepkt mi putim het i go daun long makim giraun na kantri.
Mi luksave olsem mi bin kisim strong long giraun na long ol husat i bin wok long givim yumi servis na halibim insait long kantri. Mi save kisim halibim long ol husat i save lukautim giraun na solwara na bai mi yusim gut, bai ol i ken stap gut bilong ol pikinini bihain.
Mi promis long halibim long rausim ol pasin nogut insait long kantri na pinisim pasin bilong heitim narapela na ol no klia na paol tingting, bai ol husat i kam bihain i ken sindaun long hamamas na piis.

4. Wantaim respect na marimari mi putim het i go daun long givim stong long ol husat mi lavim.

Ol dispela strong mi kisim pinis mi laik givim long ol husat i bin kisim heve na bin gat wari long mi. Mi save mi no bin was gut long ol tingting bilong mi na mi save ol husat mi save lavim i bin kisim ol kainkain heve.

Mi givim pawa i go long ol pamili bilong mi bai ol i mas gat hamamas na nogat heve. Mi laik bai wanwan i mas stap strong na hamamas. Mi save taim ol i hamamas, mi tu bai mi gat hamamas. Bai mi nogat wanpela karanki o nogut tingting long wanpela.

Mi askim ol tumbuna long givim pawa i go long ol. Na mi luksave olsem mi stap wantaim ol na no longwei na narapela long ol.

Bai mi mas kamap olsem wanpela wantaim ol lain mi lavim.

5. Wantaim respect na marimari mi putim het i go daun long stretim namel long mi wantaim ol husat i bin givim mi heve

Mi salim lav na marimari i go long ol husat i bin wokim mi na ol lain bilong mi i kisim pen na heve. Mi luksave olsem ol i bin kisim heve long koros na bel hat. Mi save ol i no bin hamamas na kisim lav na ol i no klia long gutpela rot. Mi prei bai ol tumbuna i givim ol pawa na strong bai ol i ken senis na kisim hamamas na nogat heve moa, na noken wokim ol narapela i kisim heve.

Mi no laik bai mi gat wanpela tingting nogut o bel hat long ol dispela lain, na mi no laik bai ol i gat heve, na mi salim lav bilong mi i go long ol.

Prei bilong kirapim gutpela klia tingting i hop olgeta

Lukim piksa bilong Buddha long poret bilong yu na lukim olgeta narapela samting i stap laip long saitsait bilong yu.

Putim het i go daun, soim respekt na kisim strong na halibim *tripela taim*, na holim dispela piksa long tingting bilong yu:

Yu husat i man tru, nogat rong, husat i bin kisim save tru, yu yet.
Mi burukim skru na het bilong mi i go daun long respektim Buddha, man antap long ol narapela.

Dharma, skul bilong dispela save man tru.
Mi burukim skru na het bilong mi i go daun long respektim Dharma.

Sangha, ol lain i save bihainim tru skul bilong dispela save man tru.
Mi burukim skru na het bilong mi i go daun long respektim Sangha.

Nau tingim Buddha

Mi respektim dispela gutpela man tru, husat i nogat rong,
husat em yet i kisim save tru.
Mi respektim dispela gutpela man tru, husat i nogat rong,
husat em yet i kisim save tru.
Mi respektim dispela gutpela man tru, husat i nogat rong,
husat em yet i kisim save tru.

Tingim ol husat i stap laip long sait sait bilong yu olsem ol i gat wankain laik olsem yu long lusim ol heve na painim hamamas. Na tu ol i wankain, olsem ol inap long kamap Buddha.
Wokim tingting olsem: i gutpela sapos mi halibim ol, tasol i hat long mi nau long halibim tru wanpela. Olsem i gutpela sapos mi trai hat long winim tru klia save hariap, bai mi inap halibim ol tru. Bai mi trai hat long winim dispela.

Nau wokim ***promis*** long ai bilong Buddha olsem:

O Buddha na tisa bilong mi, nau mi promis long ai bilong yu.

Mi,.....**, i bin planim sampela gutpela sid long rot bilong wokim gutpela pasin, olsem mi bin givim halibim, marimari, na wokim gutpela toktok na samting.**
Bai mi trai hat long wokim ol dispela gutpela sid i grou strong na wokim klia save i kamap, wankain olsem ol husat i kamap pinis wanpela Bodhisattva o Buddha i bin wokim.

Mi, ……., promis long grouim strongpela laik long trai hat
long winim tru klia save i go olgeta,
long halibim ol narapela, ai bilong ol i no hop yet,
na husat i no lusim yet ol kainkain heve.

Tingting olsem: bai mi strongim tingting long grouim dispela, wankain ol Buddha na Bodhisattva i bin wokim bipo. Tingim ol gutpela pasin bilong Buddha long wokim samting, toktok na tingting, na ting olsem bai mi inap wokim wankain gutpela pasin long halibim ol narapela sapos mi trai hat.

*Wokim dispela **promis** namba tu taim.*

Tete yumi laki tru long winim gutpela sindaun na harim skul bilong Buddha. Taim yumi laki olsem, yumi mas trai hat long winim praktis em i bin soim.
Has bilong praktis, em bilong kirapim tru klia save. Sapos yu trai hat long kirapim tru klia save, i wankain olsem yu wokim wanpela ofa i go long Buddha.
Luksave olsem, pasin bilong tingim yu yet i olsem wanpela posin, na pasin bilong tingim narapela i olsem wanpela gutpela marasin, na dispela i save wokim ol gutpela i kamap.

*Wantaim ol disepela gutpela tingting, wokim **promis** namba tri taim:*

Nau wokim givim na kisim mediteisen olsem:
Long tingting bilong yu wokim bodi bilong yu na ol samting bilong yu i kamap olsem wanpela simatpela samting tru, olsem gol.
Taim yu rausim win, wokim lait long dispela i go aut long olgeta i stap laip na wokim ol i kisim tru hamamas.
Taim yu pulim win kisim ol heve na wari bilong olgeta samting i stap laip i kam insait long bros bilong yu na pinisim ol dispela heve.

Long pasim, bai dispela gutpela tingting i no inap long lus, **wokim dispela kisim halibim na promis tripela taim long san na tripela taim long nait**.

Na tu **wokim ol gutpela pasin**, olsem noken giaman, noken apim neim bilong yu nating, tok hamamas long ol husat i save wokim ol gutpela pasin, na halibim narapela long bihainim rot long kisim tru klia save.

Yidam Yoga

Yidam em i hap bilong yu i klin tru na klia na gutpela olgeta.

Wanpela yidam oli kolim *Avalokiteshvara o Kuan Yin.* Em i olsem olgeta marimari na klia save bilong olgeta Buddha. Taim ol i wokim piksa bilong *Avalokiteshvara* ol i save wokim em i mas gat planti han bai em ken halibim olgeta. Ol dispela han i gat ai long ol bai ol iken lukluk klia tru long ol hevi. Sampela piksa oli save mekim em wantaim popela han tasol.

Long dispela praktis yu mas tingting olsem yu kamap wankain olsem *Avalokiteshvara.* Na yu ken wokim dispela taim yu slip, wokabaut, kaikai o sindaun. Taim yu laik slip tingting olsem yu kamap olsem *Avalokiteshvara* na was long liklik lait long hat long namel long bros bilong yu. Lukluk isi tasol long dispela lait, long wonem sapos yu lukluk strong tumas bai yu no inap slip. Slip taim tingting bilong yu i stap long dispela hap.

Taim yu kirap long morning, sindaun stret na hamamas long wonem yu stap laiv yet, na tingting olsem yu laik kamap wankain olsem *Avalokiteshvara,* na tisa bilong yu, Buddha, i stap antap long het bilong yu. Prei bai Buddha i mas halibim bodi, toktok na tingting bilong yu long wokim ol gutpela samting tasol na halibim yu long tingim tupela kain Bodhicitta, na halibim ol narapela na noken wokim samting nogut. Wokim dispela tingting taim yu sindaun.

Taim yu wokabaut, tingim yu kamap olsem *Avalokiteshvara* na tisa bilong yu, Buddha, i stap antap long rait sholda bilong yu.

Taim yu kaikai, tingim yu laik wankain olsem *Avalokiteshvara,* na tisa bilong yu, Buddha, i stap long nek bilong yu na olgeta kaikai na dring i kamap olsem wanpela ofa i go long Buddha.

Yidam yoga em taim yu tingim ol dispela gut, taim yu wokim ol samting.

Dispela i ken kamap wanpela pasin bilong yu, na inap halibim yu tru taim yu dai. Sapos dispela praktis i kamap strong na gut bai yu stat long driman olsem yu kamap olsem *Avalokiteshvara*.

Mantra o toktok long strongim dispela marimari bilong Avalokiteshvara em:

Om Mane Padme Hum

[Mi respektim marimari i stap long namel long klin na gutpela]

Tingting taim yu laik kirap long morning

Taim ai i hop yu mas pilim hamamas olsem yu stap laip yet, na yu laki tru long gat wanpela gutpela bodi; tasol em i isi long em long senis na bakarap. Putim tingting olsem bai yu mas wokim ol gutpela samting tasol tete long wonem bihain bai yu kisim bekim long ol samting yu wokim tete..
Na stretim tingting olsem:

Mi save kisim strong na halibim long ol Klia Save Man,

Mi save kisim strong na halibim long skul bilong ol,

Mi save kisim strong na halibim long ol husat i save bihainim tru skul bilong ol.

Tete mi wanpela de kolostu moa long dai bilong mi. Mi noken westim dispela de. Sapos mi dai, bodi bilong mi bai i buruk i gobek long giraun, win, hat na wara. Strong bilong ol samting mi bin wokim, *karma*, tasol bai i lep. Olsem mi mas wokim ol gutpela samting tasol.
Mi mas tingim dispela Popela Samting i Tru Olgeta and bihaimim dispela Gutpela Eitpela Step o Rot.
Olsem, mi mas was gut na sapos wanpela tingting nogut i stap insait long het bilong mi, mi mas rausim; sapos wanpela gutpela tinting i stap, mi mas strongim; sapos wanpela tingting nogut i laik kam insait long het bilong mi, mi mas pasim bai i noken kam; sapos wanpela gutpela tingting i laik kam insait long het bilong mi, bai mi mas larim i kam.
Mi no ken i gat ol tingting bilong gridi, paol nambaut o sigarap i stap long tingting.
Mi noken larim ol tingting bilong pait, bel hat o koros nating i stap long tingting.
Mi noken larim ol tingting long 'mi yet' tasol i go pas long ol samting mi wokim, na mi mas rausim ol kainkain paol tingting long gridi na koros hariap sapos i kamap.

Mi mas lukluk save olsem:
Dispela bodi i save senis olgeta taim, na em i no mi tru na mi no dispela bodi.
Ol pilim i save senis olgeta taim, na ol i no mi tru na mi no ol dispela pilim.
Ol tingting bilong skelim, bilong bipo, na bilip, i save senis olgeta taim, na ol i no mi tru na mi no ol dispela.
Ol ron na grou na sindaun bilong tingting i save senis olgeta taim, na ol i no mi tru na mi no ol.
Ol tingting i kamap bihainim ol samting mi lukim, harim, smelim, testim, tasim o drimanim i save senis olgeta taim, na ol i no mi tru na mi no ol dispela.

Mi mas traim best bilong mi long wokim pasin long halibim ol narapela, bihainim ol gutpela pasin tasol, stap isi na noken koros, hamamas na trai hat long bihainim gutpela rot, strongim tingting long mediteisen, na kisim klia save.

Mi givim hamamas, lav na ol gutpela tingting bilong mi i go aut long ol manmeri na ol narapela samting i stap laiv long poret bilong mi, long baksait, long saitsait, na antap na bilo.

Bai mi trai hat long kisim klia save bai mi ken halibim tru ol narapela.

Tingting taim yu laik slip long nait.

Stretim tingting olsem:

Mi save kisim strong na halibim long ol Klia Save Man,

Mi save kisim strong na halibim long skul bilong ol,

Mi save kisim strong na halibim long ol husat i save bihainim skul bilong ol.

Stap isi na slouim tingting long rot long lukluk long win i go i kam.

Tingting i go bek long ol samting yu bin wokim tete.
Mi bin halibim ol lain mi bin stap wantaim long painim hamamas o nogat?
Mi bin respektim ol?
Mi bin bihainim ol prisep long halibim mi long wokim gutpela karma o nogat?
- olsem nogut mi bin:

Kil na pait
Stil na kisim samting taim mi no askim o kisim tok orait
Tingting paol na sigarap o pamuk nambaut.
Toktok giaman, baksait, tokstil, toktok nogut.
Kisim strongpela drink, bia, spak brus o wanpela drag.

Sapos mi no bin bihainim ol prisep, mi mas nau lukluk save klia long dispela, na salim tingting bilong mi long sore long dispela mi bin bakarapim.

Ol prisep i bilong halibim mi long bihainim rot long kisim klia save na hamamas, na laik bilong mi i stap yet long stap gut na bihainim dispela simatpela rot.
Olsem mi mas nau strongim tingting bilong mi bai mi mas bihainim ol prisep strong moa.

Nau mi salim ol gutpela tingting i go aut long olgeta narapela:
Lav na marimari i go long:

Ol lain tisa na gutpela man tru husat i halibim mi tru long painim rot bilong kisim klia save na hamamas;
Mama na Papa na ol pamili bilong mi,
Ol kandere na wantok na poroman.
Ol man meri mi no save long ol,
Ol lain i no save laikim mi o mi gat birua long ol
Olgeta samting i stap laip - ol god, deva o angelo, ol kainkain animal i stap long win, diwai, giraun na wara, ol devil o masalai na husat i stap long hel.

Mi laik bai olgeta i ken painim hamamas, na bai ol i nogat heve, na ol i ken painim dispela gutpela rot bilong painim hamamas tru.

Mi laik bai mi ken kisim klia save tru bai mi ken halibim tru ol narapela.

Bung long Morning

Yu husat i man tru, nogat rong, husat i bin kisim klia save tru, yu yet.
Mi burukim skru na het bilong mi i go daun long respektim Buddha, man antap long ol narapela.

Dharma, skul bilong dispela save man tru.
Mi burukim skru na het bilong mi i go daun long respektim Dharma.

Sangha, ol lain i save bihainim tru skul bilong dispela save man tru.
Mi burukim skru na het bilong mi i go daun long respektim Sangha.

Yumi go pinis long kisim halibim long dispela save man tru, save bilong husat i antap long ol narapela, tisa bilong yumi, na yumi hamamas tru long skul bilong em.
Yumi respektim tru dispela man, antap tru, wantaim skul bilong em na ol lain i save bihainim tru dispela skul.

Nau yumi ken tokaut long dispela na tingim Buddha

Mi respektim dispela gutpela man tru, husat i nogat rong, husat em yet i kisim klia save tru.
Mi respektim dispela gutpela man tru, husat i nogat rong, husat em yet i kisim klia save tru.
Mi respektim dispela gutpela man tru, husat i nogat rong, husat em yet i kisim klia save tru.

Nau yumi ken tokaut long hamamasim Buddha:

Em kisim tru save, longwei long ol samting nogut, em yet i kisim klia save tru, na em i holim bikpela save na gutpela pasin tru.
Em i bihainim gutpela rot, kisim save long olgeta wel, nambawan tisa tru bilong ol man husat i laik kisim klia save.
Em i tisa bilong ol angelo o deva na man.
Em i man husat i klia olgeta na smat tru long skulim Dharma.
Em i bin kliarim tingting long planti ol angelo o deva, bikman na ol kainkain man, na soim ol Dharma, gutpela long stat bilong em, gutpela long namel, na gutpela long pinis bilong em. Em i bin skulim ol man long bihainim gutpela laip tru na rot long kamap klia olgeta, na em i soim olgeta samting long winim dispela rot.
Dispela man antap tru, mi respektim em tru na het bilong mi mi putim i go daun.

Nau yumi ken tokaut long hamamasim Dharma:

Klia tru em i dispela Dharma, yumi ken lukim klia nau tasol. Emi save askim yumi long lukluk insait long yumi na yumi wanwan ken luksave klia yumi yet.
Dispela Dharma, mi respektim tru na het bilong mi mi putim i go daun.

Nau yumi ken tokaut na tingim Sangha:

Sangha em i ol lain husat i skul gut long Dharma na bihainim gutpela tru, na bihainim stret na praktisim gut.
Em ol dispela lain man i winim popela mak na i gutpela long yumi long respektim ol, halibim ol, na givim ol ol samting ol i nidim. Taim yumi halibim ol yumi save halibim yumi yet long kamap gutpela na strong.
Dispela Sangha, mi respektim tru na het bilong mi mi putim i go daun.

Nau yumi toktok na tingim dispela tripela gutpela samting tru na yumi noken malolo long praktis:

Buddha i gutpela olgeta, em i gat traipela marimari olsem traipela solwara. Save bilong em i klia olgeta, em i rausim olgeta tingting nogut na samting nogut.

Mi respektim tru dispela Buddha.

Dharma bilong Buddha i olsem wanpela lait na i soim rot na tu wonem kain prut o kaikai i ken kamap. Dispela lait i winim wel na dai.
Mi respektim tru dispela Dharma.

Ol i kolim Sangha ol lain man husat i winim ol narapela gutpela man tru. Ol i save stap isi, na bihainim tru skul bilong Buddha na kisim klia save. Tingting long kisim na holim ol samting i pinis long ol na ol i gat gutpela save tru.
Mi respektim tru dispela Sangha.

Dispela em i gutpela samting tru mi ken wokim long tripela bikpela.
Mi laik bai dispela respekt mi soim i mas hopim rot bilong mi long kamap gutpela.

Wanpela man i kisim tru save i kam long wel, dispela man i nogat rong, em i kisim klia save, em yet; na skul bilong em i soim rot long kamap klia na stap gut na pinisim ol heve.

Yumi husat i harim dispela Dharma save olsem:

Taim mama i karim yumi, yumi gat pen na heve, taim yumi laik lapun yumi gat pen na heve, taim yumi laik dai yumi gat pen na heve. Wari, sore, na bakarap i save givim yumi pen na heve. Taim yumi stap wantaim samting yumi no laikim, yumi kisim heve. Taim yumi no kisim samting yumi laikim yumi kisim heve.

Olsem dispela paipela samting yumi save holim pas tumas i save givim yumi ol pen na heve.

Dispela paipela samting i olsem:
Despela bodi yumi holim strong,
Ol pilim yumi holim strong,
Ol tingting bilong skelim na bilong bipo na bilip na laik yumi holim strong,
Ol ron na grou na sindaun bilong tingting yumi holim strong,
Ol tingting i kamap taim yu lukim, harim, smelim, testim, tasim o drimanim wanpela samting yumi holim strong.

Buddha i bin skulim ol lain bilong em olsem:
Bodi i no bilong stap wankain, i save senis,
Ol pilim i no bilong stap wankain, i save senis,
Ol tingting bilong skelim na bilong bipo na bilip na laik i no save stap wankain, ol i save senis,
Ol ron bilong tingting na grou na sindaun bilong tingting i no save stap wankain, ol i save senis,
Ol tingting i kamap taim yu lukim, harim, smelim, testim, tasim o drimanim samting i no save stap wankain, ol i save senis.

Bodi i no yumi tru,
Ol pilim i no yumi tru,
Ol tingting bilong skelim na bilong bipo na bilip na laik i no yumi tru,
Ol ron bilong tingting na grou na sindaun bilong tingting i no yumi tru,
Ol tingting i kamap taim yu lukim, harim, smelim, testim, tasim o drimanim samting i no yumi tru.

Olgeta samting i save kamap bihainim narapela samting i no save stap wankain, ol i save senis. Na i nogat wanpela samting i stap wankain tasol insait long ol.

Yumi olgeta i save born, bakarap na dai, save kisim pen, sore, wari na heve, na ol heve i save pasim yumi; na i gutpela sapos yumi ken painim rot bilong pinisim ol dispela pen na heve.

Dai bilong dispela man husat i bin kisim klia save tru i longtaim i go pinis, tasol yumi lukluk klia olsem toktok bilong em i tru na yumi bihainim rot em i soim na traim praktis gut.

Ol dispela pen na heve i mas pinis olgeta!

Nau yumi tokaut long ol samting yumi save yusim:

Wonem kain laplap o kolos mi yusim, em bilong rausim kol o hat, pasim lang, ngatngat, win, san, o snek i no inap bakarapim mi; na haitim hap bilong sex i ken wokim mi sem.

Wonem kain kaikai mi yusim, em i no bilong pilai, bilong spak, bilong wokim gris o bilong wokim mi lukluk smat moa, nogat, em i bilong strongim na halibim dispela bodi, na halibim mi long bihainim gutpela pasin. Taim mi kaikai mi rausim hangere tasol na mi noken wokim bel i go tait tumas, bai bodi bilong mi i ken stap gut.

Wonem kain haus mi yusim, em bilong rausim kol o hat, pasim lang, ngatngat, win, san, o snek i no inap bakarapim mi; na daunim ol heve olsem ren, win na san i inap wokim, na halibim mi long stap isi, mi yet.

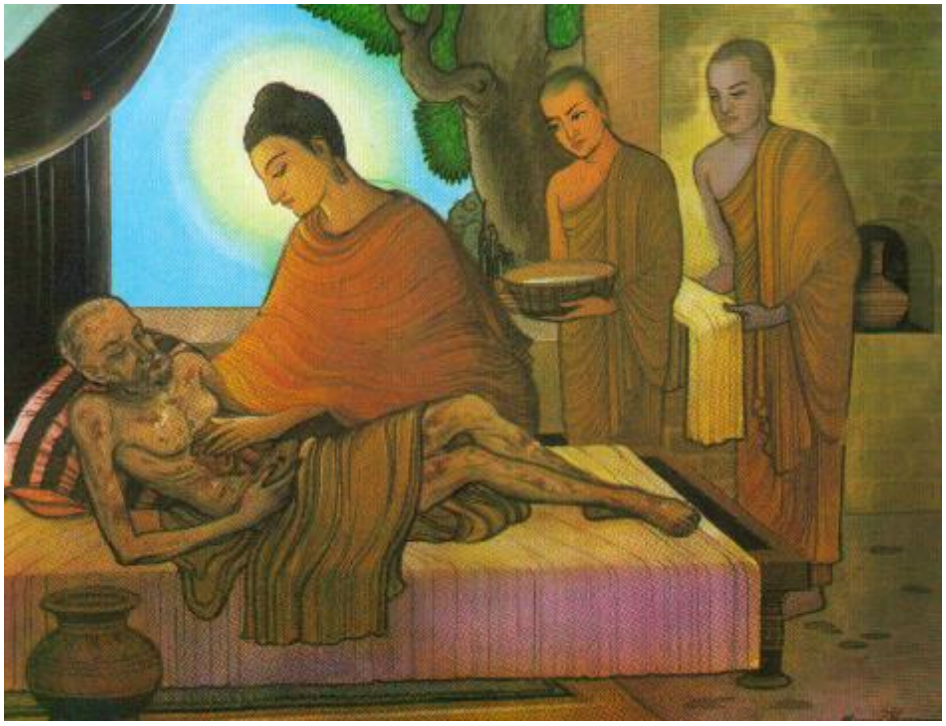
Wonem kain marasin o samting mi yusim long daunim sik, em bilong pinisim pen na slouim sik tasol.

Nau yumi tokaut long ol samting yumi mas tingim oltaim oltaim.

Mi bilong kamap lapun na bakarap,
Mi no inap long winim lapun na bakarap.
Mi bilong kisim sampela sik,
Mi no inap long winim pasin bilong kisim sik.
Mi bilong dai,
Mi no inap long winim dai.
Olgeta samting bilong mi, mi laikim tru na hamamas long em,
Bai mi lusim bihain.

Mi papa bilong ol samting mi save wokim (Karma),
Pikinini bilong ol samting mi wokim,
Kamap long ol samting mi wokim,
Wokabout na sindaun long ol samting mi wokim.
Wonem samting mi wokim,
Sapos gutpela o nogut,
Bai mi kisim bekim long em.

Yumi mas tingim ol dispela planti taim



Bung long nait

Yu husat i man tru, nogat rong, husat i bin kisim klia save tru, yu yet.
Mi burukim skru na het bilong mi i go daun long respektim Buddha, man antap long ol narapela.

Dharma, skul bilong dispela save man tru.
Mi burukim skru na het bilong mi i go daun long respektim Dharma.

Sangha, ol lain i save bihainim tru skul bilong dispela save man tru.
Mi burukim skru na het bilong mi i go daun long respektim Sangha.

Yumi go pinis long kisim halibim long dispela save man tru, save bilong husat i antap long ol narapela, tisa bilong yumi, na yumi hamamas tru long skul bilong em.
Yumi respektim tru dispela man, antap tru, wantaim skul bilong em na ol lain i save bihainim tru dispela skul.

Nau yumi ken tokaut long dispela na tingim Buddha

Mi respektim dispela gutpela man tru, husat i nogat rong, husat em yet i kisim klia save tru.
Mi respektim dispela gutpela man tru, husat i nogat rong, husat em yet i kisim klia save tru.
Mi respektim dispela gutpela man tru, husat i nogat rong, husat em yet i kisim klia save tru.

Ol toktok i olsem:
I tru em i wanpela man antap tru, husat i nogat rong, husat em yet i bin kisim klia save tru, na em i bin bihainim gutpela pasin tru, em i bin bihainim stretpela pasin, kisim save long ron bilong yumi, smat long skulim ol man het bilong ol i stat long klia, tisa bilong ol god na man, man husat i klia olgeta, husat i smat tru long skulim Dharma.

Nau yumi ken tokaut long hamamasim Buddha:

Ol gutpela samting olsem Arahant, marimari, gutpela pasin na save i bung insait long Buddha.
Em i wankain olsem san antap wantaim ol flaua, em i save kirapim tingting na hopim ai bilong ol save man.
Mi respektim dispela strongpela man, man bilong piis na lav, Buddha husat i namba wan halibim tru.
Mi putim het bilong mi i go daun long respektim em.
Mi wanpela wokman bilong Buddha, em i bos bilong mi tru.
Buddha i save rausim ol heve na halibim mi long painim hamamas.
Mi givim bodi na laip bilong mi i go long Buddha.
Bai mi wokabaut wantaim tingting na respect long save bilong Buddha.
I nogat narapela hap bai mi ken stap gut long em, Buddha tasol emi gutpela long halibim mi.
Mi tok tru olsem na mi laik kamap strong moa long bihainim rot Buddha i soim.
Long ol gutpela i kamap taim mi respektim Buddha, mi laik bai ol heve i no ken kamap moa.

Putim het i go daun na tok:
Sapos mi wokim samting nogut long Buddha long han o toktok o tingting, mi sore tru na mi laik bihain bai mi mas strong na mi noken wokim dispela moa.

Nau yumi ken tokaut na tingim Dharma.

Klia tru em i dispela Dharma, yumi ken lukim klia nau tasol. Emi save askim yumi long lukluk insait long yumi na yumi wanwan ken luksave klia yumi yet.

Ol toktok i olsem:
Em i gutpela tru na klia tru. Emi buruk long rot na prut o kaikai, skul na winim hamamas tru. Dharma i save holim husat i holim em pas bai emi no inap pundaun i go long ples nogut.
Mi respektim tru Dharma husat i save rausim tudak.
Dharma i save givim nambawan halibim tru.
Mi putim het bilong mi i go daun long respektim em.
Mi wanpela wokman bilong Dharma, em i bos bilong mi tru.
Dharma i save rausim ol heve na halibim mi long painim hamamas.
Mi givim bodi na laip bilong mi i go long Dharma.

Bai mi wokabaut wantaim tingting na respect long gutpela bilong Dharma.
I nogat narapela hap bai mi ken stap gut long em, Dharma tasol emi gutpela long halibim mi.
Mi tok tru olsem na mi laik kamap strong moa long bihainim rot Buddha i soim.
Long ol gutpela i kamap taim mi respektim Dharma, mi laik bai ol heve i no ken kamap moa.

Putim het i go daun na tok:
Sapos mi wokim samting nogut long Dharma long han o toktok o tingting, mi sore tru na mi laik bihain bai mi mas strong na mi noken wokim dispela moa.

Nau yumi ken tokaut na tingim Sangha:

Sangha em i ol lain husat i skul gut long Dharma na bihainim gutpela tru, na bihainim stret na praktisim gut.
Em ol dispela lain man i winim popela mak na i gutpela long yumi long respektim ol, halibim ol, na givim ol ol samting ol i nidim. Taim yumi halibim ol yumi save halibim yumi yet long kamap gutpela na strong.

Ol toktok i olsem:
Dharma i karim dispela lain husat i praktis gut, husat i save stap gut na no save wokim rong, husat save bihainim gutpela pasin tru.
Mi save respektim tru ol dispela gutpela lain Sanga husat i save givim nambawan halibim tru.
Mi tingim dispela namba tri samting na mi putim het bilong mi i go daun long respektim em.
Mi wanpela wokman bilong Sangha, em i bos bilong mi tru.
Sangha i save rausim ol heve na halibim mi long painim hamamas.
Mi givim bodi na laip bilong mi i go long Sangha.
Bai mi wokabaut wantaim tingting na respect long gutpela bilong Sangha.
I nogat narapela hap bai mi ken stap gut long em, Sangha tasol emi gutpela long halibim mi.
Mi tok tru olsem na mi laik kamap strong moa long bihainim rot Buddha i soim.
Long ol gutpela i kamap taim mi respektim Sangha, mi laik bai ol heve i no ken kamap moa.

Putim het i go daun na tok:
Sapos mi wokim samting nogut long Sangha long han o toktok o tingting, mi sore tru na mi laik bihain bai mi mas strong na mi noken wokim dispela moa.

Nau yumi tokaut long ol samting yumi bin yusim:

Wonem kain laplap o kolos mi bin yusim tete taim mi no bin stap isi na tingting klia, em i bin bilong rausim kol o hat, pasim lang, ngatngat, win, san, o snek i no inap bakarapim mi; na haitim hap bilong sem long bodi bilong mi.

Wonem kain kaikai mi bin yusim tete taim mi no bin stap isi na tingting klia, em i no bin bilong pilai, bilong spak, bilong wokim gris o bilong wokim mi lukluk smat moa, nogat, em i bin bilong strongim na halibim dispela bodi, na halibim mi long bihainim gutpela pasin. Taim mi kaikai mi rausim hangere tasol na mi noken wokim bel i go tait tumas, bai bodi bilong mi i ken sindaun gut.

Wonem kain haus mi bin yusim tete taim mi no bin stap isi na tingting klia, em i bin bilong rausim kol o hat, pasim lang, ngatngat, win, san, o snek i no inap bakarapim mi, na daunim ol heve olsem ren, win na san inap wokim, na halibim mi long stap isi, mi yet.

Wonem kain marasin o samting mi yusim tete long daunim sik taim mi no bin stap isi na tingting kia, em i bin bilong pinisim pen na slouim sik tasol.

Nau yumi givim gutpela toktok long halibim ol narapela:

Wonem kain laip i stap, mi laik bai ol i nogat birua,
Bai ol man i no ken bakarapim ol,
Bai ol i nogat ol heve long tingting na bodi,
Bai ol i ken lukautim gut hamamas bilong ol.
Wonem kain samting i stap laiv mi laik bai ol i no inap long kisim ol heve.
Wonem samting i stap laiv, mi laik bai ol i noken lusim ol gutpela samting ol i winim pinis.

Wonem kain laip i stap, ol i papa bilong wonem samting o i wokim pinis (Karma),
Ol i kisim bekim long wonem samting ol i wokim pinis,
Ol i kamap long wonem samting ol i wokim pinis,
Ol i wokabaut na sindaun long strong bilong wonem samting ol i wokim pinis.
Olgeta samting ol i wokim, sapos gutpela o nogut, bai ol i kisim bekim long em bihain.

Nau yumi givim gutpela yumi wokim pinis i go long olgeta narapela:

Mi laik serim ol gutpela mi wokim pinis nau o pastaim, wantaim ol narapela samting i stap laiv, olsem ol mi save gut long ol, olsem mama na papa bilong mi, na ol mi ken lukim, na tu ol mi no inap long lukim, ol husat mi no save long ol, na tu ol husat i no laikim mi.
Mi laik bai olgeta i ken hamamas long dispela na painim hamamas long laip bilong ol, na bai ol i nogat heve, na ol i ken painim dispela gutpela rot bilong painim hamamas tru, na ol gutpela tingting bilong ol i ken karim kaikai.

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