Rot long winim gutpela sindaun na hamamas

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Tu thausan siks handret yia igo pinis, wanpela man ibin gat strongpela laik long opim tingting bilong em na luksave klia long ron bilong ol samting long ples graun, na yusim dispela klia save long painim wanpela rot long stretim gutpela sindaun na bikpela hamamas. Emi bin go skul wantaim ol kainkain save man long dispela taim long painim rot long opim tru tingting bilong em. Emi bin traim ol kainkain rot wantaim ol inap sikspela yia, tasol emi bin luksave olsem save bilong ol ino bin inap. Bihain em ibin lusim ol na go sindaun em yet na trai hat moa na bin opim tru tingting bilong em na bin luksave klia long ron bilong olgeta samting.

Wanpela man husat opim het bilong em olsem, ol ikolim wanpela Buddha. Mining bilong ‘Buddha’ em iwanpela husat opim tru tingting, na ino ai pas moa, long ron bilong olgeta samting.

Taim emi opim ai bilong em long ol tru, em ibin go painim ol lain em ibin stap wantaim na halivim ol long opim tingting bilong ol tu, na luksave klia. Bihain planti man bin luksave emi narapela kain man olgeta na bin

kam kisim skul long em. Emi bin skulim ol long gutpela rot long winim gutpela sinadaun na hamamas, na lusim ol heve.

Sapos wanpela ilaik bihainim dispela gutpela rot emi hat wok liklik, long wonem yumi gat planti ol karanki tingting isave kamap insait long het bilong yumi na girapim sampela tingting gen long wokim ol karanki samting long wokim heve kamap. Tasol sapos yumi trai hat bai yumi ken bihainim dispela gutpela rot na winim bikpela hamamas na gutpela sindaun.

Sampela bikman husat ibin girapim ol lotu long tu thausan yia igo pinis bin yusim ol save emi bin winim long strongim lotu bilong ol. Tede yumi ken lukim planti long disepela skul insait long ol dispela lotu ibin girap 600 yia bihain long dai bilong Buddha. Olsem igutpela long ol lotu iwok wantaim dispela skul tede long halivim ol man/meri long winim gutpela sindaun, bikpela hamamas, na gutpela laip.

Tede planti man save kolim dispela skul emi *science bilong ol tingting, o science bilong mind*.

Insait long ol dispela hap long dispela buk igat hap '***olsem – tingim'*** istap. Ol dispela toktok ikamap bihain

long dispela, ikam long maus bilong Buddha stret long rot bilong ol man bilong bipo husat ibin bihainim dispela skul ibin tokaut long em na raitim long ol buk.

Olsem- tingim

Popela samting itru olgeta

Igat, ol sumatin, popela samting itru olgeta. Dispela popela 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 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 konses.

Na tru bilong has bilong ol heve olsem: Em strongpela laik long wokim wanpela pilim ikamap 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 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.

Solwara

Traipela solwara, traipela solwara! Wanpela man ino skul long gutpela rot bai itok olsem. Tasol dispela emi no traipela solwara long skul bilong gutpela rot. Emi wanpela traipela hap wara tasol, planti wara tasol.
Igat ol samting bilong lukim wantaim ai, samting bilong harim wantaim iau, samting bilong smelim wantaim nus, samting bilong testim wantaim tang, samting bilong tatsim wantaim bodi, samting bilong tingim wantaim olgeta-tingting, igutpela, bilong wokim hamamas, bilong laikim, na save wokim tingting long sigarap long kisim na holim ikirap. Dispela emi traipela solwara tru long skul long gutpela rot. Long dispela solwara ol bikman, ol man gat 'neim', ol kainkain man istap insait long em, na ol ipas insait long em, wankain olsem wanpela ipasim ol wantaim wanpela rop o ol

paspas, na ol ino inap lusim dispela hap bilong kisim heve, kisim bakarap, kamap long hap nogut, na born ken long hap nogut.

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 ilusim dispela pasin na bihainim gutpela rot, yumi inap ting olsem em imas bihainim dispela long save bilong em. Long wonem ol yangpela ipainim 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 islip long baksait na emi putim wanpela liklik hap diwai o nil long maus bilong em. Taim mama o husat ilukautim dispela pikinini iluksave long dispela em bai irausim dispela hap diwai o nil hariap. Na sapos emi pas bai em iholim het bilong pikinini na putim pinga bilong emi go insait long maus bilong em na rausim dispela samting, na nogut liklik blut tu iron. Dispela imas wokim pen long pikinini, tasol dispela meri imas gohet na wokim, long wonim emi laik bai pikinini imas stap gut, long wonem emi wari long gutpela bilong pikinini na gat marimari. Tasol bihain, taim pikinini igrou ikamap bikpela, emi no inap wari moa, long wonem emi save pikinini inap lukautim em yet, na no inap long wokim dispela kain samting.

Wankain sapos wanpela ino 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 emi 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 emi no inap wokim samting nogut moa.

Nirvana

Wanpela taim sumatin Sariputta ibin stap long ples Nalaka long kantri Magadha. Na wanpela man blong lotu, Jambukhadaka, ibin kam na bin stori long sumatin 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, igat wapela rot, o wanpela kain pasin wanpela inap bihainim long winim dispela Nirvana, o nogat?'

'Igat wanpela rot na wanpela kain pasin wanpela inap bihainim long winim Nirvana istap.'

'Dispela rot na kain pasin 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'.
'Emi wanpela gutpela rot, pren, wanpela gutpela pasin, bilong winim Nirvana, na wanpela gutpela has tingting long trai hat!

Pasin bilong poroman.

Wanpela taim sumatin Ananda ibin 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. Emi 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 igrou long, na prektisim, dispela Gutpela Eitpela Step o Rot. Olsem bai emi 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 emi lusim pasin bilong holim ol samting.

'Olsem, Ananda, wanpela husat iporoman na save stap wantaim ol gutpela man, save grou long, na prektisim 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 ikisim mi olsem wanpela gutpela poroman, bai emi 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 olsem wonem olgeta bilong dispela holi laip istap long dispela pasin bilong stap wantaim ol gutpela man, raun wantaim ol gutpela man, na poroman wantaim ol gutpela man.'

Das long kapa long pinga

Mi, Ananda, bin harim olsem: Wanpela taim Klia Save Man ibin stap kolostu Savatthi long Jeta bus long hap bilong haus sumatin bilong Anathapindika. Na Buddha iputim liklik hap das antap long kapa long pinga bilong em na bin tok: 'Yu ting olsem wonem? Dispela hap das antap long kapa bilong pinga bilong mi ibikpela o dispela giraun yumi sindaun antap long em ibikpela?'
'Bik Man, dispela giraun yumi sindaun long emi traipela moa long dispela hap das yu holim antap long kapa bilong pinga bilong yu.'

'Olsem, long wanpela husat iskul gut long gutpela rot na winim stretpela klia save, dispela imoa: ol hevi ipinis olgeta, na ino stap moa. Liklik tru ilep tasol, sapos yu skelim wantaim ol kainkain hevi ibin stap bipo, iwankain olsem dispela liklik hap das antap long kapa bilong pinga bilong mi, na ol hevi bipo 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 emi wanpela bikpela samting tru. Emi wanpela traipela win truia, long luksave klia long Dharma.'

Dispela Gutpela Rot igat eitpela hap bilong em:

1. Klia luksave

Sapos yumi laik bihainim wanpela rot bilong halivim yumi, yumi mas luksave klia pastaim long tru bilong dispela rot na tru bilong ron bilong laip bilong yumi na ol samting long ples graun. Yumi noken bilipim samting nating, tasol yumi mas luksave klia na skelim ol toktok gut na harim husat igat gutpela klia save, na noken harim husat igat bikpela maus tasol! Yumi gat het bilong yumi yet na mas skelim ol samting gut.

Sapos yumi luksave klia yumi save olsem:

- Olgeta samting save senis olgeta taim. Inogat wanpela samting ino save senis na inogat wanpela samting istap wankain insait long wanpela samting ino save senis.

- Wanpela samting save wokim narapela samting igirap, na dispela samting isave workim narapela samting igirap, na dispela save wokim narapela….igo…igo ….olsem.
- Wonem samting wanpela wokim save gat bekim long em, ibihainim dispela emi wokim pastaim. Sapos emi wokim gutpela samting bai gutpela kambek long em, sapos nogut, nogut bai kambek long em.
- Ol tingting bilong yumi save bihainim ol samting yumi lukim, harim, smelim, testim, tatsim, pilim, tingim o drimanim. Ol tingting save senis hariap tru, na wantaim ol tingting yumi save wokim piksa long wel yumi stap long em. Pawa

bilong tingting ken girapim ol nupela tingting, toktok, na pasin, na samting, yumi wokim.

Olsem - tingim:

Nambawan samting long winim

‘Sapos wanpela lusim ol wantok, makmak (moni) na gutpela neim, ino wanpela bikpela samting olsem sapos wanpela ilusim klia save.
‘Sapos wanpela kisim planti wantok, moni na gutpela neim, ino gutpela olsem sapos wanpela iwinim moa klia save.
‘Olsem yupela mas skulim yupela olsem: "Bai mipela grou long winim moa klia save." Yupela mas skulim yupela olsem.’

Sapos yumi luksave klia long ol heve, has bilong ol heve, pinis bilong ol heve bai yumi klia olsem planti long ol laik na sigarap bilong yumi yet isave

pauolim na bakarapim yumi yet, na wokim ol heve ikamap. Planti taim yumi save putim rong igo antap long narapela, tasol planti taim rong isave stap long yumi yet. Ol samting yumi save wokim, na ol toktok ilusim maus bilong yumi, save bihainim wonem kain tingting istap long het bilong yumi na yumi larim iron strong. Sampela tingting sapos yumi larim igrou kamap planti bai iken wokim heve ikamap, ibihainim toktok na pasin yumi wokim. Sampela tingting sapos yumi larim igro planti bai iken workim hamamas ikamap, ibihainim toktok na pasin yumi wokim. Wonem kain toktok na pasin yumi wokim long narapela, planti taim em bai bekim long wankain toktok na pasin. Olsem yumi mas lukluk klia long wonem kain tingting bai girapim ol heve na wonem kain bai girapim ol hamamas.

Olsem - tingim:

Wonem samting emi hamamas na wonem emi heve

Taim mi no winim klia save tru yet, taim mi bin wanpela Bodhisattva (wanpela husat ilaik winim klia save na halivim ol narapela long winim klia save), mi bin tingting olsem: Wonem emi hamamas na wonem emi heve long bodi, pilim, tingting bilong bipo, bilip, na tingting bilong skelim, ron na grou na sindaun bilong tingting, na ol konses – isave kamap bihain long lukluk, harim, smelim, testim, tatsim, driman na tingting?

Na mi bin skelim olsem: wonem hamamas ikamap long bodi save kamap na stap sapos bodi ino senis. Na wonem hamamas ikamap long pilim, tingting bilong bipo, bilip, tingting bilong skelim, ron na grou na sindaun bilong tingting, na ol konses, save kamap na stap sapos ol ino senis. Sapos ol isenis na no inap long stap wankain, dispela save wokim heve ikamap. 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 hamamas na wonem samting em 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 konses, na no luksave klia tru long ol ron bilong ol olsem wonem, ol bin holim mi yet, na mi no bin inap winim tru klia save.
Tasol taim mi klia wonem samting em ihamamas na wonem samting em iheve, 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 konses, na luksave klia tru long ron bilong ol olsem wonem, ol ino inap holim mi moa, na mi klia olgeta long dispela, mi bin winim dispela tru klia save istret na klin na igo olgeta.
Na mi kamap klia olsem mi fri olgeta na mi no inap long born ken na mi no inap long kamap na kisim heve moa.

Wokim bodi na olgeta-tingting ikamap

Yu no inap tingim stat long raun long born na dai. Long ol husat ai pas yet long ol no klia tingting, na sigarap yet long laikim ol samting, emi 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 emi laik wokabaut emi save go kolostu long dispela diwai tasol. Sapos emi sanap emi sanap kolostu long dispela diwai tasol. Sapos emi sindaun o slip emi sindaun na slip kolostu long dispela diwai tasol.

Wankain wanpela husat ino skul long gutpela rot isave lukluk long bodi olsem: Em bilong mi, mi dispela, dispela emi mi yet. Na emi save lukluk long ol pilim, ol bilip na tingting bilong skelim na bilong bipo, ron na grou na sindaun bilong tingting, na ol konses - isave kamap bihain long lukluk, harim, smelim, testim, tatsim, driman na tingting - olsem: Em bilong mi, mi dispela, dispela emi mi yet. Sapos em ilaik wokabaut emi save go long ol dispela tasol. Sapos emi sanap emi sanap kolostu long ol dispela paipela samting bilong holim tasol. Sapos emi sindaun o slip emi sindaun na slip kolostu long ol dispela tasol.

Olsem yupela mas tingting olgeta taim: Dispela olgeta-tingting (mind) ibin bakarap long gridi, heitim na no klia tingting longpela taim truia. Sapos olgeta-tingting ibakarap olsem, dispela man tu isave bakarap. Sapos olgeta-tingting iklin na klia, dispela man bai ikamap gutpela na klin na klia.

Yupela lukim pinis wanpela piksa wanpela man ibin penim o nogat?

"Mipela lukim sampela, Bik Man.'

Kirap bilong dispela piksa ibin long olgeta-tingting (mind) bilong dispela man husat ibin penim. Dispela olgeta-tingting (mind) igat moa ol kainkain samting long dispela piksa. Olsem, ol sumatin, yupela mas tingting olgeta taim: Dispela olgeta-tingting ibin bakarap long gridi, heitim na no klia tingting longpela taim truia. Sapos olgeta-tingting ibakarap olsem,

dispela man tu bai bakarap. Sapos olgeta-tingting iklin na klia, dispela man bai ikamap gutpela na klin na klia.
Mi no lukim wanpela lain imoa diferen long ol kainkain animal. Olgeta-tingting save skelim ol kainkain animal. Olsem olgeta-tingting igat moa kainkain samting long ol dispela kainkain animal.
Olsem yupela mas tingting olgeta taim: Dispela olgeta-tingting (mind) ibin bakarap long gridi, heitim na no klia tingting longpela taim truia. Sapos olgeta-tingting ibakarap olsem, dispela man tu isave bakarap. Sapos olgeta-tingting iklin na klia, dispela man bai ikamap gutpela na klin na klia.
Wankain wanpela man husat isave long pent inap long wokim olgeta liklik hap bilong wanpela bodi bilong wanpela man o meri antap long wanpela laplap, wanpela man husat ino skul long gutpela rot save wokim bodi ikamap na pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting na konses ikamap tuia.

Ol tingting long girapim ol heve em gridi, sikarap, strongpela laik, na hetim koros, tok nogut na jeles, na praud, pasin bilong tingim yumi yet tasol, na

bilip olsem yumi stap longwe, na narapela kain, long ol narapela. Pasin bilong tingting na wari planti, na poret nating, na nogat strong, save paulim ol ron bilong tingting tu. Taim wanpela bihainim ol dispela kain tingting, em bai wokim laip bai gat ol heve, wankain sapos wanpela man bilong penim piksa wokim dispela kain piksa sapos emi gat ol dispela kain tingting.

Ol gutpela tingting long lavim narapela, marimari, hamamas wantaim narapela, na pasin bilong stap isi na strong, save girapim hamamas.

Sapos yumi lukluk klia bai yumi ken save olsem inogat wanpela samting isave stap wankain tasol. Olgeta samting isave senis olgeta taim. Ol diwai, maunten, motor na yumi yet. Tete yumi ino olsem

aste. Yumi nau ino olsem yumi sampela yia igo pinis. Ol tingting isenis, insait long bodi isenis. Olgeta samting isave senis. Sapos yumi ino save senis bai yumi nogat rot long senis na kamap gutpela na winim hamamas. Tasol planti taim yumi no laik bai samting isenis, o yumi no laikim samting taim emi senis, na dispela save wokim wari na heve ikamap. Olsem yumi no save lukluk klia na yumi mas lusim pasin long holim ol samting strong wantaim tingting bai ino ken senis.

Yumi inap luksave olsem olgeta-tingting (mind) bilong yumi ino longwei long bodi bilong yumi, na bodi ino longwei long olgeta-tingting (mind). Taim olgeta tingting isenis, bodi na ol pilim iron antap long em isenis tu yah. Taim bodi senis, ol pilim na tingting save senis tu.

Olsem - tingim:

Tripela birua istap insait

‘Igat tripela samting save wokim mak nogut insait long wanpela, tripela birua istap insait, ol samting nogut istap 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, itripela birua istap insait, ol samting nogut istap insait, tripela man insait bilong kilim man, tripela bilong pait wantaim wanpela.’

Popela samting isave wokim luksave, na tingting, na bilip, ino klia

‘Igat popela samting isave wokim lukluk save, tingting, na bilip ino klia. Dispela popela olsem:

Sapos wanpela iting samting istap olgeta, taim em isave senis olgeta taim. Dispela save wokim lukluk save, tingting, na bilip ino klia.

Sapos wanpela ting igat hamamas insait long ol heve. Dispela save wokim lukluk save, tingting, na bilip ino klia.

Sapos wanpela iting wanpela 'em yet' istap longwe long ol narapela samting taim wanpela samting inogat

wanpela 'em yet' istap. Dispela save wokim lukluk save, tingting, na bilip ino klia.
Sapos wanpela ting samting ino klin na bilong sting ismat moa. Dispela save wokim lukluk save, tingting, na bilip ino klia.
Ol dispela ipopela samting isave wokim lukluk save, tingting, na bilip ino klia.
Na igat popela samting ino save wokim lukluk save, tingting, na bilip ino klia. Dispela popela olsem:
Sapos wanpela iluksave long samting isenis olgeta taim olsem isenis olgeta taim.
Sapos wanpela iluksave long heve olsem heve tasol.
Sapos wanpela iluksave long samting inogat wanpela 'em yet' longwe long ol narapela samting, olsem inogat wanpela 'em yet'.
Sapos wanpela iluksave long samting ino klin na bilong sting olsem em ino klin na bilong sting.
Ol dispela ipopela samting isave wokim lukluk save, tingting, na bilip iklia.'

Gita

Sapos igat wanpela bikman husat ino bin harim karai bilong wanpela gita bipo, na taim emi harim emi tok: 'Pren, em wonem samting, karai bilong emi smat tru na swit, na laik holim olgeta-tingting bilong mi?'
'Em wanpela gita, bos.'
'Go kisim ikam.'

Oli karim ikam na givim em. Tasol emi tok:
'Mi no laikim dispela, mi laikim karai bilong em tasol!'
Na oli bekim:"Dispela oli kolim wanpela gita. Igat 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 istap stret, karai bilong emi save kamap gut na smat.'
Na dispela man iburukim dispela gita igo long ol liklik hap, na bihain burukim ol dispela liklik hap ken na kukim long paia. Bihain emi karim asis bilong dispela gita igo long wanpela wara na toromoi insat long dispela wara, na emi toktok:
'Dispela yu kolim wanpela gita ino gutpela samting, longtaim tru planti man save hamamas tumas long em, na em isave paolim tingting bilong ol.'
Wankain long dispela kain pasin wanpela, husat ibihainim gutpela rot, mas skelim bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting na ol konses – isave kamap bihain long lukluk, harim, smelim, testim, tatsim, driman na tingting. Sapos em iglasim ol dispela gut tru bai emi luksave klia olsem ol ino em, oli no bilong em, oli nogat wanpela "mi yet" istap longwe long ol narapela samting.'

Save inogat wanpela 'mi yet' istap longwe long ol narapela samting

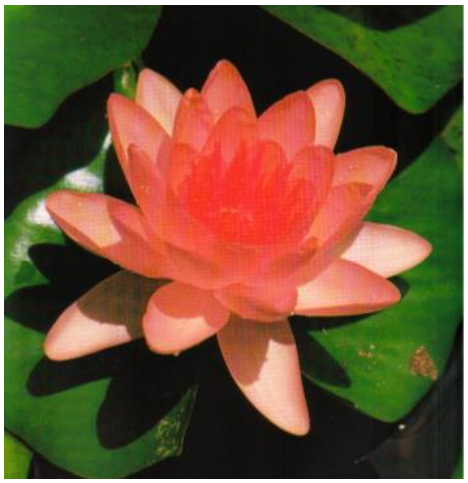
Sumatin Radha ibin kamap long Klia Save Man na bin soim respek long em na sindaun long sait bilong em na bin askim em olsem:

'Bik Man, bai mi inap luk save olsem wonem dispela bodi na olgeta-tingting inogat wanpela 'mi yet' istap, inogat samting bilong mi istap 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 konses, Radha, bilong bipo, bilong bihain o bilong nau, insait o arasait, liklik o bikpela, antap o tambalo, longwei o kolostu, yu mas luksave olsem: 'Emi no bilong mi', 'Mi no dispela', 'Dispela ino mi yet'. Sapos yu lukluk klia olsem, bai yu luksave olsem wonem samting istap tru wantaim tru klia save. Na bai yu inap luk save olsem long dispela bodi na olgeta-tingting inogat wanpela 'yu yet' istap longwe long ol narapela samting, inogat samting bilong yu istap long em, na bai yu noken gat wanpela liklik tingting long praudim yu.'

Bihain long dispela, Radha ibin go na stap, em wanpela, na trai hat, na bin kisim klia save tru na winim pri, na bin kamap wanpela gutpela man tru igat klia save.

Wankain ol palawa oli kolim lotus



Mi nogat toktok pait wantaim wanpela long wel, nogat, tasol igat sampela ilaik toktok pait wantaim mi. Wanpela husat isave tokaut long Dharma ino inap toktok pait wantaim wanpela. Wonem samting ol save man ino inap bilipim, mi tu mas tok ino olsem. Wonem samting ol save man itok i olsem, mi tu save tok i olsem.

Na wonem samting ol save man isave tok ino olsem? Em olsem bodi, pilim, tingting bilong bipo na skelim na bilip, grou na ron na sindaun bilong tingting, na konses, ino inap long senis, na ol isave stap olgeta, na mi tu save tok ino olsem.

Na wonem samting ol save man gat save long em? Em olsem bodi, pilim, tingting bilong bipo na skelim na bilip, grou na ron na sindaun bilong tingting, na konses, isave senis, na ol ino save stap olgeta, na mi tu save tok olsem.

Igat, long wel we ol samting isave kamap bihainim narapela samting, ol samting Tathagata (wanpela husat iluluk klia tru long rong bilong ol samting) ihopim 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 konses.

Na husat sumatin, taim Tathagata iskulim 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, emi wanpela ai pas man, em inogat save, na mi no inap long halibim em.
Wankain ol palawa oli kolim lotus o lily igrou insait long wara na save kamap antap long wara na wara ino save bakarapim, Tathagata save grou ikamap insait long wel na winim, na no save kisim bakarap o dirty long wel.

Taim yu luksave olsem olgeta samting save senis bihain long ol narapela samting na inogat wanpela samting istap wankain na longwe long ol narapela samting, bai yumi mas traim luksave olsem yumi wankain.

Luksave olsem dispela bodi emi *bung bilong ol samting (elemen) bilong graun ikam insait long rot bilong kaikai, bung bilong wara taim yumi dring* -

ikam long klaud na ren na ol wara, *bung long win – oxygen – taim yumi pulim win* - *ikam long ol lip long ol diwai*, na *pawa bilong san – isave givim strong* long ol kumu na diwai igrou long givim yumi kaikai, givim pawa long girapim stim long salwara long givim yumi ol klaud na ren, pawa long girapim photosynthesis long ol lip long wokim gutpela win – oxygen – yumi nidim na rausim olpela win – carbon dioxide – yumi rausim, na pawa na hat bilong wokim bodi bilong yum iron. Olsem dispela bodi ino longwe o narapela kain long graun, wara, win na pawa bilong san.

Luksave olsem dispela *olgeta-tingting – mind, isave kamap bihain long ol konses long lukluk, harim, smelim, testim, tatsim, pilim, drimanim, na tingim*. Olsem *ino longwe long ol samting yumi lukim, harim, smelim, testim, tatsim, pilim,*

drimanim na tingim, long wonem dispela konses save girapim pilim na tingting. Wanpela mas gat narapela long girapim, na bai dispela girapim narapela gen.

Olsem – tingim:

Bodi ino inap stap

Bodi ino inap long stap. Wonem samting ino inap stap wankain na save senis olgeta taim, save wokim heve taim yumi laikim istap wankain. Wonem samting iwokim heve inogat wanpela 'em yet' istap longwe long ol narapela samting. Wonem samting inogat wanpela 'em yet' istap yumi mas luksave olsem 'emi no bilong mi', 'mi no dispela', 'dispela emi no 'mi yet'. Sapos yu bihainim dispela rot bai yu inap lukluk klia long samting istap olsem wonem tru wantaim tru klia luksave.

Ol pilim isave senis olgeta taim na no inap long stap wankain, bilip, tingting bilong bipo na tingting bilong skelim ino inap stap, ron na grou na sindaun bilong tingting ino inap stap, konses ikamap bihain long lukluk, harim, smelim, testim, tatsim na driman, ino inap stap wankain. Wonem samting ino inap stap

wankain save wokim heve taim yu laik bai ino ken senis. Wonem samting iwokim heve inogat wanpela 'em yet' istap longwe long o narapela samting. Wonem samting inogat wanpela 'em yet' istap yumi mas luksave olsem 'em ino bilong mi', 'mi no dispela', 'dispela emi no mi yet'. Sapos yu bihainim dispela rot bai yu inap lukluk klia long samting istap olsem wonem tru wantaim tru klia luksave.

Samting iwokim bodi ikamap ino save stap wankain tuia

Bodi, ino inap stap wankain. Samting iwokim bodi ikamap ino save stap wankain tuia. Sapos samting iwokim bodi ikamap ino inap stap, olsem wonem bai bodi inap stap?

Pilim ino inap long stap wankain, bilip, tingting bilong bipo na tingting bilong skelim ino inap stap, ron na grou na sindaun bilong tingting ino inap stap wankain, konses ikamap bihain long lukluk, harim, smelim, testim, tatsim na driman, ino inap stap wankain. Samting iwokim ol dispela ikamap ino save stap wankain tuia. Sapos samting iwokim ol dispela ikamap ino inap stap, olsem wonem bai ol inap stap?

Olsem, taim wanpela husat iskul gut long gutpela rot ilukluk klia long dispela, em bai ilusim pasin bilong holim strong bodi, pilim, tingting bilong bipo, bilip,

tingting bilong skelim, ron na grou na sindaun bilong tingting na ol konses. Taim emi nogat moa laik long holim strong ol dispela, em bai ilusim, na ol ino inap holim em moa, na em bai isave emi pri: 'olsem rot long born ken ipinis, mi livim pinis gutpela holi laip, wonem samting mi sapos long wokim, mi wokim pinis, inogat moa long dispela kain sindaun'.

Lusim samting ino bilong yu

Wanpela taim Klia Save Man ibin stap long Savatthi na bin givim toktok olsem: Wonem samting ino bilong yu, lusim. Sapos yu lusim bai igutpela long yu na bai yu winim hamamas.

Na wonem ol dispela samting ino bilong yu igutpela long lusim? Em bodi, pilim, tingting bilong bipo na bilong skelim, bilip, ron na grou na sindaun bilong tingting, na konses. Sapos yu lusim ol dispela bai ihalibim yu long winim hamamas.

Iwankain sapos wanpela ibrumim na kukim ol pipia na ol liklik hap diwai istap long dispela hap yumi sindaun long em. Sapos wanpela wokim olsem bai yu ting olsem: 'dispela man iwok long karim yumi igo longwei na kukim yumi, o nogat?'

'Nogat tru, Bik Man'.

'Long wonem?'

'Ol dispela samting ino bilong mipela, Bik Man'.

'Olsem dispela bodi ino bilong yu, lusim! Ol pilim ino bilong yu, lusim! Ol bilip, tingting bilong bipo na tingting bilong skelim, ino bilong yu, lusim! Ol ron na grou na sindaun bilong tingting ino bilong yu, lusim! Ol konses ino bilong yu, lusim!
Sapos yu lusim pasin bilong holim strong ol dispela isave senis olgeta taim bihainim ol narapela samting isenis, bai ihalibim yu long winim hamamas.

Lusim laik long bodi

Wanpela, husat ino skul long gutpela rot, iken les long bodi bilong em taim emi luksave olsem bodi bilong em bai igrou kamap lapun na bakarap. Na em inap lusim pasin bilong holim strong dispela bodi na winim pri. Tasol long dispela olgeta-tingting (mind), dispela ron bilong tingting, dispela konses, wanpela husat ino skul long gutpela rot ino inap long les long em na lusim na winim pri. Long wonem? Em iting olsem dispela emi em tru longwei long ol narapela samting, na emi holim em pas na save tingting olsem: Dispela em bilong mi. Mi, em dispela. Dispela emi 'mi yet'. Olsem, wanpela husat ino skul long gutpela rot ino inap les long olgeta-tingting, na lusim na winim pri.
Tasol imoa beta sapos dispela man, husat ino skul long gutpela rot, igat bilip olsem bodi, dispela bung bilong dispela popela elemen – wara, win, graun (kaikai) na pawa (bilong san), emi 'em yet' na noken tingim

olgeta-tingting (mind) emi 'em yet' Long wonem? Dispela bodi yumi ken lukim isave stap inap tupela yia, inap paipela yia, inap tenpela yia, inap tupela ten yia, inap paipela ten yia o haumas yia. Tasol dispela olgeta-tingting, dispela ron bilong tingting, dispela konses, save kamap na pinis olgeta taim long san na nait. Wankain olsem wanpela mongi taim emi raun insait long ol diwai, save holim wanpela han bilong diwai na bihain lusim na holim narapela, na bihain lusim na holim narapela. Wankain, dispela olgeta-tingting, dispela ron bilong tingting, dispela konses, save kamap long wanpela hap taim na pinis gen, taim narapela ikamap, long san na long nait.

Nau, wanpela husat iskul gut long gutpela rot save olsem kamap bilong wanpela samting isave bihainim narapela samting. Olsem sapos samting istap bai dispela samting iken kamap. Sapos ino stap dispela samting ino inap kamap. Sapos samting ino pinis bai dispela samting imas kamap yet. Sapos samting ipinis bai dispela samting ino inap long kamap moa.

Olsem, no klia tingting ihas bilong wokim samting long laik,

na ol samting wanpela wokim ihas bilong pawa bilong tingting (karma),

Pawa bilong tingting (karma) em ihas bilong olgeta-tingting-bodi (mind na bodi),

olgeta-tingting-bodi emi has bilong lukluk, harim, smelim, testim, tatsim na driman,

dispela sikispela samting ihas bilong kontek,
kontek emi has bilong pilim,
pilim emi has bilong strongpela laik,
strongpela laik emi has bilong holim strong,
holim strong emi has bilong wokim kamap,
wokim kamapi has bilong born,
born emi has bilong ol hevi, kamap lapun na dai.
Tasol sapos ol no klia tingting ipinis, ol dispela samting ino inap kamap moa na ol hevi bai imas pinis.

Olsem wanpela husat iskul gut long gutpela rot iles na no laik holim moa bodi, pilim, tingting bilong bipo, bilong skelim o bilip, ron na grou na sindaun bilong tingting na konses, wantaim tingting olsem oli no save senis na oli stap longwe long ol narapela samting. Taim emi les na no laik holim, emi lusim na kisim save olsem emi lusim, na kamap pri, na save olsem: Born ipinis, gutpela laip mi livim pinis, wok mi mas wokim mi wokim pinis, inogat moa long dispela.

Kisim save long pasin bilong holim strong

Bai mi skulim yupela bai yupela ken kisim klia save long pasin bilong holim strong.
Konses bilong lukluk save kamap sapos ai na samting bilong lukim istap.
Kontek, emi taim dispela tripela istap wantaim.
Pilim save kamap bihainim kontek.

Olsem, wanpela husat iskul gut long gutpela rot ilusim interes long ai, long ol samting bilong lukim, long konses ikamap bihain long lukim samting, long kontek na pilim. Taim emi lusim interes, emi lusim pasin bilong holim strong, na taim emi lusim pasin bilong holim emi kamap pri, na taim emi pri em isave pasin bilong holim strong ipinis.

Wankain, konses save kamap sapos iau na samting bilong harim, nus na samting bilong smelim, tang na samting bilong testim, bodi na samting bilong tatsim, tingting na samting bilong tingim na drimanim, istap.

Kontek, emi taim dispela tripela istap wantaim.

Pilim save kamap bihainim kontek.

Olsem, wanpela husat iskul gut long gutpela rot ilusim interes long iau, nus, tang, bodi na driman, long ol samting bilong harim, smelim, testim, tatsim, na tingim na drimanim, long konses ikamap bihain long ol dispela samting, long kontek na pilim. Taim emi lusim interes, emi lusim pasin bilong holim strong, na taim emi lusim pasin bilong holim emi kamap pri, na taim emi pri emi save pasin bilong holim strong ipinis.

Dispela emi skul long kisim klia save long ol pasin bilong holim strong.

Nainpela samting ikamap bihainim strongpela laik

Igat nainpela samting ibihainim strongpela laik. Harim gut.

Dispela nainpela olsem:

Bihain long 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 isave kamap.

Bihainim tingting bilong holim bilong em yet, holim bilong em yet isave kamap.

Bihainim holim bilong em yet, pasin bilong gridi save kamap.

Bihainim pasin bilong gridi, tingting long holim longwei long ol narapela isave 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 isave kamap.

Ol dispela igat has bilong ol long strongpela laik.

Has bilong olgeta samting

Nogut, sampela man iken askim yu olsem: 'Wonem has bilong ol samting? Olgeta samting save kamap olsem wonem? Ol samting save kam long wonem hap? Ol isave go kamap long wonem hap? Wonem samting save go pas long ol? Husat ibos bilong ol? Wonem samting antap olgeta? Wonem save stap insait tru long olgeta? Ol samting save go kamap long wonem hap? Ol isave pinis long wonem hap?'

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

Samting istap laip

Sumatin Radha ibin askim Klia Save Man olsem: 'Yumi kolim yumi wanpela samting istap laip. Olsem wonem, Bik Man, oli kolim 'samting istap 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 konses, oli tok wanpela isave stap.
Wankain ol liklik pikinini save hamamas long pilai wantaim ol giraun imalmalum. Sapos oli no pinisim laik, laik long holim, long sigarap, long hamamas, long strongpela laik long pilei, oli hoim strong. Tasol taim oli les na laik ipinis, laik long holim, long sigarap, long hamamas, long strongpela laik ipinis, oli save burukim wantaim han na lek na toromoi na no inap pilei moa wantaim ol dispela hap giraun imalmalum.
Wankain, Radha, yu inap toromoi bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou na sindaun bilong tingting na konses. Yu inap lusim na no inap pilei moa wantaim ol, sapos yu prektis long pinisim strongpela laik long ol.
Pinis bilong strongpela laik, Radha, iNirvana.

Sapos yumi lukluk klia long ron bilong ol samting bai yumi ken luksave klia long kamap bilong ol samting na senis bilong ol samting, na inogat

wanpela samting iken kamap nating. Olgeta samting igat wanpela samting ikirapim. Dispela iwankain long ol tingting bilong yumi wanwan na ol samting yumi save wokim. Tingting save kamapim toktok na pasin, o samting yumi wokim. Sapos yumi lukluk klia bai yumi ken save olsem - husat isave wokim ol gutpela pasin, bihain bai ol gutpela samting ikamap long em; na husat isave wokim ol rabis pasin save kisim bakarap bihain long dispela em ibin wokim. Dispela iwanpela ron o pasin long ples graun, olsem bekim long mekim. Dispela oli kolim **'karma' o pawa bilong tingting.**

Olsem - tingim:

'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.'

Popela kain karma (pawa bilong tingting)

'Taim mi bin winim klia save tru mi bin luksave olsem igat popela kain karma istap. Dispela popela olsem:
Igat tudak karma wantaim tudak bekim; igat lait karma wantaim lait bekim; igat tudak na lait karma wantaim tudak na lait bekim; igat karma ino tudak o lait na bekim ino tudak o lait na save pinisim strong bilong karma.
Na dispela tudak karma wantaim tudak bekim olsem wonem? Em save kamap sapos wanpela iwokim samting iwokim hevi o pen wantaim bodi o toktok o tingting. Sapos emi wokim olsem, em bai iborn, o kamap, ken long kain wel igat hevi na pen. Taim em iborn, o kamap, ken long wel igat hevi na pen bai ol hevi na pen ikamap long em. Taim ol hevi na pen ikontektim em, em ipilim bikpela pen na hevi, wankain olsem em istap long hel. Dispela oli kolim tudak karma wantaim tudak bekim.
Na dispela lait karma wantaim lait bekim olsem wonem? Em save kamap sapos wanpela iwokim samting ino wokim hevi o pen wantaim bodi o toktok o tingting. Sapos em iwokim olsem, em bai iborn, o

kamap, ken long kain wel inogat hevi na pen. Taim em iborn, o kamap, ken long wel inogat hevi na pen bai ol hevi na pen ino inap kamap long em. Taim ol samting inogat hevi na pen ikontektim em, em ino pilim pen na hevi na em ipilim hamamas, wankain olsem em istap long heven. Dispela oli kolim lait karma wantaim lait bekim.

Na dispela tudak na lait karma wantaim tudak na lait bekim olsem wonem? Em save kamap sapos wanpela iwokim samting iwokim hevi o pen wantaim bodi o toktok o tingting na tu em iwokim samting ino wokim hevi o pen wantaim bodi o toktok o tingting. Sapos emi wokim olsem, em bai iborn, o kamap, ken long kain wel igat hevi na pen na tu inogat hevi na pen. Taim em iborn, o kamap, ken bai ol hevi na pen ikamap long em na tu ol samting inogat hevi na pen iken kamap long em. Taim ol samting ikontektim em, em iken pilim bikpela pen na hevi, na tu sampela taim emi noken pilim pen na hevi, olsem tupela ibung wantaim, wankain olsem em istap 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 ino tudak o lait na bekim ino tudak o lait na save pinisim strong bilong karma 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 ino tudak o lait na bekim ino tudak o lait na save pinisim strong bilong karma.
Dispela em popela kain karma mi bin lukluk klia long ol taim mi bin winim klia save tru.

Givim samting

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

Husat ilaikim gutpela sindaun bihain mas wokim gutpela pasin nau. Husat ino wari long bihain taim iken wokim long laik na kisim ol heve bihain.

Sapos yu lavim yu yet tru, yu no inap wokim wanpela samting bai iken wokim heve ikamap long yu.

Olsem- tingim:

Husat ilavim em yet truia

Mi, Ananda, bin harim olsem: Wanpela taim Klia Save Man ibin stap long Savatthi long Jeta Gaden long haus sumatin bilong Anathapindika. Sif Pasenadi bilong Kosala ibin 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 isave lavim em yet, na husat ino save lavim em yet? Na mi bin skelim olsem: Ol dispela husat isave bihainim pasin nogut wantaim bodi, toktok na tingting, ol ino save lavim ol yet. Sapos ol yet itok: 'mipela save

lavim mipela yet', ol ino save wokim tru. Long wonem? Ol isave wokim wankain wanpela husat iheitim wanpela na laik bakarapim dispela man. Olsem ol ino lavim ol tru.

'Tasol ol husat isave wokim gutpela pasin tasol wantaim bodi, toktok na tingting, ol ilavim ol yet tru. Sapos ol itok: 'mipela ino lavim mipela yet', ol ilavim ol truia. Long wonem? Ol iwokim wankain wanpela poroman isave wokim long poroman bilong em. Olsem ol isave lavim ol truia.'

'Em itru, sif,' bekim Bik Man.

'Husat isave laikim em yet, ino inap wokim pasin nogut. Husat iwokim pasin nogut ino inap winim hamamas istap longpela taim. Dai bai ikam long em, na em ino inap long karim ol samting em ikisim igo wantaim em.

'Wonem samting bai ibihainim em wankain olsem shado long bodi bilong em? Ol samting em ibin wokim, gutpela na nogut, bai ibihainim em, na em ol samting bilong em truia, na dispela bai emi karim wantaim em. Ol samting emi wokim bai ibihainim 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 halibim wanpela long narapela wel bihain.'

Sapos yumi lukluk klia bai yumi ken save olsem yumi ino save stap yumi wanwan longwei long ol narapela. Wonem samting yumi wokim isave senisim sindaun long narapela, na wonem samting narapela isave wokim isave senisim sindaun long yumi tuia. Yumi wanwan save kisim strong na halibim long ol wantok na long ol narapela longwei. Yumi save kisim halibim long ol animal na ol diwai na olgeta samting. Yumi ino save stap yumi yet longwei long ol narapela samting. Sapos yumi wokim gutpela long narapela bai gutpela ikambek long yumi bihain. Olsem pasin marimari save halibim Klia Save igrou ikamap strong.

Taim wanpela heve kamap long yumi, yumi noken traim ronwe long em na bihainim ol liklik sikarap long daunim dispela heve. Moa beta yumi yusim

dispela heve long halivim yumi long groim sampela klia save.

Olsem- tingim:

Kamap bilong olgeta samting save bihainim narapela samting

Bai mi skulim yupela long olsem wonem olgeta samting save kamap bihainim narapela samting.
Taim wanpela iborn, kamap lapun na dai mas kamap. Sapos wanpela Klia Save Man o Tathagata istap o nogat, dispela emi pasin bilong ol samting, dispela emi olsem wonem wanpela samting isave stap wantaim narapela, dispela emi olsem wonem wanpela save bihainim narapela. Wanpela Tathagata save kisim klia save long em na go insait long em, na taim emi klia tru olgeta long dispela, emi save tokaut long em, na skulim ol narapela long em, na tok klia long em.
Emi save tok olsem:
taim born ikamap, bai lapun na dai imas kamap.
Has bilong born, em ikamap o wokim kamap.
Has bilong wokim kamap, em pasin bilong holim strong samting.

Has bilong pasin bilong holim strong, emi strongpela laik.
Has bilong strongpela laik, em ipilim ikamap bihainim lukluk, harim, smelim, testim, tatsim na tingim samting.
Has bilong pilim, em ikontek 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 ibodi na olgeta-tingting.
Has bilong olgeta-tingting em ipilim, tingting bilong bipo, bilip na tingting bilong skelim, grou na ron na sindaun bilong tingting, na konsious - ikamap bihainim lukuk, harim, smelim, testim, tatsim na driman.
Has bilong bodi, em ol elemen istap long kaikai ikam long graun, wara, win na pawa ikam long san. Dispela oli kolim olgeta-tingting-bodi.
Na has bilong kamap bilong olgeta-tingting-bodi, emi konses.
Has bilong konses, em taim wanpela wokim samting long laik bilong em, olsem emi wokim karma. Igat tripela rot long wokim samting long laik - wantaim bodi, wantaim toktok, wantaim tingting.
Na has bilong ol dispela wokim, karma, emi no klia tingting. Olsem wanpela ino klia long ol hevi, has

bilong ol hevi, pinis bilong ol hevi na rot long pinisim ol hevi. Dispela emi no klia tingting.

Taim wanpela lukluk klia tru long olsem wonem ol samting isave kamap bihainim 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 emi 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 emi 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 iklia gut na luksave long olsem wonem wanpela samting mas bihainim narapela samting.

Wankain olsem wara iron ikam daun

Taim igat ren antap long wanpela maunten, wara save kam daun long sait bilong dispela maunten na pulumapim ol liklik wara daun bilo, na ol dispela liklik wara save pulumapim ol bikpela wara, na ol dispela isave pulumapim ol raun wara, na ol raun wara save pulumapim ol bikpela wara na ol bikpela wara save pulumapim solwara.

Wankain tingting ino klia ihas bilong wokim samting long laik,
na ol samting wanpela wokim ihas bilong konses,
konses emi has bilong olgeta-tingting-bodi,
olgeta-tingting-bodi emi has bilong lukluk, harim, smelim, testim, tatsim na driman,
dispela sikispela samting ihas bilong kontek,
kontek emi has bilong pilim,
pilim emi has bilong strongpela laik,
strongpela laik emi has bilong holim strong,
holim strong emi has bilong wokim kamap,
wokim kamap emi has bilong born,
born emi has bilong ol hevi,
ol hevi iken has bilong lukluk klia wantaim klia save,
dispela ihas bilong hamamas,
hamamas em has bilong dip hamamas tru,
dispela emi has bilong stap isi,
dispela ihas bilong sap na strong na klia tingting,
dispela emi has bilong klia lukluk save long olsem wonem samting isave kamap tru,
na dispela save wokim wanpela iles long ol kain samting olsem,
na dispela save larim wanpela ilusim ol samting,
na taim wanpela ilusim ol samting emi kamap pri,
na pri emi has bilong save olsem wanpela ikamap pri, olsem kamap wanpela Arahant, wanpela husat igat klia save na piis.

Olsem yumi mas klia, tingting bilong yumi save go pas long olgeta samting. Piksa yumi gat long wel na ples graun, na long husat, istap long tingting bilong yumi. Wonem kain pilim, o koros, o hamamas, istap long het save sensim piksa yumi save holim long het, na wonem pilim na tingting ikamap taim yumi lukim wanpela, o wanpela samting, save wokim ol wonem kain ron bilong tingting, toktok, na pasin yumi bihainim.

Olsem wonem kain pasin yu save wokim, save bihainim wonem kain piksa yu holim long het. Sapos ol karanki tingting istap long wokim ol toktok na pasin nogut ikamap, bai yu wokim ol kain samting long bakarapim yu na wokim heve kamap. Sapos ol gutpela tingting istap bai yu wokim ol kain samting bilong wokim hamamas ikamap.

Olsem - tingim:

‘Yumi olsem wonem samting yumi tingim.
Ol samting olsem yumi isave 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 ikamap wankain olsem wil isave bihainim
wanpela bafilo ipulim kar.
Sapos yu toktok wantaim gutpela tingting
Bai hamamas imas kamap bihain
Olsem sedou bilong yu, yu no inap long rausim.
Tingting isave kamap toktok.
Toktok isave kamap samting yumi wokim.
Samting yumi wokim save kamap
olsem pasin bilong yumi.
Pasin isave kamap moa strong na stap olgeta long yumi.
Olsem lukluk gut long ol tingting na ron bilong em,
Na larim ikamap long lav
Ikamap long marimari long olgeta laip.’

Yu yet ken lukim Dharma klia

‘Wanpela taim wanpela bikman ibin kam lukim Klia Save Man na bin tok olsem: "Ol itok, Masta Gotama, wanpela yet inap lukim ron bilong laip (Dharma) klia. Olsem wonem bai yumi inap lukim Dharma klia na wanpela inap lukim nau tasol, na kisim klia save long em na luksave olsem em igutpela long bihainim?"

"Taim, bikman, wanpela iholim pas sigarap na laik, o heitim na koros, na pulap long dispela karanki tingting na laikim tumas, em isave tingting long bakarapim em yet, o narapela, o em yet na narapela; na em isave kisim ol heve na wari. Em isave wokim tu ol pasin nogut long bodi, toktok na tingting, na em ino klia long wonem samting igutpela long em yet, o long narapela, o long em wantaim narapela.

Tasol taim em ilusim ol dispela kain karanki tingting, em ino pulap long em na em ino laikim, em ino save gat tingting long bakarapim em yet, o narapela, o em yet na ol narapela; na em no isave kisim ol heve na wari. Na tu em ino save wokim ol pasin nogut long bodi, toktok na tingting, na em iklia long wonem samting igutpela 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 emi gutpela long bihainim."

Namel bilong yumi wantaim ol narapela emi importan tru long wokim yumi hamamas. Sapos yumi larim kros, o jeles, o wanpela karanki tingting ibakarapim namel bilong yumi wantaim narapela bai yumi wokim heve ikambek long yumi. Sapos yumi wokim namel bilong yumi wantaim narapela ikamap long marimari na lav bai dispela wokim bikapela hamamas ikembek long yumi.

Olsem- tingim

Mama na papa

'Oli stap wantaim ol god, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. Oli stap wantaim ol angelo, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. Oli stap wantaim ol namba wan tisa, ol pamili husat, long haus bilong ol, save respektim tru mama na papa. Oli stap wantaim ol

husat igutpela 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 igutpela 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. Oli save lukautim ol, givim ol kaikai, na halibim ol long go inait long wel.'

Bekim hat wok bilong mama na papa

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 ino inap long bekim hat wok bilong tupela. Na tu sapos yu stretim mama na papa ikamap ol bikman wantaim planti moni na ol kainkain gutpela samting, dispela ino 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 wanpela husat isave halibim mama na papa, sapos tupela inogat stretpela bilip, long bihainim gutpela rot; sapos ol bilong bihainim ol karanki pasin, save halibim ol long wokim ol gutpela pasin; sapos ol ilaik pasim ol samting bilong ol yet, save halibim ol long winim pasin bilong marimari; sapos ol ino gat klia save, save halibim ol long winim klia save; emi save bekim hat wok bilong ol. Emi save bekim hat wok bilong mama na papa, na emi save givim tupela antap ken long hat wok bilong tupela.

Gutpela poroman

Igutpela long bihainim wanpela gutpela poroman sapos emi save wokim sevenpela kain pasin. Dispela sevenpela olsem: Em isave givim samting ihat long givim, em isave wokim samting ihat long wokim, emi save stap isi sapos taim nogut ikamap long em, emi save tokaut long ol hait toktok bilong em, emi no save tokaut long ol hait toktok bilong ol narapela, emi no save lusim wanpela sapos em ikisim taim nogut, emi no inap tok nogut long wanpela sapos em lusim samting.

Yumi yet olsem wonem? Sapos dai ikamap bai olsem wonem? Born olsem wonem? Luksave klia long dispela na tingting gut na dip long em.

Dai ino pinis, born ino samting ikamap nating. Olgeta samting igat narapela iwokim ikamap. Igat senis tasol.

Inogat wanpela samting istap wankain olgeta, ino save senis, long wanpela samting o long yumi.

Luksave klia olsem dai ino pinis

(Ven. Tich Nhat Hanh, sumatin, ibin raitim)

Sapos yu stap isi na luluk long wanpela lip ilaik dai long wanpela diwai:

Dispela lip bai ikamap ret na no longtaim pundaun. Dispela lip ibin olsem mama bilong dispela diwai. Yumi save ting olsem wanpela diwai emi mama bilong ol lip bilong em, tasol sapos yu lukluk klia dispela lip tu ibin mama bilong dispela diwai. Ol wara insait long

diwai na ol gutpela ikam long giraun, tasol dispela ino inap long strongim diwai istap. Ol diwai save salim dispela wara igo antap long ol lip, na ol lip isave yusim san na win long putim ol gutpela samting igo insait long kaikai bilong diwai, bai diwai iken stap strong. Em olsem, dispela lip ibin mama bilong dispela diwai truai. Emi isi long lukim olsem lip ihap bilong diwai, long wonem igat ol han bilong diwai istap.

Yumi nogat wanpela han olsem isave pasim yumi igo long mama bilong yumi, tasol taim yumi bin stap long bel bilong em yumi bin gat wanpela. Gutpela win na wara ibin 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 ino stret. Mama bilong yumi save lukautim yumi longpela taim. Na tu yumi gat sampela narapela mama tuia.

Ples tu emi mama bilong yumi. Yumi gat planti han isave ron long yumi igo long ples. Igat wanpela han iron long ol klaud long skai. Sapos inogat klaud, bai inogat wara bilong yumi long dring. Na bikpela hap bilong bodi bilong yumi iwara tasol. Olsem dispela han iron long klaud ikam long yumi istap truia. Iwankain long ol wara na bus, na ol man iwokim kaikai o katim timba long bus. Igat planti thausan ol han isave ron long

namel long yumi na olgeta hap long ples, giraun na skai.
Yu inap long lukim dispela han istap long namel long yu na mi? Sapos yu no stap, mi tu ino stap long dispela hap. Sapos yu no lukim klia tumas, stap isi na lukluk gut. Dispela ino wanpela bilip, em isamting truia.

Mi bin askim dispela lip sapos emi poret long dai. Na emi bin bekim olsem emi no poret, olsem emi bin wok hat long halibim givim strong long dispela diwai, na bikpela hat wok bilong emi stap insait long diwai pinis. Emi 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 istap long lip na long diwai. Laip bilong mi emi laip tasol, na yu ken lukim em long mi na long dispela diwai.

Long dispela taim ibin gat wanpela win ibin stap, na bihain liklik mi bin lukim dispela lip ilusim han bilong diwai na drif na danis hamamas igo daun long giraun, long wonem em iluksave olsem emi hap bilong diwai

pinis. Emi bin hamamas olgeta. Mi bin putim het bilong mi igo daun long respektim em, long wonem yumi gat planti samting long lanim long dispela lip, olsem emi no poret - emi save inogat wanpela samting iken born na nogat wanpela samting iken dai.

Ol klaud long skai ino save poret. Sapos taim bilong klaud imas senis igo kamap ren, emi 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. Emi samting bilong hamamas. Ol klaud isave sapos ol ipundaun ol iken kamap hap bilong solwara tuia. Olsem ol ino save poret. Ol man tasol save poret.

Sapos yu lukluk klia na dip bai yu inap luksave olsem wonem 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 ino samting tru olgeta. Iwankain taim yu tok olsem samting istap antap o daunbilo. Yumi save tok sapos yumi putim han igo antap, emi antap na sapos daun, emi daun. Heven istap antap na hel istap daunbilo. Tasol ol man long hapsait long wel inogat wankain tingting, nogat, long wonem dispela toktok long antap na daun ino stret bilong hol wel. Iwankain long toktok long born na dai.

Olsem lukluk gut igo 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.

Olsem – tingim

Poret long Dai

Wanpela taim Janussoni, man bilong lotu, ibin kamap long Klia Save Man na bin tok olsem:
'Masta Gotama, mi bilip olsem inogat wanpela man husait ino poret long dai, na no save poretim dai.'

'Igat, bikman, wanpela husait isave poret long dai na save poretim dai. Tasol igat tu wanpela husait ino poret long dai na husait ino poretim dai. Na husait isave poretim dai na husait ino save poretim dai?

'Igat wanpela husait ino pri long sikirap, ino pri long strongpela laik long sikirap, ino pri long tuhat long sikirap, ino pri long strongpela laik bilong ol kainkain samting. Na sapos emi kisim bikpela sik emi save ting olsem: "Ol dispela gutpela samting mi bin gat strongpela laik long ol bai ol ilusim mi, na iluk olsem bai mi mas lusim ol nau!" Na emi save wari, karai, singaut na paitim bros bilong em na het bilong emi save paol. Em wanpela husait iporetim dai, husait isave poret long dai.

'Na tu igat wanpela husait ino pri long strongpela laik long dispela bodi, ino pri long tuhat long tingim bodi, ino pri long strongpela laik bilong ol kainkain bodi. Na sapos emi kisim bikpela sik emi save ting olsem: "Dispela gutpela bodi mi bin gat strongpela laik long em bai ilusim mi na iluk olsem bai mi mas lusim em nau!" Na emi save wari, karai, singaut na paitim bros bilong em na het bilong emi save paol. Em wanpela husait iporetim dai, husait isave poret long dai.

'Na tu igat wanpela husait ino bin wokim ol gutpela samting, na husait ino bin wokim wanpela gutpela haus, na husait ibin wokim ol pasin nogut na bin bakarapim narapela. Na sapos emi kisim bikpela sik emi save ting olsem: "O sore, mi no bin wokim sampela

gutpela samting. Mi no bin wokim wanpela haus na gutpela sindaun bilong mi, tasol mi bin wokim ol pasin nogut na bin bararapim ol narapela. Sapos mi dai bai mi go long ples nogut, bihainim ol pasin nogut mi bin wokim!" Na emi save wari, karai, singaut na paitim bros bilong em na het bilong emi save paol. Em wanpela husait iporetim dai, husait isave poret long dai.

Na tu igat wanpela husait ino sua na no klia long gutpela Skul o Dharma na no kamap klia long Gutpela Rot. Na sapos em ikisim bikpela sik emi save ting olsem: "Mi no klia long Dharma na wonem samting itru, na mi no sua yet!" Na emi save wari, karai, singaut na paitim bros bilong em, na het bilong emi save paol. Em wanpela husait iporetim dai, husait isave poret long dai.

Em, Janussoni, popela kain man iporet long dai na save poretim dai. Tasol igat sampela husait ino save poretim dai na ino poret long dai.

Igat wanpela husait ipri long sikirap, ipri long strongpela laik long sikirap, ipri long tuhat long sikirap, ipri long strongpela laik bilong ol kainkain samting. Na sapos wanpela bikpela sik ikisim em, emi no save ting olsem: "Ol dispela samting mi bin sikirap tumas long kisim bai ilusim mi nau na bai mi lusim ol olgeta!" Na emi no save wari, karai, singaut na paitim bros bilong em, na het bilong emi no save paol. Em wanpela husait ino poretim dai, husait ino save poret long dai.

Na tu igat wanpela husait ipri long strongpela laik long dispela bodi, ipri long tuhat long tingim bodi, ipri long strongpela laik bilong ol kainkain bodi. Na sapos emi kisim bikpela sik emi no save ting olsem: "Dispela gutpela bodi mi bin gat strongpela laik long em bai ilusim mi, na iluk olsem bai mi mas lusim em nau!" Na emi no save wari, karai, singaut na paitim bros bilong em na het bilong emi no save paol. Em wanpela husait ino poretim dai, husait ino save poret long dai.

Na tu igat wanpela husait ibin wokim ol gutpela samting, na husait ibin wokim wanpela gutpela haus, na husait ino bin wokim ol pasin nogut no na bin bakarapim narapela. Na sapos emi kisim bikpela sik emi save ting olsem: "Mi bin wokim ol gutpela samting. Mi bin wokim wanpela haus na gutpela sindaun, na mi bin wokim ol gutpela pasin na mi no bin bararapim ol narpela. Sapos mi dai bai mi go long gutpela hap, bihainim ol gutpela pasin mi bin wokim!" Na emi no save wari, karai, singaut na paitim bros bilong em na het bilong em ino save paol. Em wanpela husait ino poretim dai, husait ino save poret long dai.

Na tu i gat wanpela husait isua na klia long gutpela Skul o Dharma na kamap klia long Gutpela Rot. Na sapos em ikisim bikpela sik emi save ting olsem: "Mi klia long Dharma na wonem samting itru, na mi sua pinis!" Na em ino save wari, karai, singaut na paitim bros bilong em na het bilong emi no save paol. Em

wanpela husait ino poretim dai, husait ino save poret long dai.
Em, Janussoni, popela husait no poret long dai na husait ino save poretim dai.'
"Gutpela tru, Masta Gotama! Gutpela tru! Mi laik kamap wanpela husait ibihainim skul bilong yu na kisim halibim long yu tede inap taim mi dai'.

Dai bilong Anathapindika

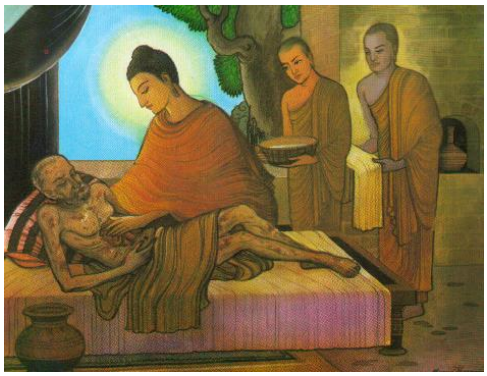
Wanpela bisnis man, Anathapindika, bin baim wanpela bikpela hap graun ibin gat ol smatpela diwai long em na bin givim long Buddha bai emi wokim hap bilong skul bilong em long prektis long em.
Anithapindika emi bin bisnis man tasol emi bin wanpela hap man bilong prektis tu!
Taim emi lapun na bin laik dai, Buddha bin salim tupela sumatin bilong em, Ananda na Sariputra, long go stap wantaim em. Taim tupela ibin kamap na emi lukim tupela, emi bin laik girap, tasol emi no bin gat strong. Tupela ibin tok olsem:'noken traim girap, bai mi tupela kam na sindaun klostu long yu.'
Taim tupela sindaun, Sariputra bin askim: 'Poroman, yu pilim bodi bilong yu istap olsem wonem? Pen iwok long go antap o go daun?
Anathapindika bekim olsem:'Mi pilim olsem pen iwok long go kamap moa na moa!'

Taim emi harim dispela, Sariputa tokim em olsem bai tripela wokim mediteisen long tripela samting long givim halivim – Buddha, Dharma o skul bilong em, Sangha o ol husat ibihainim gut skul bilong em. Dispela save wokim hamamas ikamap long husat ibin kisim dispela tripela halivim na wokim pen islo. Sariputra ibin save olsem Anathapindika bin givim halivim na kisim skul long tripela inap long tripela ten yia.
Taim emi bin tingim dispela tripela halivim, Anathapindika bin pilim hamamas na emi smail.

Bihain long dispela, Sariputra wokim mediteisnen wantaim em long ol samting yumi laik holim olsem 'mi' isave senis – bodi, pilim, tingting bilong skelim na bilong bipo na ol bilip, sindaun bilong tingting na ol ron na pasin bilong tingting, na ol konsious - isave bihainim ol samting yumi lukim, harim, smelim, testim, tatsim, drimanim na tingim.
Olsem: 'Taim mi pulim win, mi save mi no dispela bodi, na mi go moa long dispela bodi.' Emi wokim wankain long ol narapela: 'Taim mi pulim win, mi klia olsem mi no dispela……'

Sariputra ibin gohet na wokim mediteisen long kamap bilong ol samting save bihainim narapela samting, ibihainim narapela samting igo, igo, olsem. Olgeta samting save senis. Inogat wantpela samting istap wankain insait long wanpela samting ilongwe long ol

narapela samting na ino save senis. Olsem inogat kamap nating – born, o pinis olgeta – dai.



Senis tasol.

Bihain liklik, ai wara ibin kamdaun long pes bilong Anathapindika, na Ananda bin askim em:

'Poroman, olsem wonem yu wok long karai. Yu wari long wanpela samting?'

'Nogat Ananda, mi nogat wari long wanpela samting.'

'Olsem wonem, yu paindim hat long bihainim toktok bilong Sariputra na wokim mediteisen?'

'Nogat Ananda, mi wokim gut tru!'

'Na olsem wonem yu karai?'

'Mi karai long wonem dip hamamas ikisim lewa bilong mi. Mi bin stap na respektim Buddha, Dharma, na Sangha, inap long tripela ten yia, tasol ino bin gat wanpela gutpela skul na prektis olsem ibin kam long mi.'

'Mipela ol sumatin stret isave kisim dispela kain skul olgeta dei!' Ananda bekim.

'Plis Ananda', Anathapindika ibin tok, 'Taim yu lusim mi na go lukim Tisa bilong yumi, tokim em olsem planti ol wokman ibisi tumas long kisim dispela kain skul, tasol mipela planti tu istap redi na inap long kisim.

Olsem, plis tokim em long skulim ol wokman long dispela kain skul tuia!'

‘Ol rait bai mi tokim em.’
Na dispela ibin las askim bilong Anathapindika pastain long emi lusim dispela laip.

Yumi mas trai had na lusim laik long traim holim ol dispela samting isave senis olgeta taim. Long wonem, sapos yu traim holim samting long stap wankain taim emi wok long senis, bai yumi kisim heve, long wonem emi mas senis na yumi no inap holim bai istap wankain. Yumi mas paindim dispela ino save senis, na dispela isave stap tru, na taim yu wokim dispela bai yu ken paindim bikpela piis na hamamas.

Olsem - tingim

Nirvana

Istap, wanpela samting ino born - ino kamap - inogat samting iwokim - ino kamap long wanpela samting.
Sapos inogat dispela samting ino born - ino kamap - inogat samting iwokim - ino kamap long wanpela samting, bai wanpela inogat rot long kamap pri long dispela iborn - ikamap - igat samting iwokim - ikamap long wanpela samting.
Tasol igat dispela ino born - ino kamap - inogat samting iwokim - ino kamap long wanpela samting, na wanpela inap luksave klia na kamap pri long ol dispela iborn - ikamap - igat samting iwokim - ikamap long wanpela samting.

Born, kamap, samting iwokim, kamap long wanpela samting,
bilong senis na ino inap stap olgeta, bai ikamap lapun na dai, na bilong kisim sik na bakarap.
Isave kamap long kainkain kaikai na bihainim laik na sigarap na ino samting bilong hamamas long em.

Sapos wanpela ilusim ol dispela em bai ipainim sindaun isi,
samting istap olgeta, longwei long bakarap, ino born,

inogat samting iwokim, ino kamap long wanpela samting,
inogat heve, iklin olgeta, pinis bilong olgeta wari, pinis bilong ol samting ilaik kamap, hamamas tru.

Wara iron

Igat porpela kain man istap long ples giraun. Wonem popela? Dispela husat isave go wantaim wara iron; dispela isuim igo antap long wara iron; dispela isanap na stap strong; na dispela husat igo pinis long hap sait na kamap long giraun idrai.
Na dispela husat iron wantaim ron bilong wara em wonem kain man? Emi wanpela husat isave hamamas long sigarap na wokim samting nogut.
Na dispela husat isuim igo antap long wara iwonem kain man? Em iwanpela husat ino save hamamas long sigarap na wokim samting nogut. Emi save stap gut, na trai hat long kamap gutpela moa, na painim dispela ihat na save karai na wari long em.
Na dispela husat isave sanap na stap strong iwonem kain man? Emi wanpela husat ipinisim olgeta dispela paipela samting isave pasim - bilip long wanpela 'mi yet' istap, nogat bilip long skul bilong Buddha, bilip sapos emi wokim wanpela stail pasin o toktok bai dispela ihalibim em long winim klia save, pasin bilong gridi na sigarap, na pasin bilong heitim na koros - na em bai iborn bihain long heven na long hap bai emi

winim nirvana, na emi no inap long kambek ken long dispela wel.
Na dispela husat igo pinis long hap sait na kamap long giraun idrai iwonem kain man? Em iwanpela husat irausim ol samting nogut na olgeta-tingting bilong em iklin na em iwinim klia save na kamap pri, long rot bilong hat wok bilong em yet, na em yet iluk save klia tru olgeta.
Em dispela popela kain man istap long ples graun.

2. Groim bikpela laik long wokim gutpela

Yumi imas 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, na tingting long noken wokim bakarap o heve long narapela . Yumi noken holim ol kainkain bilip. Sapos yumi holim strong ol kaikain bilip, bai yumi no inap lukluk klia na ai bilong yumi bai ipas long ol narapela kain tingting, na yumi ken kros planti wantaim ol narapela. Yumi noken bilip olsem yumi rait olgeta taim!

Planti taim ol sigarap na kainkain laik na tingting isave paolim yumi na bakarapim yumi. Olsem strongpela laik tru bilong yumi imas stap long bihainim ol dispela samting iken wokim hamamas tru ikam long yumi na ol narapela. Inogat ius long maus tasol itok, na tingting istap long paol na yumi bihainim ol sikarap, na bakarapim narapela, na praud. Dispela kain pasin ino inap long wokim hamamas ikam 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 iken slouim koros ino inap kamap planti tumas. Yumi mas gat laik long hamamas wantaim ol narapela.

Ol karanki tingting save raun raun na grou ikamap planti moa sapos yumi no lusim ol. Dispela kain tingting save bakarapim ol gutpela tingting na

wokim heve na sik long bodi. Olsem igutpela sapos yu ken lusim hariap. Yu mas groim tingting long lukautim yu na groim ol gutpela tingting, na groim marimari long halivim yu long lusim ol kain tingting nogut hariap.

Yumi mas gat laik long kirapim ol tingting long marimari, lav, na hamamas long halibim ol narapela tuia. Yumi mas gat strongpela laik long opim tingting na winim klia save. Dispela emi has tingting long rausim ol heve insait long tingting bilong yumi.

Has bilong olgeta samting yumi wokim na ol toktok yumi autim istap long tingting bilong yumi yet. Tingting igat pawa!

Olsem yumi mas girapim strongpela laik long prektisim gutpela pasin, mediteisen, na groim klia save.

Olsem - tingim:

Long halibim yu yet

Long halibim yu yet yu mas was gut long ol tingting. Igat popela hap long dispela:

'Mi laik bai olgeta-tingting bilong mi inogat tingting long sigarap long wonem kain samting iken 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 inogat tingting long heitim o koros long wonem kain samting iken 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 inogat tingting ino klia na gat ol karanki bilip long wonem kain samting iken 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 inogat tingting long strongpela laik long wonem kain samting iken kirapim dispela kain tingting.' Long bihainim dispela kain tingting bai wanpela mas was gut long ol tingting long halivim em yet.
Taim wanpela inogat sigarap long ol samting iken wokim sigarap ikirap, long wonem emi nogat moa tingting long sigarap istap; nogat heitim o koros long ol samting iken wokim heitim o koros ikirap, long wonem em inogat moa tingting long heitim o koros istap; nogat tingting ino klia long ol samting iken wokim no klia tingting ikirap, long wonem em inogat moa tingting ino klia istap; nogat strongpela laik long ol samting iken wokim strongpela laik ikirap, long wonem em inogat moa tingting long strongpela laik istap; sapos wanpela sumatin olsem, emi no inap abris, guria o poret, na tu em bai ino inap long bihainim ol bilip long ol narapela tisa.

Wanpela husat igat strong

‘Sapos taim wanpela wokabaut, o sanap, o sindaun, na emi gat wanpela tingting long sigarap, o wanpela tingting nogut, o koros, o long bakarapim samting ikamap, na em ino save lusim dispela tingting hariap na rausim, na burukim, na klinim iraus olgeta, em ino trai

hat na nogat wari long kamap gutpela, oli save kolim em wanpela husat islek na nogat strong.
Tasol, sapos taim wanpela wokabaut, o sanap, o sindaun, na emi gat wanpela tingting long sigarap, o wanpela tingting nogut, o koros, o long bakarapim samting ikamap, na em isave lusim dispela tingting hariap na rausim, na burukim na klinim iraus olgeta, em itrai hat na wari long kamap gutpela, oli kolim em wanpela husat igat strong na save trai hat olgeta taim.'

Grou bilong klia save

'Popela samting save halibim grou bilong klia save. Dispela popela olsem:
Stap wantaim ol man igutpela moa; harim gutpela Dharma, tingting na luksave gut long em, na prektis long bihainim skul bilong Dharma. Dispela popela isave halibim klia save igrou ikamap.
Na tu dispela popela isave halibim tru wanpela man o meri.'

Pawa bilong sumatin

'Igat paipela pawa bilong wanpela husat iskul moa long gutpela rot. ***Dispela paipela olsem: save, sem, poret long wokim rong, strong, na klia save.***

Pawa bilong save *olsem: Em, wanpela gutpela sumatin igat save olsem Tathagata (wanpela husat iluksave klia long ol samting save stap olsem tasol) iwinim klia save tru, olsem em wanpela Arhant (wanpela husat iwinim klia save pinis nas stap wantaim hamamas na piis), wanpela husat iklia olgeta na save long wonem samting itru olgeta na wonem em igutpela pasin, wanpela husat istap isi na save gut long wel, namba wan lida bilong ol husat ilaik kontrolim olgeta-tingting bilong ol, tisa bilong ol angelo, god na man, Klia Save Man, man husat antap olgeta.*

Pawa bilong sem *olsem: Em, wanpela gutpela sumatin igat sem long wokim samting nogut wantaim bodi, toktok na tingting; em isem long olgeta samting nogut na ino stret.*

Pawa long poret long wokim rong *olsem: Em, wanpela gutpela sumatin em iporet long wokim samting nogut wantaim bodi, toktok na tingting; em iporet long olgeta samting nogut na no stret.*

Pawa bilong strong *olsem: Em, wanpela gutpela sumatin isave stap wantaim strong long lusim olgeta pasin ino gutpela na winim olgeta pasin igutpela; em isave stap strong olgeta taim na no save lusim wok long wokim em ikamap gutpela moa.*

Pawa bilong klia save *olsem: Em, wanpela sumatin iwinim klia save long kamap na pinis bilong olgeta samting, na save pinisim olgeta ol hevi na wari.*

Em, dispela paipela pawa bilong wanpela husat igo moa long skul long gutpela rot.
Olsem yupela mas skulim yupela yet olsem: 'Bai mipela winim pawa long save, sem, poret long wokim rong, strong, na klia save bilong wanpela husat igo moa long skul'. Yupela mas skulim yupela yet olsem.'

Samting bilong kamapim gutpela na nogut

*'Sapos **save long ol gutpela pasin** istap, ol nogut ino inap kam insait. Tasol taim save long ol gutpela ino stap na wanpela inogat save long gutpela pasin, bai ol nogut ikam insait.*
*Sapos **sem** istap long ol pasin nogut, bai ol nogut ino inap long kam insait. Tasol taim sem ino stap na nogat sem ikamap bikpela, bai ol nogut ikam insait.*
*Sapos **poret** long wokim rong istap, bai ol nogut ino inap kam insait. Tasol taim poret bilong wokim rong ino stap na wanpela inogat brek long wokim samting, bai ol nogut iken kam insait.*
*Sapos **strong** bilong wokim gutpela pasin istap, bai ol nogut ino inap long kam insait. Tasol, sapos strong ipinis na les istap, bai nogut inap kam insait.*
*Sapos **klia save** long ol gutpela pasin istap, ol nogut ino inap long kam insait. Tasol, sapos klia save igo pinis na karanki tingting ikamap strong, bai ol nogut ikam insait.*

Pasin bilong grouim tingting ikamap gutpela

‘Wankain wanpela kapenta save lukim mak long han bilong em long ol samting bilong em long wok, tasol em ino save haumas skin, taim emi bin wok, han blong em ilusim aste, o tete. Emi save tasol olsem mak bilong han bilong em iwok long kamap moa.

Olsem, wanpela husat itrai hat long mediteisen long wokim olgeta-tingting bilong em ikamap gutpela, emi no save haumas ol samting nogut emi rausim aste o tete, tasol emi save oli wok long raus.

Wankain wanpela bikpela kanu, igat bet antap long em, sapos istap long nambis long san inap sikispela mun, bai imas bakarap na ol rop iburuk na insait bilong emi stat long sting.

Olsem, wanpela husat isave trai hat long mediteisen long wokim olgeta-tingting bilong em ikamap gutpela, save burukim olgeta karanki tingting na ol samting bilong pasim em bai isting na buruk.’

Lukluk long senis

‘Sapos wanpela prektis long luksave long senis bilong olgeta samting olgeta taim, bai ol tingting bilong sigarap islou na pinis, ol laik long kisim ol samting islou na pinis, laik long kamap islou na pinis, ol no klia tingting bai ipinis, na tingting olsem 'mi yet' istap longwe long ol narapela, ipinis.

Wankain wanpela pama taim em ikatim ol liklik rop bilong ol diwai wantaim sped bilong em, taim wanpela prektis long luksave long senis bilong olgeta samting olgeta taim, bai ol tingting bilong sigarap islou na pinis, ol laik long kisim ol samting islou na pinis, laik long kamap islou na pinis, ol no klia tingting bai ipinis, na tingting olsem mi yet istap longwe long ol narapela ipinis.'

Ol rot bilong rausim koros na bel heve

Igat sampela rot long halivim long rausim ol koros na bel heve. Ol dispela olsem:

Sapos wanpela igat koros na bel heve long narapela, em imas wokim lav, o wokim marimari igo long em, o tingim emi olsem ol narapela na givim wankain gutpela tingting igo long olgeta. Sapos wanpela ibihainim 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 emi wokim na bai emi mas kisim bekim long wonem samting emi wokim, sapos gutpela o nogut, na emi nogat rot long abrisim.

Gutpela isave kamap sapos wanpela stat long bihainim gutpela rot

Igat sikispela gutpela samting isave kamap sapos wanpela stat long bihainim tru gutpela rot, (olsem emi luksave klia long popela samting itru olgeta, emi nogat bilip moa long wanpela 'em yet' o 'mi yet' istap olgeta, em iluk save olsem Buddha na skul bilong emi tru, emi nogat bilip sapos emi wokim wanpela kain stail pasin o toktok bai klia save iken kamap nating). Dispela sikispela olsem: Wanpela istap strong long Dharma. Emi no inap pundaun igo bek. Em makim pinis bilong ol heve. Em igat planti ol gutpela save. Emi klia long has bilong ol samting na wonem samting imas kamap bihainim dispela kain has.

Popela pasin

Igat popela kain pasin. Popela olsem: pasin bilong bel hat, pasin bilong stap isi, pasin bilong kontrolim, pasin bilong slouim.

*Pasin bilong **bel hat** olsem wonem? Olsem: sapos wanpela ikorosim narapela, o tok nogut long narapela, dispela narapela isave bekim wantaim koros na tok nogut.*

*Pasin bilong **stap isi** olsem wonem? Olsem: sapos wanpela ikorosim narapela, o tok nogut long narapela, dispela narapela ino save bekim wantaim koros o tok nogut.*

*Pasin bilong **kontrolim** olsem wonem? 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 tatsim samting wantaim bodi bilong em, o tingim o drimanim wanpela samting, emi no save traim holim pas dispela samting o liklik hap bilong em, nogat. Emi save was gut na kontrolim ol dispela kain tingting, nogut emi no was gut na sampela karanki o paol tingting ikirap na winim em.*
*Pasin bilong **slouim** olsem wonem? Olsem: wanpela ino inap larim wanpela tingting long sigrap ikirap, tingting bilong heitim o koros, o tingting bilong troimwei han, o ol narapela kain paol tingting, o tingting nogut, ikirap. Emi save lusim ol dispela kain tingting, ino holim moa, rausim ol, na pinsim ol olgeta.*
Em popela kain pasin

Laik na Sigarap

Samting bilong poretim*, emi wanpela neim bilong pilim sigarap,* pen *emi wanpela neim bilong pilim sigarap,* sik *emi wanpela neim bilong pilim sigarap,* kansa *emi wanpela neim bilong pilim sigarap,* samting bilong pasim *emi wanpela neim bilong pilim sigarap,* tais *emi wanpela neim bilong pilim sigarap.*
Na olsem wonem samting bilong poretim emi wanpela neim bilong pilim sigarap? Tuhat long pilim sigarap na

kalabus long ol tingting bilong sigarap, wanpela ino 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 ino pri long pen, sik, kansa, samting bilong pasim, na tais, long dispela wel o wel bihain.

Eitpela tingting long ples giraun:

Igat eitpela has isave wokim wel iraunraun, na wel isave bihainim dispela eitpela samting. Dispela eitpela olsem: ***Win na lus, gutpela neim na neim nogut, swit na gutpela toktok na kot o toktok iputim rong natap long yu, hamamas na pen.***
Ol dispela samting bilong ples giraun save kam antap long wanpela ino skul long gutpela rot na tu long wanpela husat iskul pinis. Nau wonem deferens long dispela tupela man?
Taim wanpela ino bin skul long gutpela rot isave winim samting, em ino save ting olsem: Dispela mi winim ino inap long stap longpela taim, na igat heve long em, na imas senis. Olsem em ino luksave klia long dispela samting. Wankain sapos em ilus long wanpela samting, o sapos emi winim gutpela neim o winim neim

nogut, o kisim sampela swit na gutpela toktok o kot o toktok iputim rong natap long em, em ino save stap isi na ting olsem: Dispela mi winim ino inap long stap longpela taim, na igat heve long em, na imas senis. Olsem emi no luksave klia long ol dispela samting. Taim ol dispela samting ikamap olgeta-tingting bilong emi save pas long ol. Taim win ikamap emi hamamas, taim em ilus em pilim nogut. Taim emi kisim gutpela neim emi hamamas, taim emi kisim neim nogut, em ipilim nogut. Taim emi kisim sampela swit na gutpela toktok emi hamamas, taim ol iputim rong antap long em na kotim em, emi pilim nogut. Taim emi winim hamamas emi pilim hamamas, taim emi kisim pen emi pilim nogut. Taim emi stap wantaim ol dispela laik na no laik, emi 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 ibin skul long gutpela rot isave winim samting, em isave ting olsem: Dispela mi winim ino inap long stap longpela taim, na igat heve long em, na imas senis. Olsem emi luksave klia long dispela samting na olgeta-tingting bilong emi no inap long pas long em. Olsem emi no inap long hamamas olgeta taim emi winim samting o wari taim emi lus, emi no inap

hamamas olgeta taim emi winim gutpela neim o wari taim emi kisim neim nogut, emi no inap hamamas olgeta taim oli wokim swit toktok na gutpela toktok long em o wari taim ol ikotim em o putim rong antap long em; em ino inap hamamas olgeta taim emi winim hamamas o wari taim em ikisim pen. Taim em ilusim ol dispela laik na no laik, em bai ipri long born, kamap lapun, na dai, pri long ol heve, pen, karai na bakarap. Mi tok olsem bai emi pri long olgeta heve.
Dispela, emi diferens long wanpela husat ino skul long gutpela rot na wanpela husat ibin skul long em.

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

Save wokabaut hariap ol man idai long eitpela tingting long ples graun.

Emi long dispela hap yu inap painim dispela matmat long wokim yu guria olgeta,

Na emi long dispela hap yupela ol sumatin mas wokabaut long nait wantaim ol man idai.]

Kisim planti samting na winim neim

Sapos wanpela wok long kisim planti samting na kamap bikman, na neim bilong emi bikpela, dispela inap bakarapim em, na emi mas poret, nogut ipasim em bai emi no inap long winim pri.

Olsem, yupela mas skulim yupela olsem: Taim mipela iwinim planti samting na gutpela neim olsem laik kamap wanpela bikman, bai mipela lusim ol dispela kain tingting na no inap larim ol ikontrolim mipela

Long halivim yumi long groim na strongim laik long winim gutpela sindaun na hamamas yumi ken girapim sampela prektis.

Yumi ken wokim na tingim sampela prei o promis long yumi yet, na bihainim sampela prektis.

Ol Paramis o ol gutpela pasin tru, em ol gutpela samting long traim wokim long halibim yumi long winim klia save na pri. Igutpela long tingim ol dispela olgeta dei na traim long bihainim.

Dana-parami: ***Mi laik bai mi mas halibim ol narapela na*** **givim** ***ol samting oli 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 igo 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 prektis strong,** ***na noken lusim prektis.***

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 igo ikam long ol laik na no laik, na* noken poret.**

Yumi ken putim wanpela piksa long het bilong yumi olsem yumi laik kamap olsem san antap long skai na givim lait, strong, na hamamas, long rot bilong groim marimari long olgeta igat laip.

Olsem- tingim:

Wanpela diwai idirip

Wanpela taim Klia Save Man ibin stap klostu long Kosambi long sait bilong Wara Ganges, na emi lukim wanpela bikpela diwai idirip igo daun bihainim taid bilong wara, na emi askim ol sumatin ibin stap klostu sapos ol ilukim dispela diwai.

'Mipela lukim, Bikman.'

'Sapos dispela diwai ino pas long wanpela sait bilong dispela wara iklostu o longwei, o sink igo daun long namel, o pas long hap wesan ikam antap long namel long em, o sampela man o narapela samting ikam kisim, o pas long wanpela hap wara iraun-raun, o em

yet isting na bakarap, em bai tirip igo, igo inap emi kamap long solwara.

Wankain yupela sapos yu no pas long wanpela sait o long narapela, o sink igo daun long namel, o pas long wanpela hap wesan ikam antap, o sampela man o narapela samting ikam kisim yupela, o yu no pas long wanpela hap wara iraun-raun, o yupela yet ino sting na bakarap, bai yupela tirip igo, igo inap long Nirvana, bai yupela kamap long Nirvana. Long wonem? Stretpela tingting na save isave lidim wanpela igo kamap long Nirvana.

Na wanpela sumatin askim Buddha olsem:

'Wonem dispela sait bilong wara klostu, na dispela ilongwei? Wonem dispela isink igo daun long namel na dispela pas long wesan long namel? Wonem dispela ol man o narapela samting iholim, na dispela long pas long wara iraunraun.? Wonem dispela long sting na bakarap em yet?'

'Dispela sait bilong wara klostu emi dispela sikspela konses. Dispela sait bilong wara ilongwei em dispela sikspela bilong wokim konses igriap - ai, iau, nus, tang, bodi na olgeta-tingting. Long isink igo daun long namel imak bilong hamamas na sikirap na holim pas ol samting. Pas long wanpela hap wesan long namel em olsem pas long praud olsem "mi yet". Na ol man iholim, emi olsem sapos wanpela istap klostu wantaim ol narapela na pas long laip bilong ol wantaim ol

hamamas na hevi. Olsem emi holim pas ol kainkain samting bilong laip bilong ol.
Na ol narapela samting iholim, em olsem taim wanpela bihainim pasin bilong ol sumatin na bihainim gutpela rot, emi laik born gen long hap bilong ol deva, long hevin. Olsem, emi laik, sapos emi bihainim wanpela kain gutpela pasin, bai em ikamap wankain long ol.
Pas long wanpela hap wara irounraun, emi mak bilong ol samting bilong lukim, harim, smelim, testim na tatsim.
Na sting na bararap em yet, olsem wanpela husait iman nogut, na save wokim ol pasin nogut. Emi wanpela giaman sumatin husait ino save bihainim gutpela rot tru, tasol emi pulap long ol strongpela laik na sikirap na insait isting pinis.'

Na, long dispela taim wanpela man, neim bilong em Nanda husait ibin wok long lukautim ol kau, ibin stap na bin harim dispela toktok. Na em ibin tokaut olsem:
'Bikman, mi no pas long sait bilong wara klostu o sait longwei. Mi no inap long sink igo daun long namel, o pas long wanpela weisan long namel, o larim ol man o narapela iholim mi. Mi no inap pas long wanpela wara iraunraun, o sting o bakarap, nogat. Bikman, mi laik kamap wanpela sumatin nau long ai bilong yu.'
'Nanada, yu mas bringim ol kau igo bek long papa bilong ol pastaim.'

'Ol inap go bek ol yet, Bikman, long wonem ol ilaik lukim ol pikinini bilong ol.'
'Tasol, yu mas bringim ol igo bek yetia.'
Na Nanda ibin bringim ol kau igo bek long papa bilong ol na bihain kambek na askim Klia Save Man gen long kamap wanpela sumatin.
Na Klia Save Man ibin makim Nanada ikam insait long ol lain sumatin bilong gutpela rot. Na Nandan ibin go stap, em yet, na trai hat na gut na ino longtaim em yet iwinim dispela klia save isave kamap sapos wanpela ibihainim holi laip gut, na em ikamap wanpela arahant (na winim bikpela hamamas na piis long Nirvana.)

Prektis long wokim lav na marimai

Wankain ol lain pamili husat igat planti meri na nogat planti man, ol man nogut inap kam na stil long ol, wankain wanpela husat ino prektisim na wokim gut mediation long lav na marimari inap kisim bakarap long ol samting istap laip ino man.
Wankain ol lain pamili husat inogat planti meri na gat planti man, ol man nogut ino inap kam na stil long ol, wankain wanpela husat iprektisim na wokim gut mediteisen long lav na marimari, ino inap long kisim bakarap long samting istap laip, ino man.
Yupela mas skulim yupela olsem,'Bai mipela iwokim na prektisim mediteisen long lav na marimari planti taim, na olgeta dei. Bai mipela trai hat long kisim gutpela

save long wokim na wokim ikamap hap long laip bilong mipela.'

Lukautim gut Tingting
Yumi olsem wonem samting yumi tingim.
Ol samting olsem yumi isave 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 ikamap wankain olsem wil isave bihainim wanpela bafilo ipulim kar.
Sapos yu toktok wantaim gutpela tingting
Bai hamamas imas kamap bihain
Olsem sedou bilong yu, yu no inap long rausim.

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

Prei bilong groim marimari *(Shantideva bin raitim)*

Mi laik bai mi inap halibim ol husat inogat halibim,
Lidim ol husat ilaik wokabaut,
Kamap olsem wanpela bot, o bris, o pasis,
Bilong ol lain ilaik winim hap longwei.
Mi laik bai ol pen long olgeta igat laip
Imas pinis olgeta.
Mi laik kamap olsem dokta na tu marasin bilong ol.
Mi laik kamap olsem wanpela nes
Bilong husat igat sik long wel
Inap olgeta sik ipinis.
Olsem san,
Na ol has bilong ol samting olsem graun,
Mi laik stap strong na lukluk long laip
Bilong olgeta samting long olgeta hap.
Na inap taim ol ilusim pen,
Mi laik kamap has bilong laip
Bilong ol kainkain samting
Isave go inap long spes ipinis.

Prei bilong ol Bodhisattva *(wanpela husat ilaik opim het long kia save)*

Mi noken askim bai wanpela ihaitim mi long ol kain samting inap bakarapim mi,
tasol bai mi stap strong, na no ken poret, sapos ol samting nogut ikamap.
Mi noken askim bai ol heve ipinis, tasol bai mi stap strong long winim.
Bai mi noken traim paindim ol narapela bilong kam halivim mi,
tasol bai mi strong mi yet.
Bai mi no ken sigarap wantaim poret long wanpela long kam sevim mi,
tasol bai mi stap isi na stong long winim pri.

Promis *bilong Sakka*

Bipo, taim Sakka, sif bilong ol god, ibin wanpela man emi bin prektis strong long sevenpela kain promis. Olsem emi bin kamap sif bilong ol god bihain. Dispela sevenpela olsem:

Taim mi stap laip bai mi lukautim mama na papa.
Taim mi stap laip bai mi respektim ol bikman insait long famili.
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 itingim 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 ikamap bai mi pinisim hariap.

Promis bilong ol Bodhisattva (wanpela husat ilaik opim het long kia save)

Ol samting igat laip iplanti tru, tasol mi promis long halivim ol.
Ol tingting long gridi, heitim samting na paol tingting
Isave kamap oltaim oltaim, tasol mi promis long lusim ol.
Dharma (skul bilong Buddha) itraipela na dip tru,
Tasol mi promis long kisim klia save long em.
Rot Klia Save Man isoim ihat na igo olgeta, tasol mi promis long bihainim tru.

3.Wokim stretpela na gutpela toktok

Sapos yumi laik wokim hamamas ikamap, yumi mas bihainim ol stretpela toktok tasol. Has tingting igo pas long gutpela toktok em respek. Yumi mas gat respek long ol narapela. Toktok ilusim maus bilong yumi save bihainim tingting bilong yumi. Olsem yumi mas lukluk gut long ol tingting bilong yumi! Ol man inap luksave long wonem kain tingting iron insait long het bilong yumi taim oli harim toktok bilong yumi. Olsem yumi mas lukluk

gut long wonem kain toktok ilusim maus bilong yumi! Olsem yumi noken giaman o tok koros o tok nogut. Ol dispela kain toktok bai iwokim ol heve ikamap long ol narapela na heve bai ikambek long yumi.

Taim yumi gat koros, dispela isave wokim sampela senis insait long bodi bilong yumi, olsem wokim het ipen, o pen ikamap insait long bel na lewa tuia. Koros isave bakarapim yumi yet insait long tingting na tu insait long bodi.

Sapos yumi laik stretim karanki tingting o toktok bilong narapela bai yumi mas wokim smatpela toktok wantain marimari istap baksait. Sapos yumi bekim wantaim kros bai hevi iken gro na kamap bikpela moa insait long yumi yet na narapela.

Yumi noken tok baksait na tok hait long bakarapim narapela. Dispela isave bakarapim neim bilong yumi yet na wokim ol man iken koros long yumi bihain.

Kain pasin bilong jeles isave kamapim sik insait long bodi na tingting bilong yumi, na wokim hetim na kros ikamap long bel bilong ol narapela.

Olsem tingim:

Mak bilong wanpela gutpela man

Igat popela samting bilong makim wanpela man ino gutpela tumas. Dispela popela olsem:
Sapos ol ino askim, em isave go het yet na tokaut long ol pasin nogut bilong ol narapela man. Na taim ol askim em, em isave go moa yet na tokaut long olgeta pasin nogut bilong wanpela narapela, na em ino save haitim wanpela samting.
Na tu, emi no save tokaut long ol gutpela pasin bilong narapela sapos ol askim em, na nogat tru sapos ol ino

askim em. Tasol sapos oli askim planti, em isave tokaut long sampela gutpela pasin bilong narapela, na emi no save tokaut klia, o olgeta, o strong, long ol gutpela pasin bilong narapela.
Na tu, emi save haitim ol pasin nogut bilong em yet sapos oli askim em. Tasol sapos emi mas tokaut long ol, emi no save tokaut klia, o olgeta, o strong, long ol nogut pasin bilong em.
Na tu, em isave tokaut long ol gutpela pasin bilong em sapos ol ino askim em, na save go moa yet sapos oli askim em. Na taim oli askim em, emi save toktok klia na strong long ol gutpela pasin bilong em, na emi no save lusim wanpela samting.
Dispela kain man yumi ken tingim em olsem wanpela man nogut.

Igat popela samting bilong makim wanpela man igutpela moa. Dispela popela olsem:
Sapos oli askim em, emi no save tokaut long ol pasin nogut bilong narapela. Na taim oli askim strong, em iken tokaut liklik tasol, na isi, na no tumas long ol pasin nogut long narapela.
Na tu em isave tokaut long ol gutpela pasin bilong narapela taim ol ino askim, na save go moa sapos oli askim. Em isave tokaut long olgeta gutpela pasin bilong narapela, strong na olgeta na no haitim liklik.
Na tu, emi save tokaut long ol pasin nogut bilong em yet sapos ol ino askim. Na tu taim oli askim, em isave

go moa na no save lusim wanpela samting, na save tokaut klia na olgeta.
Na tu, emi no save tokaut long ol gutpela pasin bilong em yet sapos oli askim na tu taim oli no askim. Tasol sapos oli strong, emi save toktok isi, na ino olgeta, na save larim sampela.
Dispela kain man yumi inap kolim em wanpela man igutpela moa.

Pasin bilong Giaman - Yu mas klia olsem:

wonem samting yu wokim bai igat bekim long em.

Yu wokim gutpela bai gutpela ikambek, yu wokim karanki o nogut, bai heve kamabek.

Sapos yu giaman, bai yu bakarapim laip bilong yu.

Olsem – tingim:

Bekim bilong pasin giaman

Bipo, Buddha bin stori long pikinini bilong em, Rahula, bihain long emi bin kaikai na wasim boul bilong holim kaikai.

Ibin gat liklik wara ilep long boul na Buddha ibin givim toktok igo long Rahula olsem:

'Rahula, yu lukim igat liklik wara ilep long boul o nogat?'

'Igat liklik, Bikman.'

'Olsem, gutpela laip bilong wanpela man, husait ino sem long giaman iliklik tru.'

Na Buddha itoromwei dispela liklik hap wara na em ibin toktok olsem:

'Rahula, yu lukim dispela hap wara mi toromwei?'

'Mi lukim, Bikman.'

'Olsem, wanpela man husait ino sem long giaman itoromwei gutpela laip.'

Na Buddha itanim dispela boul antap igo daun na toktok olsem:

'Rahula, yu lukim mi tanim dispela boul antap igo daun?'

'Mi lukim, Bikman.'

'Olsem, Rahula, husait man ino save sem long giaman isave tanim laip bilong em antap igo daun.'

Na Buddha ibin sindaunim boul stret, na toktok olsem:

'Rahula, yu lukim dispela boul nau istap nating na inogat samting insait long em?'
'Mi lukim, Bikman.'
'Olsem, Rahula, wankain laip bilong husait ino save sem long giaman inogat samting long em.'

Long halivim yu long tingim dispela yu ken wokim, na trai hat long bihainim gut, dispela promis:

Promis long wokim gutpela toktok

Mi klia long ol heve ikamap bihain long ol toktok nogut, na sapos wanpela ino inap harim klia toktok bilong narapela.

Mi promis long groim ol toktok bilong lav na pasin bilong harim klia toktok bilong ol narapela, bai mi ken wokim ol narapela hamamas na pinisim ol heve bilong ol.

Mi klia olsem ol toktok ken wokim hamamas o heve ikamap, na mi promis long tok tru tasol, long givim strong, hamamas na gutpela tingting long ol narapela.

Mi strong bai mi no ken stori nambaut sapos mi no sua tru long tru bilong wanpela stori, na mi no ken bakarapim narapela o samting long toktok sapos mi no sua sapos stori itru.

Bai mi noken wokim ol kain toktok long bakarapim namel long ol man/meri, o kain toktok long brukim gutpela sindaun bilong pamili o komuniti.

Bai mi trai hat long stretim ol namel long ol man/meri sapos bikpela o liklik. Sapos mi laik koros, mi noken wokim, na bai mi mas was gut long ol tingting bilong mi, na stap isi.

4. Bihainim stretpela pasin

Ol samting yumi wokim imas stret long wokim hamamas ikamap long yumi na ol narapela. Tingting imas stap gut na isi sapos yumi laik prektisim gut mediteisen na groim klia save. Olsem yumi mas respektim yumi yet na ol narapela.

- Yumi noken kilim samting nating o bakarapim wanpela.
- Yumi noken kisim samting bilong narapela sapos emi no tok orait long kisim.

- Yumi noken paol o pamuk nambaut wantaim marit man o meri bilong narapela, o wantaim man o meri iyangpela tumas o klostu tumas long family bilong yumi. Yumi mas respektim gut narapela.
- Yumi noken kisim ol strongpela drink o drag, long wonem ol dispela isave wokim tingting bilong yumi ino klia na bakarapim yumi. Ol dispela samting emi poisin na save bakarapim bodi bilong yumi na wokim ron bilong bodi na tingting isenis. Taim yu spak emi isi long wokim ol rabis pasin na ol samting long bagapim hamamas bilong ol narapela na long yumi yet. Strong bilong bekim long ol samting nogut yumi wokim taim yumi spak iwankain long taim yumi istap gut na heve bai ikambek bihain. Olsem yumi mas groim marimari long

yumi yet, na noken gohet na wokim ol samting iken bakarapim yumi.

Sapos yumi gohet na kil, stil, pamuk nambaut taim yu marit, na spak, bai yumi mas klia olsem bai yumi no inap stap isi na prektisim mediteisen gut na groim klia save, long wonem ol tingting bai iron-ron nambaut, na tu bai yumi kisim ol kainkain heve long tingting na bodi.

Long halivim yu long tingim ol dispela yu ken wokim, na trai hat long bihainim gut, ol dispela promis:

Nambawan

Mi klia long ol heve ikamap taim wanpela bakarapim narapela, na mi promis long groim marimari na lainim ol rot long lukautim ol man/meri, animal, plan na diwai, na graun. Bai mi noken kil, o larim narapela ikilim narapela, na mi noken tok orait long pasin bilong

kil long ples graun, na insait long tingting bilong mi na long pasin bilong mi.

Nambatu

Mi klia long ol heve isave kamap taim wanpela yusim narapela nating na no tingim gut narapela, na pasin bilong stil na sapos wanpela wokim ol kain pasin nogut long narapela. Mi promis long groim lav na gutpela na lainim ol rot long halibim ol man/meri, animal, plan na diwai na graun. Mi promis long givim halibim long strong, na wok, na long givim ol samting, long ol husat inogat. Bai mi respektim gut ol samting bilong ol narapela, tasol bai mi noken larim sampela long bakarapim narapela na wokim heve ikamap long ol man/meri o ol animal.

Nambatri

Mi klia long ol heve ikamap taim wanpela pamuk nambaut na no respektim gut narapela long sex, na mi promis long groim gutpela pasin na lukautim gut sindaun bilong ol narapela, ol marit, ol pamili na ol komuniti. Long strongim hamamas bilong mi na ol narapela, bai mi bihainim gut ol promis mi wokim, na tu sapos narapela iwokim, igo long ol narapela. Bai mi strong tru long lukautim ol pikanini bai wanpela ino inap bakarapim wanpela, na strong long halibim ol

pamili bai sindaun bilong ol ino inap long bakarap long pasin bilong paul nambaut.

Nambafoa

Mi klia long ol heve iken kamap sapos wanpela ino skelim gut ol samting emi kisim, na mi promis long groim gutpela helt insait long bodi na long olgeta-tingting, bilong mi na ol pamili na ol komuniti, long rot long was gut long ol samting mi kaikai, dring, na kisim. Mi promis long kisim ol samting bilong wokim piis na hamamas insait long bodi na olgeta-tingting bilong mi, na long bodi na olgeta-tingting bilong pamili na komuniti bilong mi. Bai mi no ken yusim strongpela dring, spak brus, drag o wonem samting inap givim poisin long bodi na olgeta-tingting, olsem sampela buk, sampela movi, sampela TV program, na sampela toktok gris. Mi klia olsem pasin bilong givim poisin long bodi na olgeta-tingting bilong mi ino soim gutpela respekt long ol tumbuna, mama na papa, ol man/meri long ples, na ol man/meri long kamap bihain. Bai mi wok long senism ol pasin nogut, olsem bilong koros na pait, na ol poret na no klia tingting insait long het bilong mi, na long komuniti, long rot bilong kisim ol gutpela kain kaikai tasol bilong mipela olgeta. Mi klia olsem imas gat ol gutpela kain kaikai long maus, ai, na iau, pastaim long ol gutpela senis iken kamap insait long yumi wanwan na komuniti.

Olsem tingim:

Wanpela imas gat narapela

Sapos wanpela ino kontrolim lukluk, harim, smelim, tesim, tatsim na driman bai emi nogat has bilong gutpela pasin long kamap.

Sapos wanpela inogat gutpela pasin, emi nogat has bilong stretpela strongim tingting iken kamap.

Sapos wanpela ino inap stretpela strongim tingting, emi nogat has bilong kisim klia save olsem wonem ol samting istap tru.

Sapos wanpela inogat klia save olsem wonem ol samting istap tru, emi nogat has long no laikim na lusim ol samting.

Sapos wanpela inogat laik long no laikim na lusim ol samting, bai emi nogat has bilong klia lukluk save long rot bilong kamap pri.

Dispela iwankain olsem wanpela diwai inogat ol han na lip: ol prut ino inap long kamap, na tu skin bilong diwai na insait bilong emi no inap long grou kamap tuia. Wankain, sapos ol dispela has ino stap ol samting ino inap long kamap.

Tasol, sapos wanpela ikontrolim lukluk, harim, smelim, testim, tatsim na driman bai emi gat has bilong gutpela pasin long kamap.

Sapos wanpela igat gutpela pasin, em igat has bilong stretpela strongim tingting iken kamap.

Sapos wanpela igat stretpela strongim tingting, em igat has bilong kisim klia save olsem wonem ol samting istap tru.
Sapos wanpela igat klia save olsem wonem ol samting istap tru, emi gat has long no laikim na lusim ol samting.
Sapos wanpela igat laik long no laikim na lusim ol samting, bai em igat has bilong klia lukluk save long rot bilong kamap pri.
Dispela iwankain olsem wanpela diwai igat 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 istap ol samting tu inap long kamap.

Gutpela pasin bilong yusim moni (makmak)

Wanpela taim Anathapindika ibin kam long Klia Save Man, na Buddha ibin toktok long em olsem:
"Igat popela samting planti save laikim, tasol ihat long kisim long dispela wel, na dispela popela olsem:
Wanpela save ting: Mi laik kisim moni long gutpela rot tasol. Dispela emi namba-wan samting planti ilaikim, tasol ihat long kisim.
Na sapos wanpela winim moni long gutpela rot, emi save ting olsem: Mi laik bai neim bilong mi na ol lain

bilong mi na tisa bilong mi imas kamap gutpela na bikpela. Dispela emi namba-tu samting planti ilaikim, tasol ihat long kisim

Na sapos wanpela winim moni na gutpela neim, emi save ting olsem: mi laik stap gut na longpela taim. Dispela emi namba-tri samting planti ilaikim, tasol ihat long kisim.

Na taim wanpela winim moni, gutpela neim na longpela laip, wanpela save ting olsem: bihain mi laik born long wanpela gutpela hap olsem hevin. Dispela emi namba-po samting planti ilaikim, tasol ihat long kisim.

Olsem igat popela samting planti save laikim, tasol ihat long kisim long dispela wel.

Tasol Anathapindika, igat popela narapela samting, sapos wanpela bihainim, save wokim dispela popela ikamap, na dispela popela olsem: gutpela bilip, gutpela pasin, gutpela marimari na gutpela klia save.

Na gutpela bilip olsem: wanpela igat bilip long Tathgata iwinim klia save tru, olsem Buddha em iwanpela arahant, tisa bilong ol god na man, wanpela Klia Save Man, man antap tru. Dispela emi gutpela bilip.

Na gutpela pasin olsem: wanpela ino save kil, stil, paol na pamuk nambaut, giaman na kisim strongpela drink na drag bilong wokim tingting ipaol. Dispela em igutpela pasin.

Na gutpela marimari olsem: wanpela save stap long haus na nogat tingting long holim bilong em yet ol samting bilong em, na emi save hamamas long givim, na hamamas long lusim, na save halibim ol narapela na serim ol samting bilong em. Dispela emi gutpela marimari.

Na gutpela klia save olsem: sapos wanpela stap wantaim ol tingting bilong gridi na kisim samting, heitim na koros, les, sirarap na wari, na no sua, emi no save sindaun gut na ol dispela save paolim tingting bilong em, na gutpela neim na hamamas bilong emi save pinis. Na taim wanpela iklia long dispela ol samting isave paolim tingting, emi save lusim olgeta. Taim emi lusim olgeta, em ikamap wanpela iwinim klia save, na em inap lukim ol samting klia tru, na emi winim gutpela klia save. Dispela emi gutpela klia save.

Dispela popela save halibim dispela popela samting ikamap, planti save laikim tumas, tasol ihat long kisim long dispela wel.

Taim wanpela iwinim moni long hat wok bilong em yet, long strong bilong em, long tuhat bilong em, moni ikamap long gutpela rot, wanpela gutpela man bai iwokim popela wok. Dispela popela olsem:

Em bai iwokim mama na papa bilong em ihamamas na lukautim tupela gut; emi save wokim meri na ol pikinini bilong em, na ol wokman bilong em, ihamamas na lukautim ol gut; emi save wokim ol poroman bilong em

na wanwok bilong em ihamamas na lukautim ol gut. Dispela emi namba-wan wok long dispela man.
Namba-tu wok olsem: Emi save putim sampela moni igo long sait long stap, nogut
sampela birua, o paia o raskol, o man bilong jeles ilaik bakarapim em.
Namba-tri olsem: Emi save wokim sampela presen o opa igo long ol lain bilong em, ol man istap wantaim em, ol tumbuna na ol bikman na ol man husat save givim halivim long ol narapela.
Namba-po em olsem: Emi save givim halibim igo long ol gutpela sumatin na man bilong lotu, husait isave wokim gutpela pasin na husait ino praud, na husait isave stap gut na isi, na save kontrolim ol yet, na save trai hat long winim nirvana.
Dispela em popela wokim wanpela gutpela man isave wokim wantaim moni em iwinim long long hat wok bilong em yet, long strong bilong em, long tuhat bilong em, moni ikamap long gutpela rot.
Sapos emi putim moni bilong em long sampela narapela samting, yumi ken tok olsem emi westim dispela moni, na emi yusim nating. Tasol wanpela husait iputim moni bilong emi go long dispela popela wok yumi ken tok olsem emi putim long gutpela wok, na ino lus na emi wokim gutpela samting wantaim moni bilong em.

Sutta long ol gutpela samting

Mi (Ananda) bin harim olsem:
Bipo Buddha ibin stap klostu long Savatthi long bus bilong Jeta long haus skul Anathapindika bin wokim.
Wanpela deva o angelo ibin kamap long biknait tru na lait bilong emi bin laitim hol bus long dispela hap na emi bin kamap long Klia Save Man.
Taim emi kamap long Klia Save Man na soim respekt igo long em, emi bin sanap long wanpela sait bilong em na askim em olsem:
Planti ol deva na man isave tingting planti long wonem ol gutpela samting bai ihalibim ol long sindaun gut na nogat ol hevi. Mi laik bai yu mas tokaut long dispela.

***'Noken stap wantaim ol karangi man, tasol stap wantaim ol gutpela save man na respektim gut ol pasin bilong ol**: em wanpela long ol namba-wan gutpela samting.*
***Sindaun long ol gutpela hap, bin wokim gutpela pasin bipo, bihainim gutpela rot na pasin nau**: em narapela long ol namba-wan gutpela samting.*
***Kisim save long wok long skul na long ples, skul na prektis long gutpela pasin na gutpela toktok**: em narapela long ol namba-wan gutpela samting.*
***Lukautim gut mama na papa, meri na pikinini, wok wantaim hamamas na nogat koros**: em narapela long ol namba-wan gutpela samting.*

***Marimari na bihainim gutpela pasin long bihainim skul bilong Dharma na halibim ol wantok, na kisim gutpela karma**, emi narapela long ol namba-wan gutpela samting.*

***Siruk longwei long rong na noken wokim pasin nogut, noken spak o kisim ol strongpela dring, was gut long bihainim Dharma**: em narapela long ol namba-wan gutpela samting.*

***Soim respekt na noken bikhet, hamamas na stap isi, na harim o ridim Dharma**: em narapela long ol namba-wan gutpela samting.*

***Stap isi na harim tok gut sapos wanpela igivim gutpela toktok long stretim yu, lukluk long ol sumatin na tisa long Gutpela Rot, toktok wantaim narapela long Dharma**: em narapela long ol namba-wan gutpela samting.*

***Trai hat na strong long bihainim gutpela rot na laip, kisim klia save long Popela Tru na Wok, na winim klia save long Nirvana**: em narapela long ol namba-wan gutpela samting.*

***Ol samting long laip inoken bakarapim tingting, nogat wari o sore, na sindaun gut**: em narapela long ol namba-wan gutpela samting.*

Sapos ol man ibihainim ol dispela bai ol iwokabout gut na oli nonap long kisim bakarap: em ol namba-wan gutpela samting.'

5. Bihainim stretpela rot long winim gutpela sindaun

Wonem kain wok yu wokim long winim sindaun bilong yu iken stretim rot long heve o hamamas ikamap. Olsem sapos insait long wok bilong yu, yu halibim ol narapela bai dispela iwokim hamamas ikam long yu. Sapos long wok bilong yu, yu wokim samting iken pasim o bakarapim narapela, bai dispela iwokim sampela heve ikam long yu.

Ol kain wok long salim gan na kain samting long kilim narapela iken wokim wari na heve ikamap. Wankain long salim ol drag, o strongpela drink, o samting long wokim man ispak long em. Ol dispela kain wok ino inap halivim yu long winim dip hamamas.

Wankain ol wok long kilim o bakarapim ol animal na bakarapim ples. Yumi mas groim bikpela rispek long ol samting istap laip.

Insait long pamili yumi mas gat bikpela rispek na plenim pamili gut long kaikai, haus, rot long winim moni (makmak), haumas pikainini yu ken lukautim na stretim skul bilong ol gut, na long lukautim gut ol lapun.

Sapos yu bihainim stretpela toktok na gutpela pasin, na soim respek, olsem tingting bilong yu

igutpela tasol, bai yu ken bihainim gut rot long winim gutpela sindaun.

Taim yumi groim ol tingting, yumi save girapim wanpela kain pasin o kastom. Olsem taim yumi bihainim dispela rot long winim gutpela sindaun, yumi stat long girapim wanpela bikpela gutpela kastom long halibim yumi olgeta long stap gut long ples graun. Has bilong dispela kastom em long lukluk gut long tingting, toktok, na pasin bilong yumi yet, trai hat long bihainim dispela skul, lusim ol paul tingting, na groim ol gutpela tingting long halivim yumi na ol narapela olsem: lav, marimari, hamamas wantaim ol narapela, piis, na stap isi na strong. *Olsem bai yumi halivim yumi na narapela long groim gutpela sindaun na laip.*

Olsem bai yumi mas bihainim skul Buddha ibin givim long workim yumi na ples bilong yumi

ikamap hamamas na gutpela moa, wantaim ol prektis long groim lav, marimari, hamamas wantaim ol narapela, piis, na pasin bilong stap isi na strong.

Olsem – tingim

Wara long karim man

Sapos wanpela smatpela wara ikarim wanpela man igo daun. Na narapela man, ai bilong emi gutpela, isanap long sait bilong dispela wara na em itokim dispela man olsem: 'Nau yu tirip igo daun long gutpela wara, tasol sapos yu go daun moa bai yu painim raun wara igat si na wara igo raun hariap, na tu igat o kain animal inogut na ol masalai istap. Taim yu kamap long dispela hap bai yu dai o kisim bikpela bakarap'. Na taim dispela man idrif long wara iharim dispela toktok em itrai hat long suim wantaim han na lek igo bek ken na no go daun long dispela hap nogut.

Mi wokim liklik stori igat mining long em olsem: Wara iron igo daun olsem laik na sigarap. Gutpela wara olsem taim yu lukluk, harim, smelim, testim, tatsim na

driman. Raun wara daunbilo emi paipela tingting isave pasim - olsem: bilip long wanpela 'mi yet' stap longwei long ol narapela, nogat bilip long Buddha na skul bilong em, bilip sapos yu wokim wanpela kain stail pasin o toktok tasol bai dispela ken wokim klia save o pri ikamap, na pasin bilong sigarap na laik, na pasin bilong no laik na koros. Ol si ol bel hat na wari. Ol wara igo raun hariap ol samting yu ken lukim, harim, smelim, testim, tatsim na drimanim. Ol masalai em ol meri o man husat iluk smat moa. Suim igo 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 ibin gat gutpela ai na ibin sanap long sait bilong wara em Klia Save Man husat em yet ibin kisim klia save tru.

Ol kainkain marit

Wanpela taim Klia Save Man ibin wokabaut long haiwei long namel long Madhura na Veranja, na sampela marit ibin wokabaut long dispela rot long dispela taim tu. Na taim Klia Save Man ibin sindaun long has bilong wanpela diwai, sampela long ol dispela marit ibin kamap long em, na soim respekt long em, na sindaun wantaim em, na Kia Save Man ibin toktok igo long ol olsem:

'Igat popela kain marit, na dispela popela olsem: wanpela karangi istap wantaim wanpela karangi, wanpela karangi istap wantaim wanpela angelo meri,

wanpela karangi istap wantaim wanpela angelo man, na wanpela angelo meri istap wantaim wanpela angelo man.

'Na bai olsem wonem sapos wanpela karangi istap sindaun wantaim wanpela karangi? Em olsem dispela man isave kilim planti samting, kisim samting ino bilong em, paol na pamuk nambaut, giaman, spak, na emi no save bihanim gutpela pasin na emi man nogut. Em isave stap long haus na no laik givim samting bilong emi go long narapela, emi save tok nogut antap long ol gutpela sumatin na man bilong lotu. Meri bilong em tu iwankain long bihainim ol dispela pasin nogut. Em olsem wanpela karangi istap sindaun wantaim wanpela karangi.

'Na bai olsem wonem sapos wanpela karangi istap wantaim wanpela angelo meri? Em olsem dispela man isave kilim planti samting, kisim samting ino bilong em, paol na pamuk nambaut, giaman, spak, na emi no save bihanim gutpela pasin na emi man nogut. Emi save stap long haus na no laik givim samting bilong emi go long narapela, emi save tok nogut antap long ol gutpela sumatin na man bilong lotu. Tasol meri bilong emi no olsem. Emi no save kilim ol samting na kisim samting ino bilong em, em ino save paol na pamuk nambaut, giaman, spak, na emi save bihainim gutpela pasin. Emi save stap long haus na givim halibim igo

long narapela, emi no save tok nogut antap long ol gutpela sumatin na man bilong lotu. Em olsem wanpela karangi save stap wantaim wanpela angelo meri.

‘Na bai olsem wonem sapos wanpela karangi istap wantaim wanpela angelo man? Em olsem dispela man ino save kilim ol samting na kisim samting ino bilong em, em ino save paol na pamuk nambaut, giaman, spak, na emi save bihainim gutpela pasin. Emi save stap long haus na givim halibim igo long narapela, emi no save tok nogut antap long ol gutpela sumatin na man bilong lotu. Tasol meri bilong emi narapela kain na save wokim ol pasin nogut. Em olsem wanpela karangi istap wantaim wanpela angelo man.

'Na bai olsem wonem sapos wanpela angelo meri istap wantaim wanpela angelo man? Em olsem dispela tupela man na meri ino save kilim ol samting na kisim samting ino bilong tupela, ol ino save paol na pamuk nambaut, giaman, spak, na tupela save bihanim gutpela pasin. Tupela save stap long haus na givim halibim igo long narapela, ol ino save tok nogut antap long ol gutpela sumatin na man bilong lotu. Em olsem wanpela angelo meri istap wantaim wanpela angelo man.
'Em olsem igat popela kain marit istap.'

Long tudak igo long tulait

Igat popela kain man, ol sumatin, istap long ples graun. Dispela popela olsem: wanpela istap long tudak na laik go long tudak; wanpela istap long tudak ilaik go long lait; wanpela istap long lait na laik go long tudak; na wanpela istap long lait na laik go long lait.

Na wanpela husait istap long tudak na laik go long tudak olsem: Em wanpela husait ibin born long wanpela pamili ino gutpela tumas, wanpela lain ol man ino laikim ol, o wanpela pamili inogat planti samting na save hangere na nogat ol gutpela laplap. Em tu ino luk smat na emi kurukut na save sik oltaim-oltaim. Em ino wanpela husait isave wok hat long painim kaikai na ol gutpela samting, na wokim gutpela haus na gutpela samting insait long haus bilong em, nogat. Emi save wokim pasin nogut wantaim bodi, toktok, na tingting bilong em. Na bihain taim emi dai em iborn gen long hap nogut igat ol hevi long em, olsem hel.

Na wanpela husait istap long tudak ilaik go long lait olsem: Em wanpela husait ibin born long wanpela pamili ino gutpela tumas, wanpela lain ol man ino laikim ol, o wanpela pamili inogat planti samting na save hangere na nogat ol gutpela laplap. Em tu ino luk smat na emi kurukut na save sik oltaim-oltaim. Tasol emi save wokim gutpela pasin long bodi, toktok na

tingting, na taim emi dai emi save born gen long gutpela hap, olsem hevin.

Na wanpela husait istap long lait ilaik go long tudak olsem: Em wanpela husait ibin born long wanpela gutpela pamili, igat moni na graun na planti samting. Em iluk smat, na save wokim ol stail pasin. Emi save winim ol kaikai, drink, laplap, ka, haus, na ol kainkain bilas. Tasol emi save bihainim ol pasin nogut long bodi, toktok, na tingting, na taim emi dai emi born gen long hap nogut igat ol hevi long em, olsem hel.

Na wanpela husait istap long lait na laik go long lait olsem: Em wanpela husait ibin born long wanpela gutpela pamili, igat moni na graun na planti samting. Emi luk smat, na save wokim ol stail pasin. Emi save winim ol kaikai, drink, laplap, ka, haus, na ol kainkain bilas. Na emi save wokim ol gutpela pasin long bodi, toktok na tingting, na taim emi dai emi save born gen long gutpela hap, olsem hevin.
Em olsem dispela popela kain man isave stap long ples graun.

Wokim sindaun igutpela

Igat popela kain man istap na dispela popela olsem: wanpela save tingim sindaun bilong em tasol, na no tingim sindaun bilong ol narapela. Wanpela save tingim sindaun bilong ol narapela na no save tingim

sindaun bilong em yet. Wanpela no save tingim sindaun bilong em na ol narapela. Wanpela save tingim sindaun bilong em na ol narapela.

Na wanpela save tingim sindaun bilong em na no tingim sindaun bilong ol narapela olsem: Emi save prektis long rausim pasin bilong gridi, heitim na no klia tingting long em yet tasol, na emi no save halibim ol narapela long wokim wankain. Emi no save kil, stil, pamuk na paol nambaut, giaman na spak, tasol emi no save halibim ol narapela bai oli noken wokim.

Na wanpela save tingim sindaun bilong ol narapela na no save tingim sindaun bilong em yet olsem: Emi save tokim ol narapela long prektis long rausim pasin bilong gridi, heitim na no klia tingting tasol em yet ino save wokim. Em save tokim ol narapela olsem ol inoken kil, stil, pamuk na paol nambaut, giaman na spak, tasol em yet ino save bihainim dispela gutpela pasin.

Na wanpela no save tingim sindaun bilong em yet na ol narapela olsem: Emi no save prektis long rausim pasin bilong gridi, heitim na no klia tingting na emi no save halibim ol narapela long wokim tu yah. Emi no save bihainim gutpela pasin olsem noken kil, stil, pamuk na paol nambaut, giaman na spak, na emi no save halibim ol narapela tu bai oli noken wokim.

Na wanpela isave tingim sindaun bilong em yet na ol narpela olsem: Em isave prektis long rausim pasin bilong gridi, heitim na no klia tingting long em yet na emi save halibim ol narapela long wokim wankain. Emi no save kil, stil, pamuk na paol nambaut, giaman na spak, na emi save halibim ol narapela bai oli noken wokim

Gutpela sindaun bilong ol man igat pamili

Wanpela taim Klia Save Man ibin stap long hap bilong ol Koliya, long taun Kakkarapatta. Na wanpela, husait ibin gat pamili, ibin kam na respektim em na sindaun wantaim em na askim em olsem:

Bikman, mipela ol man igat pamili save hamamas long ol kainkain samting, na save stap long haus wantaim planti pikinini, na hamamas long ol kainkain bilas na moni. Mi laik bai yu mas skulim mipela long Dharma bai mipela ken winim hamamas long dispela laip na bihain.'

'Byagghapajja, igat popela samting isave karim wanpela igat pamili igo long winim hamamas. Na dispela popela olsem: gutpela trai hat olgeta taim, lukautim gut long ol samting bilong em, gutpela poroman, na skelim gut sindaun.

Na gutpela trai hat olsem: em long wonem kain rot wanpela pamili isave winim moni, olsem pama, wok long gavmen o bisnis o wonem, emi save wokim gut na trai hat long em, emi save bihainim gutpela rot long wokim na bihainim gutpela pasin na stretim ol saming gut.

Na lukautim gut long ol samting bilong emi olsem: emi save putim moni emi winim long gutpela rot long hat wok bilong em long gutpela hap [olsem bank] we ol man nogut ino inap stilim, na tu ino inap long lus long taim bilong taid o paia, o ol wantok, husait ino gat respekt, ikisim nating.

Na gutpela poroman olsem: emi save poroman wantaim ol man na meri long hap emi stap long em, yangpela na lapun, husait isave bihainim gutpela pasin, gat gutpela bilip, husait igat marimari na klia save. Emi save stori na toktok wantaim ol. Emi save bihainim ol gutpela pasin bilong marimari, stap gut, na givim halibim, long ol.

Na skelim gut sindaun olsem: emi save long haumas moni emi winim na haumas emi lusim long baim ol samting, na emi save skelim gut bai ol pamili iken stap gut bai ol moni em ilusim ino inap winim ol moni emi winim, na moni emi winim i antap long dispela emi

lusim. Wankain olsem wanpela wokman bilong goul save skelim gut goul emi laik baim.

Moni wanpela bungim igat popela rot long lusim hariap: Dispela popela olsem: paol wantaim ol meri, spak, laki (pilei kad) na kain pilai olsem, na poroman wantaim ol man nogut. Wankain sapos wanpela tank igat popela hap wara ikam insait long em na popela long go arasait, sapos inogat inap ren na wanpela hopin ol tap, bai wara insait long tank inap pinis.
Na tu igat popela rot long wokim moni wanpela ibungim ikamap moa. Dispela popela olsem: no inap paol wantaim ol meri, spak, pilai laki na kain pilai olsem, na noken poroman wantaim ol man nogut. Wankain sapos wanpela tank igat popela hap wara ikam insait long em na popela long go arasait, sapos igat inap ren na wanpela pasim ol tap, bai wara insait long tank inap pulap moa.

Dispela popela, Byagghapajja, save kamapim hamamas blong wanpela pamili long dispela laip. Na igat popela gen isave karim wanpela igat pamili long winim gutpela sindaun na hamamas long laip bihain. Dispela emi olsem: Gutpela bilip, gutpela pasin, gutpela marimari, na gutpela kila save.

Na gutpela bilip olsem: emi gat bilip long Tathagata emi wanpela arahant, wanpela husait iwinim tru klia

save, emi save wokim gutpela pasin tru, save long olgeta wel, lida antap long ol narapela bilong ol man ilaik kontrolim tingting bilong ol, tisa bilong ol man, na deva; Klia Save Man, Buddha.

Na gutpela pasin olsem: emi no save kilim ol samting istap laip, stil, paol nambaut long sex, giaman, spak na kisim ol samting bilong bakarapim tingting.

Na gutpela marmari olsem: emi save hamamas long givim, na hamamas long lusim samting igo long narapela, emi save halibim ol narapela, na hamamas long serim ol samting bilong em.

Na gutpela klia save olsem: emi save lukluk klia long kamap na go daun bilong olgeta samting, na lukluk klia tru long dispela, na bihainim dispela rot long winim pinis bilong ol hevi na wari.
Dispela popela isave karim wampela igat pamili long winim gutpela sindaun na hamamas long laip bihain.

Sampela bun na samting ibin lep taim Buddha bin dai na oli bin kukim bodi bilong em – istap yet tede.

6. Groim stretpela trai hat

Ol gutpela sindaun na hamamas ino inap kamap sapos yumi no trai hat long winim. Olsem yumi mas soim strong na hamamas long dispela wok.

Yumi mas trai hat na prektis olgeta taim long luksave long ol ron bilong tingting bilong yumi yet. Wankain yumi mas trai hat na luksave klia long wonem kain toktok na pasin yumi wokim. *Noken wokim samting nating!*

Sapos wanpela tingting istap insait long het bilong yumi husat inap wokim heve long yumi o narapela, noken larim istap o kamap strong.

Sapos wanpela gutpela tingting iken wokim hamamas long yumi o narapela istap insait long het bilong yumi, strongim dispela.

Sapos wanpela tingting iken wokim heve long yumi o narapela ilaik kam insait long het bilong yumi, noken larim ikam insait.

Sapos wanpela gutpela tingting iken wokim hamamas long yumi o narapela ilaik kam insait long het bilong yumi, pulim ikam na strongim.

Wankain, yu mas luksave gut taim yu toktok o wokim samting, o laik toktok o wokim samting. Sapos em inap bakarapim yu o narapela, noken

go het wantaim toktok o wokim. Sapos emi ken halibim yu na narapela, go het.

Sapos yu bin gat sampela tingting nogut, o bin wokim sampela toktok o pasin nogut, yu mas luksave gut long ol dispela na wokim promis long yu yet bai yu noken wokim dispela kain moa. Nogut yu wokim planti heve ikamap bihain!

Olsem - tingtim

Buddha bin givim toktok long pikinini bilong em, Rahula, olsem:

'Rahula, wonem yus bilong wanpela glas o mirror?'
'Bilong lukluk na kisim save long em, Bikman.'
'Olsem, Rahula, ***sapos yu lukluk save, bai yu ken wokim samting; sapos yu lukluk save bai yu ken givim toktok, sapos yu lukluk save yu ken larim tingting iron. Noken wokim samting nating.'***

'Sapos yu laik wokim wanpela samting wantaim bodi bilong yu, Rahula, yu mas tingting pastaim olsem: "Dispela samting mi laik wokim wantaim dispela bodi, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos em inap, dispela samting yu laik wokim ino smat, na em bai ikamapim pen na hevi.

'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela samting mi laik wokim wantaim dispela bodi bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela samting yu no ken wokim tru.

'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela samting mi laik wokim wantaim dispela bodi bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Dispela samting yu ken wokim.

'Taim yu wokim wanpela samting wantaim bodi bilong yu, Rahula, yu mas tingting olsem: "Dispela samting mi wokim nau wantaim dispela bodi, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos em inap, dispela samting yu wokim ino smat, na em bai ikamapim pen na hevi.

'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela samting mi wokim nau wantaim

dispela bodi bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela samting yu no ken wokim moa.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela samting mi wokim nau wantaim dispela bodi bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Dispela samting yu ken wokim yet na gen bihain.

'Sapos yu wokim wanpela samting pinis wantaim bodi bilong yu, Rahula, yu mas tingting olsem: "Dispela samting mi wokim pinis wantaim dispela bodi, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos em inap, dispela samting yu wokim pinis ino smat, em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela samting mi wokim pinis wantaim dispela bodi bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela samting yu mas tokaut long em long tisa bilong gutpela rot, o long ol man igat gutpela save. Na sapos yu tokaut gut pinis yu no ken wokim gen.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela samting mi wokim pinis

wantaim dispela bodi bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Sapos olsem bai yu ken stap hamamas na skulim yu yet long gutpela rot long wokim ol gutpela samting.

'Sapos yu laik wokim toktok, Rahula, yu mas tingting pastaim olsem: "Dispela toktok mi laik wokim, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos em inap, dispela toktok yu laik wokim ino smat, na em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela toktok mi laik wokim bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela toktok yu no ken wokim tru.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela toktok mi laik wokim bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Dispela toktok yu ken wokim.

'Taim yu wokim wanpela toktok, Rahula, yu mas tingting olsem: "Dispela toktok mi wokim nau, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi

o narapela?" Sapos em inap, dispela toktok yu wokim ino smat, na em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu luksave na dispela tingting ikamap: "Dispela toktok mi wokim nau bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela toktok yu no ken wokim moa.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela toktok mi wokim nau bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Dispela toktok yu ken wokim yet na gen bihain.

'Sapos yu wokim wanpela toktok pinis, Rahula, yu mas tingting olsem: "Dispela toktok mi wokim pinis, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos olsem, dispela toktok yu wokim pinis ino smat, em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela toktok mi wokim pinis bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela toktok yu mas tokaut long em long tisa bilong gutpela rot, o long ol man igat gutpela save. Na sapos yu tokaut gut pinis yu no ken wokim gen.

'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela toktok mi wokim pinis bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Sapos olsem bai yu ken stap hamamas na skulim yu yet long gutpela rot long wokim ol gutpela samting.

'Sapos yu laik kirapim wanpela tingting, Rahula, yu mas tingting pastaim olsem: "Dispela tingting mi laik kirapim, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos em inap dispela tingting yu laik kirapim ino smat, na em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela tingting mi laik kirapim bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela tingting yu no ken kirapim tru.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela tingting mi laik kirapim bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Dispela tingting yu ken wokim.

'Taim yu gat wanpela tingting, Rahula, yu mas tingting olsem: "Dispela tingting mi wokim nau, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos em inap dispela tingting yu wokim ino smat, na em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu lukluk save na dispela tingting ikamap: "Dispela tingting mi wokim nau bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na em bai iwokim pen na hevi". Dispela tingting yu no ken wokim moa.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela tingting mi wokim nau bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Dispela tingting yu ken wokim yet na gen bihain.

'Sapos yu wokim wanpela tingting pinis, Rahula, yu mas tingting olsem: "Dispela tingting mi wokim pinis, em inap bakarapim mi, o bakarapim narapela, o bakarapim mi o narapela?" Sapos olsem, dispela tingting yu wokim pinis ino smat, em bai ikamapim pen na hevi.
'Sapos, Rahula, taim yu luksave na dispela tingting ikamap: "Dispela tingting mi wokim pinis bai ibakarapim mi, o bai ibakarapim narapela, o bai ibakarapim mi wantaim narapela, olsem ino smat na

em bai iwokim pen na hevi". Dispela tingting yu mas nogat laik long em tru na yu mas heitim olgeta na yu no ken wokim gen.
'Tasol, Rahula, sapos taim yu lukluk save na dispela tingting ikamap: "Dispela tingting mi wokim pinis bai ino inap long bakarapim mi, o wanpela narapela, o bai ino inap long bakarapim mi wantaim narapela, olsem ismat na em bai iwokim hamamas". Sapos olsem bai yu ken stap hamamas na skulim yu yet long gutpela rot long wokim ol gutpela samting.

Olsem, Rahula, husait long bipobipo tru ibin kamap klin na gutpela tru long bodi, toktok na tingting, ol ibin bihainim dispela rot long lukluk save o was long tingting olgeta taim. Na tu, Rahula, husait long bihain taim tru laik wokim bodi, toktok na tingting bilong ol ikamap klin na gutpela tru, bai ol ibihainim dispela rot tasol long lukluk save o was long tingting olgeta taim. Na tu, Rahula, long dispela taim, husait ilaik bai bodi, toktok na tingting bilong ol ikamap klin na gutpela tru, bai ibihainim dispela rot tasol, long lukluk save na was long tingting olgeta taim.

Olsem, Rahula, yupela mas skulim yupela yet olsem: "Long rot bilong was long tingting bai mipela wokim ol samting mipela wokim wantaim bodi iklin na gutpela tru, long rot bilong was long tingting bai mipela wokim ol toktok iklin na gutpela tru, long rot

bilong was long tingting bai mipela wokim ol tingting iklin na gutpela tru".

Buddha bin wokim sampela piksa bilong halivim klirim tingting bilong yumi.

Wanpela piksa emi ***san*** antap long skai, wantaim pawa bilong em long givim lait na rausim kol. Emi piksa bilong Nirvana na yumi ken kamap olsem san long givim halivim long ol narapela olgeta taim.

Narapela piksa em long wanpela ***wara iron*** long maunten ikam daun, dispela emi piksa long rot o prektis yumi mas bihainim na groim. Wanpela husat istat long bihainim dispela wara o rot emi wanpela husat istat long ron na groim laip bilong em iron moa strong na kamap gutpela moa

wantaim strongpela prektis. Ol narapela husat ibihainim ol dispela prektis bai iken givim halivim long em, tasol em yet imas stap strong, em yet.

Laip bilong yumi wanwan istap long han bilong yumi yet. Ol kainkain paul tingting bai ikam insait long het bilong yumi yet taim yumi prektis, tasol yumi mas prektis long lusim ol, na ***kamap olsem wanpela strongpela lait long halivim ol narapela, wankain san antap, na ron long gutpela pasin long laip bilong yumi olsem wanpela wara iron strong***.

Olsem – tingim

Paipela samting long halibim stetpela tingting

Stretpela tingting, sapos paipela samting ihalibim, inap wokim olgeta-tingting ikamap pri, na wokim klia save tru ikamap. Dispela paipela samting olsem:

Stretpela tinging save kisim halibim long gutpela pasin, gutpela na planti skul, toktok wantaim ol narapela long ol lalnim long skul, stap isi, na klia save Klinim olgeta tingting

Wanpela husait ilaik skul long wokim olgeta-tingting ikamap gutpela moa mas tingim tripela samting: Emi mas tingting long ***strongim tingting ikamap sap na klia, em mas tingting long trai hat, na em mas tingting long stap isi na no bihainim laik na no laik, na gat wankain tingting long olgeta.***

Sapos wanpela husait ilaik wokim olgeta-tingting ikamap gutpela moa, na emi tingting long wokim olgeta-tingting ikamap strong na sap na klia tasol, igat sanis bai em istat long les long trai hat. Sapos emi tingting long trai hat tasol, igat sanis bai tingting bilong em ino inap long sindaun isi. Sapos em itingting long stap isi na no bihainim laik na no laik na gat wankain tingting long olgeta tasol, igat sanis bai emi no inap strongim tingting bilong em gut long rausim ol karangi tingting.

Tasol sapos emi save tingim dispela tripela wantaim, bai em inap wokim olgeta-tingting bilong emi kamap klia na strong na sap bilong pinisim olgeta ol karangi tingting.

Sapos wanpela man bilong wokim goul ikirapim paia insait long wanpela aven, o stov, bilong wokim goul, na putim wanpela hap goul igo insait long em, na emi save

winim paia liklik long wokim paia ikamap strong, na tu emi save putim liklik hap wara sapos igo hat tumas, olsem emi save was gut long hat bilong dispela hap goul. Sapos emi winim tumas, nogut goul ikamap hat tumas. Sapos em iputim planti wara tumas, nogut goul ikamap kol tumas. Sapos emi stap nating na lukluk tasol long goul, bai goul ino inap long kamap smat tumas. Olsem, sapos emi wokim ol dispela kain stret, bai goul iken kamap smat na brait, na em inap wokim ikamap wanpela smatpela samting bihain, olsem wonem kain bilas emi laik wokim.

Wankain, wanpela husait ilaik wokim olgeta-tingting ikamap gutpela moa imas tingim dispela tripela samting: wokim tingting ikamap strong, sap, na klia, trai hat, na stap isi na noken larim tingting ibihainim laik na no laik, na gat wankain tingting long olgeta. Sapos em lukluk gut long tripela, sampela taim long wanpela na sampela taim long narapela, bai em inap wokim olgeta-tingting bilong emi kamap klia na strong na sap bilong pinisim olgeta ol karangi tingting.
Long wonem kain sindaun bilong tingting istap, olgeta-tingting inap luksave long em, na emi save putim tingting bilong em, na emi save winim dispela long rot long em yet ilukluk save, taim has bilong kirapim ol dispela istap.

Paipela pawa bilong halibim

Igat paipela pawa bilong halibim: bilip long samting itru, wok strong, was gut long tingting, wokim tingting istrong na klia na sap, na klia save.

***Bilip long samting itru** olsem: wanpela bilip olsem Tathagata iwinim klia save tru, olsem emi wanpela Arahant - olsem 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** olsem: wanpela isave stap na wok strong long rausim ol karanki na paol tingting ino stret, na strongim ol dispela istret, na trai hat olgeta taim na no inap long lusim pasin bilong trai hat long kamap stret na gutpela olgeta.*

***Was gut long tingting** 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 istrong na klia na sap** olsem: wanpela ino save holim pas samting bilong tingting, na save strongim tingting, na wokim tinging ikamap sap na klia na istap wantaim.*

*Na **Klia Save** olsem: wanpela save luksave klia na gut long kirap na go daun bilong olgeta samting, na winim rot long pinisim ol heve.*

Trai hat moa

Tupela samting, mi bin save gut long ol: noken

hamamas tasol 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 istap; larim mit na blut bilong bodi bilong mi idrai; 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 isave pasim man.

Sapos yupela tu trai hat olgeta taim na gat tingting olsem: "Larim skin, rop na ol bun tasol istap; 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 ino longtaim bai yu yet iwinim 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 sumatin, mas skulim yupela yet:
"Bai mi trai hat olgeta taim na gat dispela tingting:

"Larim skin, rop na ol bun tasol istap; larim mit na blut bilong bodi bilong mi idrai; na mi no inap slek, na bai mi winim wonem samting wanpela man tru inap winim long strong, trai hat, na wok strong".

Husat istap stong

'Noken larim tingting iron igo bek long ol samting bilong bipo,
O wari long samting igat sanis long kamap bihain.
Ol samting bilong bipo igo pinis
Na yumi no kamap yet long samting bihain.
Tasol stap na lukluk gut long ol samting bilong nau,
Wantaim klia lukluk save, taim ikamap.
Stap strong na isi, na noken meknais, guria o sikirap.
Sapos yu stap olsem bai klia save igrou ikamap.
Tede yu mas trai hat,
Nogut tomoro dai ikamap - husat iken save?
Yumi no inap stretim toktok wantaim dai
Long wonem taim bai yumi dai.
Tasol husait isave trai hat olsem
Long san na long nait, na no save les,
Em, Mi save kolim,
Wanpela husait inap stap strong, em yet.

7. Groim klia luksave long tingting

Yumi mas was gut na luksave long ron long tingting bilong yumi olgeta taim, nogut sampela karangi tingting ikam insait na bakarapim yumi. Mediteisen, o rot bilong luksave klia long ol ron bilong tingting, save halivim yumi long wokim dispela.

Yumi mas prektis na traim planti taim long sindaun isi na lukluk gut long ron bilong tingting na larim tingting islou, na lukluk klia insait long tingting bilong yumi. Yumi mas prektis long stap isi tru na larim tingting igrou strong tru na go insait olgeta na lukluk klia long olgeta-tingting, o mind, bilong yumi.

Sapos yumi ken sloim ol ron bilong ol kainkain tingting, bai yumi ken stat long lukluk klia long wanwan bikpela tingting. Iwankain sapos yumi wokabaut lo bus long wanpela liklik rot, ol lip ipulap long em. Planti ol kainkin lip istap long dispela rot yumi wokabaut long em, na yumi no save lukim wanpela yet klia. Tasol sapos wanpela pastaim bin brumim dispela rot na wanpela lip ipoldaun bihain long emi brumim, bai yu lukim dispela lip klia, sapos nau yu wokabaut. Wankain sapos yumi sloim ol tingting, yumi ken lukluk klia long wanpela, taim ikamap.

Emi isi tru long larim wanpela paol tingting ikam insait long het na raun raun insait na grou 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 istap insait long het bilong yumi. Sapos bilong wokim gutpela samting, orait go het long em, sapos bilong wokim nogut, pinisim em.

Long halibim yuimi long dispela, yumi mas prektis long meditesen long groim gutpela tingting. Yumi mas sindaun isi taim tingting islou na strong na lukluk klia long ron bilong olgeta samting. Sapos yumi lukluk long ron bilong win bilong yumi, dispela ken halivim tingting islo, na win iken kamap olsem wanpela anka bilong pulim yumi long kambek na luksave gut long ol ron bilong tingting. Nogut yumi westim taim long driman tasol na bihainim wanpela tingting nating, na larim igro bikpela moa, na ol ron bilong tingting bilong yu ibihainim .

Yumi mas prektis long larim ol tingting bilong yumi long stap long nau, long dispela taim, na noken larim iraunraun long ol kainkain driman bilong ol samting bilong bipo o long ol samting igat sanis long kamap bihain. Nau tasol istap tru, ol tingting bilong ol samting bipo, na samting igat sanis long kamap bihain, emi driman tasol! Taim tingting istap long nau tasol, stap isi, na luksave long ron bilong ol samting, na noken larim tingting ibihainim wanpela samting. Larim tingting ikamap klia tru na lait, na stap isi na luksave gut tasol.

Yu ken prektis long luksave long ol girap bilong ol pilim, na wonem kain skelim, o bilip, na tingting bilong bipo, isave bihainim, na wonem kain tingting na sindaun bilong tingting igirap.

Yumi mas prektisim mediteisen long *was long popela has bilong was long tingting* – bodi, pilim,

sindaun bilong tingting, na ol ron na grou bilong tingting. Yumi mas lusave klia long senis bilong olgeta samting olgeta taim, na luksave olsem inogat wanpela samting ino save senis insait long olgeta samting. Inogat wanpela samting yumi ken traim holim bai ino inap senis.

Yumi mas luksave klia long wonem kain tingting na wonem kain pasin isave bakarapim yumi, na abrisim, na no noken larim igro inait long het bilong yumi.

Yumi mas luksave klia long ol bilip yumi save bihainim, nogut sampela pasim ai bilong yumi long luksave klia long sampela samting. Namba wan bilip long pasim ai bilong yumi, em bilip long yumi yet istap longwe long ol narapela, na no save senis. Dispela kain bilip save wokim yumi ting yumi yet irait na narapela rong, na dispela save wokim

planti kros na heve ikamap. Dispela bilip save wokim yumi praud na ting yumi moa beta long ol narapela, na wokim yumi gridi na laik kisim ol samting ikam long yumi tasol. Tasol dispela bilip ino tru na save wokim planti heve moa ikamap.

Yumi mas sensim ol paul tingting na bilip wantaim ol gutpela bilong halivim yumi na narapela long lusim ol heve na winim hamamas. Olsem yumi mas groim ol gutpela tingting olsem: Lav, Marimari, Hamamas wantaim ol narapela, Piis, na Stap Isi, na kamap Strong wantaim ol dispela kain gutpela tingting.

Yumi ken groim klia save long yumi olsem wonem taim yumi luksave long ron bilong bodi, pilim, ol tingting bilong skelim, na bilong bipo, na bilip, na ol ron na sindaun bilong tingting na ol konsious – isave girap bihainim ol samting yumi lukim, harim,

smelim, testim, tatsim, drimanim na tingim. Yumi mas luksave klia long girap bilong ol ikamap bihainim wonem, senis bilong ol, na pinis bilong ol. Olsem oli no stap longwe long ol narapela samting.

Olsem tingim:

Wokim tingting ikamap sap na klia

Na dispela wok long ***s*trongim tingting long kamapim klia save na lukluk klia long sindaun na ron bilong ol samting** *olsem: Wanpela save was long lait bilong klia luksave taim emi stap isi, emi stat long kisim save long lait taim san istap antap: olsem long san, wankain long nait, olsem long nait, wankain long san.* ***Olsem taim tingting iklin na klia, emi wokim olgeta-tingting ikamap lait olgeta.***

Dispela emi wok long strongim tingting long kamapim klia save na lukluk klia long sindaun na ron bilong ol samting.

*Na dispela **isave kamapim gut was long tingting na klia save** olsem: Wanpela iklia long ol **pilim** taim ol ikamap, taim ol istap, na taim ol ipinis, emi klia long ol **tingting bilong bipo, tingting long skelim na bilip**, taim ol ikamap, taim ol istap na taim ol ilaik pinis; emi klia long **ol ron na grou na sindaun bilong tingting** taim ol ikamap, taim ol istap na taim ol ilaik pinis.*
Dispela emi wok long strongim na wokim tingting ikamap sap na klia na kamapim gut was long tingting na klia save.

Na dispela wok long **strongim na wokim tingting ikamap sap na klia long pinisim ol nogut na karanki tingting** *olsem: Wanpela save stap na **luksave long kamap na go daun bilong bodi na olgeta-tingting** olsem: 'bodi olsem, isave kamap olsem, na pinis olsem; pilim olsem, emi save kamap olsem na pinis olsem; ol bilip, tingting bilong bipo, na skelim, olsem, ol isave kamap olsem na pinis olsem; ron na grou na sindaun bilong tingting olsem, oli save kamap olsem na pinis olsem; ol konses olsem **ol isave kamap olsem na pinis olsem**.*
Dispela em iwok long strongim na wokim tingting ikamap sap na klia long pinisim ol nogut na karanki tingting.

Paipela samting isave paolim tingting

*Sapos **sigarap na laik** istap, save 'Igat sigarap na laik istap long mi'. Sapos sigarap na laik ino stap, save 'Inogat sigarap na laik istap long mi.' Kisim save olsem wonem dispela sigarap na laik isave kirap, na sapos ikirap, save bai yu ken lusim olsem wonem, na save olsem wonem bihain dispela laik na sigarap ino inap long kirap ken.*

*Sapos **koros na bel hat** istap, save 'Igat koros na bel hat istap long mi'. Sapos koros na bel hat ino stap, save 'Inogat koros na bel hat istap long mi'. Kisim save olsem wonem dispela koros na bel hat isave kirap, na sapos ikirap, save bai yu ken lusim olsem wonem, na save olsem wonem bihain dispela koros na bel hat ino inap long kirap ken.*

*Sapos **les na ai laik slip** istap, save 'Igat les na ai laik slip istap long mi'. Sapos les na ai laik slip ino stap, save 'Inogat les na ai laik slip istap long mi'. Kisim save olsem wonem dispela les na ai laik slip isave kirap, na sapos ikirap, save bai yu ken lusim olsem wonem, na save olsem wonem bihain dispela les na ai laik slip ino inap long kirap ken.*

*Sapos **wari na tingting planti** istap, save 'Igat wari na tingting planti istap long mi'. Sapos wari na tingting planti ino stap, save 'Inogat wari na tingting planti*

istap long mi'. Kisim save olsem wonem dispela wari na tingting planti isave kirap, na sapos ikirap, save bai yu ken lusim olsem wonem, na save olsem wonem bihain dispela wari na tingting planti ino inap long kirap ken.

Sapos ***tingting ino klia na ino sua*** *istap, save 'Igat tingting ino klia na ino sua istap long mi'. Sapos tingting ino klia na ino sua ino stap, save 'Inogat tingting ino klia na ino sua istap long mi'. Kisim save olsem wonem dispela tingting ino klia na ino sua isave kirap, na sapos ikirap, save bai yu ken lusim olsem wonem, na save olsem wonem bihain dispela tingting ino klia na ino sua ino 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 olsem wonem dispela ron na ol samting bilong tingting isave kamap, o was long olsem wonem dispela ron na ol samting bilong tingting isave pinis, o stap na was long olsem wonem dispela ron na ol samting bilong tingting isave kamap na pinis. O stap wantaim tingting: 'dispela ron na ol samting bilong tingting istap olsem tasol', inap tasol long kisim save na was, na lusim laik long holim dispela samting isave senis olgeta taim, na lusim laik long holim pas olgeta samting insait long wel.

Skul istap klia

Wanpela taim wanpela man bilong lotu, Moliya Sivaka, ibin toktok long Klia Save Man olsem:

'Ol itok, Bikman, Dharma istap klia long lukim tru. Na olsem wonem, Bikman, Dharma istap 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 istap long yu bai yu save gridi istap o nogat? Na taim gridi ino stap bai yu save gridi ino stap o nogat?'

'Bai mi save Bik Man.'

'Sapos yu save olsem gridi istap taim emi stap na emi no stap taim emi no stap, emi rot long lukim Dharma istap klia.'

'Sapos, Sivaka, taim koros o no klia tingting istap long yu bai yu save koros o no klia tingting istap o nogat? Na taim koros na no klia tingting ino stap bai yu save koros o no klia tingting ino stap o nogat?'

'Bai mi save Bik Man.'

'Sapos yu save olsem koros o no klia tingting istap taim em istap, na em ino stap taim em ino stap, em irot long lukim Dharma istap klia.

Long dispela rot Dharma istap klia, nau, gutpela, na ol klia save man inap lukim klia tru.'

Popela has bilong was long tingting

Bihain long dispela taim Klia Save Man ibin winim klia save tru, emi bin stap long sait bilong wara Nerarjara, aninit long banyan diwai, na dispela tingting ibin kamap long em:

Dispela em irot 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 inogat 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 ikamap, taim em istap, na taim em ipinis. Wanpela mas save taim wanpela kain sindaun bilong tingting ikamap, istap, na ipinis. Wanpela mas save taim wanpela ron o samting bilong tingting ikamap, istap na ipinis.

Sapos wanpela ibihainim dispela rot na lusim ol laik long holim ol samting ikamap, em bai iluksave klia na winim pri.

Olsem prektis long was long bodi insait long bodi long yu yet, o long narapela, o long yu yet na long narapela. Was long olsem wonem dispela bodi isave

kamap, o was long olsem wonem dispela bodi isave pinis, o stap na was long olsem wonem dispela bodi isave kamap na pinis. O stap wantaim tingting: 'dispela bodi istap* olsem tasol*', inap tasol long kisim save na was, na lusim laik long traim holim dispela samting isave senis olgeta taim, na lusim laik long traim holim pas olgeta samting insait long wel.

Wokim wankain prektis taim yu luksave long ol ron bilong ol pilim insait long ol pilim, o long ol tingting insait long ol tingting, long yu yet, o long narapela, o long yu yet na long narapela. Was long olsem wonem oli isave kamap, o was long olsem wonem oli isave pinis, o stap na was long olsem wonem oli isave kamap na pinis. O stap wantaim tingting: 'ol pilim na tingting istap* olsem tasol*', inap tasol long kisim save na was, na lusim laik long traim holim dispela samting isave senis olgeta taim, na lusim laik long traim holim pas olgeta samting insait long wel.

Kisim klia save long samting olsem wonem istap tru

'Ol sumatin, sapos wanpela ino klia long kamap na go daun bilong olgeta samting, hamamas, heve na pri,

long sikispela has bilong kontek, emi no stap insait long gutpela holi laip, emi stap longwei long Dharma na skul long stap gut na kamap gutpela.'
Taim emi bin tok olsem wanpela sumatin ibin 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.'
‘Taim yu save lukluk wantain ai bilong yu, tingting bilong yu olsem: "em bilong mi', "mi em dispela", "dispela emi mi yet, longwei long ol narapela samting"?'
'Nogat, Bik Man.'
'Em igutpela. Sapos yu lukluk long ai olsem: "emi no bilong mi", "mi no dispela", "dispela emi no mi yet", bai yu kisim klia save long em, olsem wonem emi stap tru, wantaim klia save tru. Dispela ipinisim ol heve.
‘Na taim yu save harim, smelim, testim, tatsim na driman wantaim iau, nus, tang, bodi na olgeta-tingting, yu save ting olsem: "em bilong mi”, "mi em dispela", "dispela emi mi yet longwe long ol narapela samting"?'
'Nogat, Bik Man.'
'Emi gutpela. Sapos yu lukluk long wanwan olsem: "emi no bilong mi', "mi no dispela", "dispela emi no mi yet", bai yu kisim klia save long em, olsem wonem emi stap tru, wantaim klia save tru. Dispela ipinisim ol heve.

Rot long winim klia save tru

Ol sumatin, taim laik na pasin bilong traim holim bodi, pilim, tingting bilong bipo na skelim na bilip, na ron na grou na sindaun bilong tingting na konses istap, dispela koraptim olgeta-tingting.

Tasol, taim wanpela lusim dispela korapt olgeta-tingting, em bai ilaik lusim ol dispela paipela. Na wanpela olgeta-tingting igat laik long lusim olsem, ireti long luksave long ol dispela samting inap halibim em long winim klia save tru.

Kisim save long pasin bilong holim strong

Bai mi skulim yupela bai yupela ken kisim klia save long pasin bilong traim holim strong ol samting taim oli wok long senis olgeta taim.

Konses bilong lukluk save kamap sapos ai na samting bilong lukim istap. Kontek, em itaim dispela tripela istap wantaim. Pilim save kamap bihainim kontek (na pilim ken girapim strongpela laik, o no laik, o sikarap, na kamapim ol heve). Olsem, wanpela husat iskul gut long gutpela rot ilusim interes long ai, long ol samting bilong lukim, long konses ikamap bihain long lukim samting, long kontek na pilim. Taim em ilusim interes, em ilusim pasin bilong traim holim strong samting isave senis, bai ino inap senis, na taim em ilusim pasin

bilong holim em ikamap pri, na taim em ipri em isave pasin bilong holim strong ipinis.

Wankain, konses save kamap sapos iau na samting bilong harim, nus na samting bilong smelim, tang na samting bilong testim, bodi na samting bilong tatsim, tingting na samting bilong tingim na drimanim, istap. Kontek, em itaim wanpela tripela istap wantaim. Pilim save kamap bihainim kontek (na pilim ken girapim strongpela laik o no laik, o sikarap, na kamapim ol heve). Olsem, wanpela husat iskul gut long gutpela rot ilusim interes long iau, nus, tang, bodi na driman, long ol samting bilong harim, smelim, testim, tatsim, na tingim na drimanim, long konses ikamap bihain long ol dispela samting, long kontek na pilim. Taim em ilusim interes, em ilusim pasin bilong traim holim strong, bai ino inap senis, samting isave senis, na taim em ilusim pasin bilong holim em ikamap pri, na taim em ipri em isave pasin bilong holim strong ipinis.
Dispela, emi skul long kisim klia save long ol pasin bilong holim strong.

Wankain wonem kain tingting yumi bai lukluk long ol samting?

Wankain tingting ino pas long ol mak, o sikarap, na wantaim klia luksave long olsem tasol bilong ol samting.

Olsem:
Olgeta samting olsem wanpela driman,
Wankain trik o giaman, wanpela star taim san ilaik kam antap,
Lait bilong klaud ipairap, liklik hap wara long wanpela lip long morning,
Yumi mas wokim mediteisen long ol olsem,
Yumi mas tingim ol olsem.

Pinisim ai slip olsem wonem?

Wanpela taim Klia Save Man ibin lukim sumatin Moggallana ilaik slip taim emi wokim mediteisen, na emi askim em olsem:
'Moggallana, ai bilong yu ilaik slip?' 'Yesia, bikman.'
'Olsem, Moggallana, sapos ai bilong yu ilaik slip, yu no ken tingting olsem ai bilong yu ilaik slip, na sapos yu no tingim igat sanis bai tingting long ai ilaik slip bai ipinis.
Tasol sapos nogat, yu mas tingting long Dharma yu bin lainim na winim, na skelim gut. Sapos yu wokim dispela igat sanis bai tingting long ai slip iken pinis.
Tasol sapos nogat, yu mas pulim tupela iau bilong yu na rabim lek na han bilong yu. Sapos yu wokim dispela igat sanis bai tingting long ai slip iken pinis.
Tasol sapos nogat, yu mas kirap na wasim ai bilong yu na lukluk nambaut na antap long ol sta long skai. Sapos yu wokim dispela igat sanis bai tingting long ai slip iken pinis.

Tasol sapos nogat, wokim mediteisen long lait (bilong stap isi na luksave gut long ol ron bilong tingting, tasol noken holim wanpela), na long tulait, olsem: wankain long san, olsem long nait; na wankain long nait, olsem long san. Olsem yu mas hopim tingting bilong yu na wokim olgeta-tingting bilong yu ilait. Sapos yu wokim dispela igat sanis bai tingting long ai slip iken pinis.
Tasol sapos nogat, yu mas wokim 'walking mediteisen' (wokabaut isi-isi na wokim mediteisen), na putim tingting bilong yu igo insait na no ken tingim ol samting nambaut arasait. Sapos yu wokim dispela igat sanis bai tingting long ai slip iken pinis.
Tasol sapos nogat, yu ken slip igo daun long rait sait bilong yu, wanpela lek antap long narapela, na stap isi na was gut, na putim tingting long kirap gen. Na taim yu kirap yu mas kirap hariap na ting olsem: 'mi no ken stap hamamas long slip na malolo'.
Moggallana yu mas skulim yu yet olsem.

Na tu yu mas skulim yu olsem: Sapos mi go raun long ol pamili long kisim kaikai, mi noken praud. Long wonem sampela taim ol isave bisi wantaim wok na ol ino luksave olsem wanpela sumatin ikamap. Na sapos dispela sumatin isave praud, nogut emi ting oli gat koros o tingting nogut long em. Na taim emi no kisim kaikai emi wari, na tingting bilong em iron, na emi no kontrolim tingting bilong em gut, na tingting bilong emi no inap stap strong klia na sap.

Na tu, Mogallana, yu mas skulim yu olsem: 'Mi no inap long wokim kain toktok long sikirapim tingting bilong wanpela narapela.' Dispela kain toktok save kirapim tingting long ples graun, na dispela save wokim tingting bilong wanpela iron, na nogut emi no kontrolim tingting bilong em gut, na tingting bilong emi no inap stap strong klia na sap. Mi no save tok olsem olgeta poroman igutpela na olgeta inogut, nogat. Mi no save hamamas long ol sumatin long poromanim ol karanki man. Mi save hamamas long ol sumatin iporomanim ol kain ples inogat planti nois, longwei long ol ples ibisi, na igat gutpela win.'

Bihain long dispela ol toktok sumatin Moggallana ibin askim olsem: 'Bikman yu inap tokaut liklik olsem wonem wanpela sumatin inap winim pri sapos emi pinisim ol strongpela laik?'
'Em olsem, Moggallana, wanpela sumatin ilainim olsem inogat wanpela samting igutpela long traim holim, long wonem oli wok long senis olgeta taim. Sapos emi klia long dispela, emi save long olgeta samting. Sapos emi luksave klia long olgeta samting, emi gat klia save long olgeta samting. Na sapos emi gat klia save long olgeta samting, emi save sapos emi gat wanpela pilim - bilong hamamas, o bilong pen , o ino wokim hamamas o pen - emi inap stap isi na was long senis, na pinis bilong em, na emi nogat laik long

traim holim em, na emi lusim pasin bilong holim. Taim emi wokim dispela emi no save holim wanpela samting long ples graun. Taim emi no save holim pas samting, tingting bilong emi no ron na sikirap, na emi inap winim Nirvana. Na emi save olsem: 'Born ipinis, mi livim holi laip pinis, wonem bilong wokim mi wokim pinis, inogat moa bilong dispela wel.'
Em olsem, Moggallana, liklik toktok long olsem wonem bai wanpela inap winim pri sapos emi pinisim ol strongpela laik - wanpela husait ikamap long pinis tru, pri long stap pas, las holi laip, las win, na namba-wan long namel long ol god na man.'

Groim olgeta-tingting

Sapos wanpela ino save wokim mediteisen, tasol tingtng olsem: 'Mi laik bai olgeta-tingting bilong mi imas pri long ol deti long rot bilong noken holim pas samting!' Tasol olgeta-tingting ino inap kamap pri olsem, nogat! Long wonem, emi no ***groim olgeta-tingting*** *bilong em* ***wantaim popela has bilong was long tingting*** *- was long bodi, pilim, sindaun bilong tingting, na ron na samting bilong tingting, na* ***popela trai hat*** *- noken larim ol tingting nogut istap, tasol strongim ol gutpela tingting, sapos tingting nogut ilaik kam insait long tingting, pasim inoken kam; sapos gutpela tingting ilaik kam insait long tingting, strongim; na* ***popela has bilong win*** *- laik, strong na*

pawa, was gut, kisim save long samting iron olsem wonem; na ***paipela pawa*** *– bilip long skul, strong, was gut, wokim tingting istrong klia na sap, klia save; na* ***sevenpela samting long hopim tingting igo klia olgeta*** *- was gut long tingting, kisim save tingting iron olsem wonem, trai hat, hamamas, stap isi, strong na klia na sap tingting, no bihainim laik na no laik na gat wankain tingting long olgeta; na* ***Gutpela Eitpela Step*** *o Rot - stretpela save na tingting, strepela laik, stretpela toktok, stretpela wokim, stretpela winim sindaun, stretpela trai hat, stretpela was long tingting, stretpela wokim tingting istrong, klia na sap.*

Sapos wanpela kakaruk ikarim ten o twelpela kiau, tasol em ino sindaun antap long ol longpela taim, na ol ino kisim inap hat, na ol pikinini insait ino inap grou gut, inogat yus long mama kakaruk itingting olsem: 'Mi laik bai ol pikinini kakaruk inap burukim ol skin kiau wantaim han bilong ol na kamap gut'. Tasol ol pikinini kakaruk ino inap olsem. Long wonem, emi no sindaun longpela taim inap antap long ol kiau. Dispela iwankain wanpela husait ino trai hat long groim olgeta-tingting bilong em wantaim mediteisen.

Tasol sapos wanpela itrai hat long groim olgeta-tingting bilong em wantaim mediteisen, tasol emi no gat tingting olsem: 'Mi laik bai olgeta-tingting bilong mi imas pri long ol deti long rot bilong noken holim pas

samting!' Em bai imas winim pri yet. Long wonem em ***igroim gut olgeta-tingting bilong em wantaim was long popela has bilong tingting, popela trai hat, popela has bilong win, paipela pawa, sevenpela samting long hopim tingting igo klia olgeta na Gutpela Eitpela Step o Rot.***

Sapos wanpela kakaruk ikarim ten o twelpela kiau, na emi sindaun gut antap long ol longpela taim, na ol ikisim inap hat, na ol pikinini insait igrou gut, na mama kakaruk ino bin tingting olsem: 'Mi laik bai ol pikinini kakaruk inap burukim ol skin kiau wantaim han bilong ol na kamap gut'. Tasol bai ol imas kamap gutpela long wonem, em isindaun longpela taim inap antap long ol kiau. Dispela iwankain wanpela husait itrai hat long groim olgeta-tingting bilong em wantaim mediteisen.

Sapos akis bilong wanpela kapenta isoim mak long han bilong em, emi no inap save long haumas dispela mak long han bilong emi bin grou aste o hap aste o tede, tasol emi save olsem mak iwok long kamap moa. Iwankain sapos wanpela trai hat long mediteisen na groim tingting bilong em, emi no save haumas long ol deti emi rausim aste o hap aste o tede, tasol emi save ol iwok long pinis.

O sapos wanpela kanu, istap long san na wara inap long sikspela mun, ol ipulim ikam stap antap, bai ol rop

bilong emi ibin stap long ren na san ilus na isi long buruk na kamap nating. Iwankain ***sapos wanpela wok strong long mediteisen na groim tingting bilong em: bai ol deti ilus na buruk na kamap nating****.*

8. Prektis long sapim tingting istap long wanpela hap

Yumi mas save long, na prektis long, sapim tingting na wokim tingting iklia na strong, na stap long wanpela samting, na noken larim ol tingting iron igo ikam bihainim ol laik na no laik. Yumi mas prektis long sindaun isi na lukluk klia long ron bilong win insait long bodi bilong yumi, o luksave klia long wanpela hap dispela win itatsim insait long nus bilong yumi. Yumi mas trai hat long strongim tingting long dispela tasol na noken larim

tingting iron bihainim ol kainkain samting. Win iken kamap olsem anka bilong yumi taim ol kaikain tingting ilaik paulim yumi. Taim yumi prektis gut olsem, tingting bilong yumi save kamap sap na strong na no save ron nambaut moa.

Planti taim tingting bilong yumi no save stap long wonem samting yumi wokim. Yumi save driman planti tumas. Tasol, nau tasol emi stap nau, ol driman bilong bipo na bihain em ol driman tasol! Olsem yumi mas prektis long holim tingting long nau, na dispela prektis long strongim tingting long wanpela hap tasol save halivim dispela.

Sapos yu inap holim tingting bilong yu long wonem samting yu wokim, na yu no driman nambaut, bai yu ken wokim dispela samting gutpela moa.

Sapos yu prektis strong tru long holim tingting bilong yu long wanpela hap, na yu ken holim long dispela hap tasol na inogat wanpela tingting gen, olsem ibihainim wanpela driman o samting yu harim, ikam insait long het bilong yu long dispela taim, bai tingting bilong yu iken slo olgeta na bai yu pilim bikpela hamamas, oli kolim Jhana.

Ol Jhana istap taim yu wokim dispela prektis tasol, oli no stap taim yu no prektis.

Taim yu wokim namba seven step long dispela rot, na yu prektis long luksave long ol ron bilong tingting bilong yu, na rausim ol karanki tingting na groim ol klia save, na yu winim bikpela piis na hamamas, oli kolim Nirvana, dispela piis na hamamas iken stap longpela taim na sensim laip bilong yu.

Olsem yumi usim dispela namba eit prektis, o step, long halivim yumi long prektisim strong dispela namba seven prektis, o step, long dispela rot.

Ol Jhana – sindaun bilong tingting sapos tingting ikamap strong na sap tru

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

2. Slouim ol ron bilong tingting, na tingting istap isi na gut long namba tu jhana, husat inogat ron bilong tingting istap, na save kamap wantaim

strongpela sap tingting, na pulap wantaim hamamas tru, na tingting istap strong long wanpela mak tasol.

3. Slouim hamamas tru na stap isi, na tingting ino ron igo ikam 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 isave tok olsem - "em istap hamamas husat istap isi na tingting bilong em ino ron nambaut na em iwas gut long ol tingting" - na em iwinim namba tri jhana;

4. Lusim ol hamamas na pen, na sore, na hamamas igo pinis olgeta, na go insait long namba po jhana husat igo pas long hamamas na pen, na em iklia wantaim gutpela was bilong tingting ikamap bihainim tingting istap isi, na ino ron

nambaut long bihainim ol laik na no laik, na igat gutpela tingting long olgeta.

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

6. Winim dispela hap long spes igo olgeta, na tingting long konses igo olgeta, na go insait na sindaun long hap long konses igo olgeta;

7. Winim dispela hap long konses igo olgeta, na go insait na sindaun long hap bilong nogat samting;

8. Winim hap bilong inogat samting, na go insait na sindaun long hap igat tingting na inogat tingting

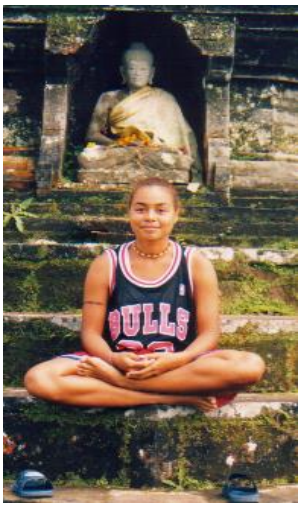
Olsem – tingim:

Gutpela hamamas long stap long jhana

Taim wanpela istap long hamamas isave kamap long strongim tingting long jhana, igat paipela samting isave kamap long em:

1) *Wonem kain pen bilong sigarap na laik ino inap stap*
2) *Wonem kain hamamas bilong sigarap na laik ino inap stap*
3) *Wonem kain pen na wari isave kamap wantaim ol paol tingting ino inap stap*
4) *Wonem kain hamamas isave kamap wantaim ol paol tingting ino inap stap*
5) *Wonem kain pen na wari isave kamap wantaim ol gutpela tingting ino inap stap.*

Taim wanpela isave go insait na stap long hamamas long jhana, bai dispela paipela samting ikam long em.



Mediteisen – em olsem wonem?

Sapos yumi ken sloim ol ron bilong ol kainkain tingting, bai yumi ken stat long lukluk klia long wanwan bikpela tingting istap long het bilong yumi. Iwankain sapos yumi wokabaut lo bus long wanpela liklik rot, ol lip ipulap long em. Planti ol kainkain lip istap long dispela rot yumi wokabaut long em, na yumi no save lukim wanpela lip yet klia, longwe long ol narapela. Tasol sapos wanpela man pastaim ibin brumim dispela rot na wanpela lip ipoldaun bihain long emi brumim, bai

yu lukim dispela lip klia sapos nau yu wokabaut. Wankain sapos yumi sloim ol tingting, yumi ken lukluk klia long wanpela taim ikamap. Meditiesen prektis ihalivim yu long sloim ron bilong ol kainkain tingting, na halivim yu long luklukl klia long wanwan.

Sindaun bilong yumi na bodi

Wonem ius long was na save long ol tingting? Igat bikpela ius truia. Tingting bilong yumi save wokim ikamap ol toktok na ol wokim na ol pasin bilong yumi wanwan. Sapos tingting bilong yu ino stret bai laip bilong yu ino inap long kamap stret. Sapos tingting bilong yu stret bai laip bilong yu iken ron stret. Wonem samting yu wokim tete save wokim sindaun bilong yu long bihain taim. Wonem samting yu bin wokim bipo ibin wokim sindaun bilong yu tete.

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

Planti sik long bel na ol narapela hap isave 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.

Igutpela 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 imas 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 imas stap stret.

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

Yu ken prektis tu long was gut long tingting taim yu wokabaut na tu taim yu slip. Sapos yu prektis gut bai yu ken lukluk save long ron bilong tingting olgeta taim.

Taim tingting istap sap yumi ken luksave gut long wonem kain tingting ikamap long dispela taim, nau, insait long het bilong yumi na lusim ol dispela iken bakarapim yumi.

Dispela yumi kolim ***Mediteisen Prektis***, o pasin bilong groim gut tingting na kamapim gutpela sindaun na bikpela hamamas. Yumi mas gat dispela kain strong na kontrol (pawa) long tingting long wokim olgeta wok gut na bihainim ol dispela eitpela step o rot na opim het bilong yumi long klia save.

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 ibin wokim bipo ipinis.

Olsem – tingim:

Wonem kain mediteisen long wokim -

Toktok bilong Buddha ibin givim igo long pikinini bilong em, 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 igat pen, o bagarpim narapela.

***'Wokim mediteisen long hamamas wantaim ol narapela taim ol ikisim 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 iron bihainim laik na no laik na lukluk gut long olgeta**. Sapos yu wokim mediteisen long stap isi na noken larim tingting iron ibihainim laik na no laik na lukluk gut long olgeta bai yu lusim ol tingting nogut na heitim narapela.*

***'Wokim mediteisen long lukluk olsem bodi ino klin**. Sapos yu wokim mediteisen long lukim bodi ino klin bai yu lusim sigarap na laik long ol bodi.*

***'Wokim mediteisen long ol samting isave senis na ino save stap wankain**. Sapos yu wokim mediteisen long ol samting isave senis na ino 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 igo ikam bai ihalibim yu tru long planti samting. Na olsem wonem pasin long was gut*

long win igo ikam inap long halibim yumi long planti samting?

'Emi olsem: sapos wanpela igo long bus, o stap long has bilong wanpela diwai, o igo long wanpela hap inogat man, na em isindaun gut, baksait istret na tupela skru ikruket, na emi was gut.

'Em iwas long win ikam insait, na em iwas gut long win igo arasait. Emi save taim emi pulim longpela win, "mi pulim longpela win". Taim emi rausim longpela win, emi save "mi rausim longpela win". Taim emi pulim sotpela win emi save "mi pulim sotpela win". Taim emi rausim sotpela win emi save "mi rausim sotpela win".

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

*"Taim mi **slouim win** igo ikam, bai mi pulim win", em iskulim em yet. "Taim mi slouim win igo ikam, bai mi rausim win", em isave skulim em yet.*

*"Taim mi **pilim hamamas**, bai mi pulim win", em iskulim em yet. "Taim mi pilim hamamas, bai mi rausim win", em isave skulim em yet.*

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

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

*"Taim **tingting iklia**, bai mi pulim win", emi skulim em yet. "Taim tingting iklia, bai mi rausim win", emi save skulim em yet.*

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

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

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

*"Taim mi **tingting long olgeta samting imas senis**, bai mi pulim win", emi skulim em yet. "Taim mi tingting*

long olgeta samting imas senis, bai mi rausim win", emi save skulim em yet.

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

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

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

Popela wok long strongim na wokim tingting ikamap sap na klia

Igat popela wok long strongim na wokim tingting ikamap sap na klia. Dispela popela olsem:
Igat dispela iwokim gutpela hamamas long dispela laip; dispela isave kamapim klia save na lukluk klia long sindaun na ron bilong ol samting; dispela isave

kamapim gut pasin bilong luksave long tingting na klia save; na dispela isave pinisim ol karanki na nogut tingting.

Na dispela isave wokim gutpela hamamas long dispela laip olsem:

Em sapos wanpela istap longwei long ol sigarap na ol karanki na paol tingting, na go insait long namba wan jhana, igat tingting na luksave long ron bilong tingting, wantaim bikpela hamamas ikamap bihainim stap longwei.

Taim ol tingting na luksave long ron bilong tingting islou, em igo insait long namba tu jhana, igat strong na bung bilong olgeta-tingting, na nogat tingting na luksave long ron bilong tingting, na gat bikpela hamamas ikamap bihainim strongim tingting.

Taim hamamas islou, tingting ino ron bihainim laik na no laik na emi gat wankain tingting long olgeta, na em iwas gut na klia, emi pilim hamamas long bodi na emi go insait long namba tri jhana, ol klia save man itok long em olsem: 'Wanpela emi no bihainim laik na no laik na gat wankain tingting long olgeta, na was gut long tingting na pilim hamamas'.

Taim emi lusim hamamas na pen, na bikpela hamamas na wari pastaim ibin pinis, emi go insait na stap long namba po jhana, inogat pen o hamamas, na was long tingting ikamap klin moa long rot long emi 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 *olsem: Wanpela save was long lait bilong klia luksave taim emi stap isi, emi stat long kisim save long lait taim san istap antap: olsem long san, wankain long nait, olsem long nait, wankain long san. Olsem taim tingting iklin na klia, emi wokim olgeta-tingting ikamap lait olgeta.*
Dispela emi wok long strongim tingting long kamapim klia save na lukluk klia long sindaun na ron bilong ol samting.

Na dispela isave kamapim gut pasin bilong luksave long tingting na klia save *olsem: Wanpela iklia long ol pilim taim ol ikamap, taim ol istap, na taim ol ipinis, emi klia long ol tingting bilong bipo, tingting long skelim na bilip, taim ol ikamap, taim ol istap na taim ol ilaik pinis (ibihainim ol dispela pilim); emi klia long ol ron na grou na sindaun bilong tingting taim ol ikamap, taim ol istap na taim ol ilaik pinis (ibihainim ol dispela pilim na skleim).*
Dispela emi wok long strongim na wokim tingting ikamap sap na klia na kamapim gut was long tingting na klia save.

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

Dispela em iwok long strongim na wokim tingting ikamap sap na klia long pinisim ol nogut na karanki tingting.

Em emi wok long strongim na wokim tingting ikamap sap na klia.

Bodhgaya tede – hap Buddha ibin trai hat na kisim klia save long em

Wok strong long halivim yu yet.

Laip istap long han bilong yumi wanwan. Olsem, wonem kain sindaun bai yumi gat, emi laik bilong yumi yet long wok hat long winim.

Yu no inap winim gutpela sindaun na hamamas sapos yu no wok had long bihainim dispela skul. Emi wanpela bikpela na importan wok long bihainim **gutpela pasin, prektisim mediteisen, na opim het long klia save**.

Emi no liklik wok, tasol bekim bilong emi moa, moa, yet!

Popela Tru na rot long winim hamamas

Laip bilong yumi isave ron spid na ino long taim bai iken pinis, tasol planti taim yumi no save luksave long dispela.

Sampela taim wanpela bikpela samting isave kamap long bakarapim sindaun bilong yumi na dispela isave kirapim tingting liklik. Sapos tingting bilong yumi iron 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 ikamap yumi no laikim, o yumi stap longwei long wanpela gutpela poroman, o yumi kisim liklik sik, o skin iles o pen, o wanpela pilim nogut ikamap. Long daunim tingting long ol dispela heve yumi save laik wokim sampela samting long

wokim hamamas ikamap ken na haitim dispela heve. Sapos heve ikamap bikpela, sampela man isave kisim sik wari, sampela isave kisim ol drag, o strongpela drink. Ol iting bai ol dispela kain drag iken rausim wari bilong ol, tasol ol dispela drag isave slouim tingting na haitim heve long hap taim tasol.

Na tu yumi save kisim ol bikpela heve tuia, olsem bikpela sik o bakarap, kamap lapun, na dai.

Yumi mas prektis long luksave klia olsem olgeta samting bai senis na pinis, ol heve na samting yumi laikim tu. Sapos wanpela heve ipaulim tingting bilong yumi, yumi mas tingim dispela – *olgeta samting bilong senis na pinis*.

Dispela tru olsem yumi save gat planti ol kainkain heve ol ikolim

Namba Wan Tru na Wok long yumi mas luksave klia long em.

Sapos yumi lukluk klia bai yumi ken save ol dispela wari o heve isave kamap olsem wonem. Planti isave kamap long wonem yumi ino save kisim samting long laik bilong yumi. Yumi save laik bai olgeta samting iron long laik bilong yumi tasol, tasol ol samting isave ron long laik bilong ol yet! Yumi no lukluk klia olsem ol samting isave senis, ol ino save stap wankain, nogat. Tasol planti taim yumi save laikim samting imas stap olgeta o wankain, o sapos yumi no laikim, bai imas pinis hariap,

Na tu yumi save tingim yumi tasol. Yumi no lukluk klia olsem yumi stap wantaim ol narapela samting. Yumi ino 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 igat laik long bihainim ol dispela tingting bilong yumi. Tasol ino olsem. Ol dispela kain tingting isave wokim koros, bel hat, wari, gridi na ol tingting

paol, na ol heve ikamap insait long tingting bilong yumi yet.

Yumi save bihainim ol kainkain tingting na bilip long apim neim bilong yumi na stretim planti samting ikam long yumi, tasol wonem kain neim na wonem kain ol samting bai yumi karim wantaim yumi taim yumi dai? Bai ol bekim long ol pasin yumi bin wokim bihainim yumi tasol!

Olsem, sapos yumi lukluk klia bai yumi inap save olsem has bilong ol dispela heve istap long strongpela laik bilong yumi long kisim, o no kisim, samting, na laik long samting, o yumi yet, imas stap o imas pinis. Dispela ol ikolim **Namba Tu Tru** na **Wok yumi mas luksave klia long em.**

Sapos yumi lusim dispela kain pasin long laikim ol samting na traim kisim ol samting, bai dispela iken 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

istap 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 emi lusim pasin bilong strongpela laik na holim pas ol samting, oli kolim *Nirvana*. Dispela oli kolim **Namba Tri Tru na Wok yumi mas luksave klia long em**.

Igat dispela rot long yumi inap bihainim long pinisim ol dispela heve na winim hamamas. Dispela oli kolim **Namba Po Tru** na **Wok yumi mas luksave klia long em. Dispela rot igat dispela eitpela step o hap bilong em** bai yumi ken bihainim sapos yumi laik winim tru hamamas.

Ol halivim

Sampela taim yumi nidim halivim long stap strong na bihainim gutpela pasin, prektisim mediteisen na groim klia save. Planti ol kainkain sikarap isave

kam insait long het bilong yumi na yumi bihainim na yumi lus tingting long prektis. Dispela save wokim planti heve ikamap, tasol yumi save interest long bihainin ol sikarap long winim ol kainkain liklik hamamas iken stap long liklik hap taim tasol! Ol kain sikarap ken wokim yumi les long wok strong long winim kain hamamas tru ino inap pinis. Olsem yumi mas lukaut gut long ol sikarap!

Igat tripela samting iken givim yu bikpela halivim long stap strong na wok strong:

1. **Yumi ken kisim halivim na strong long Buddha**
2. **Yumi ken kisim halivim na strong long Skul bilong em – Dharma**
3. **Yumi ken kisim halvim na strong long husat ibihainim gut skul bilong em – Sangha**

Yumi ken kisim **halivim long Buddha** long rot long bihainim pasin bilong em long trai hat tru long

kisim Klia Save long rot long bihainim eitpela step. Yumi ken tingim pasin emi soim na traim best long kamap wankain olsem em.

Yumi ken kisim **halivim long Skul bilong em** long wonem planti skul bilong em istap. Emi bin halvim planti man tru, na planti ol sumatin tingim na tokaut long ol skul bilong em, na bihain oli bin raitim long ol buk. Igat tripela basket long ol skul bilong em, oli kolim '*Tripitaka*'. Tede igat planti skul bilong em ol ibin tanim long tok English na planti buk istap. Igat **tenpela buk long Tok Pisin**, seven oli printim long Buddhist Education Foundation long Taiwan, na tripela long University long Papua New Guinea long Waigani. Na tu igat ol gutpela toktok na skul long **YouTube long internet**. Long Tok Pisin bai yu ken paindim long hap bilong 'Quentin Genshu' long YouTube.

Yumi ken kisim halivim long husat ibihainim gut skul bilong em taim yumi stap wantaim ol dispela lain. Buddha ibin tok olsem rot long bihainim Gutpela Rot em long stap na poroman wantaim ol narapela husat ibihainim gut skul bilong em. Taim yumi stap wantaim ol Sangha dispela save givim yumi moa strong long bihainim gut rot na pasin bilong Buddha.

Yumi save go long paindim halivim planti taim. Sampela man save go paindim halivim long daunim ol heve long dring na drag o paindim ol meri. Dispela kain pasin save pasim ai long bihainim gutpela pasin, na groim klia save, na prektisim mediteisn. Olsem, sapos yu bihainim dispela kain sikarap bai yu kisim bakarap tasol.

Olsem, igutpela long tingim dispela tripela halivim olgeta dei. Olsem olgeta morning wokim tingting olsem:

Mi save kisim halvim na strong long Buddha.

Mi save kisim halivim na strong long Skul bilong em.

Mi save kisim halivim na strong long ol husat isave bihainim gut skul bilong em.

Na bihain long dispela yu ken tingim ol promis long halivim yu long kamap strong long Gutpela Rot. Wanpela husat istrong long bihainim dispela Gutpela Rot na gat bikpela marimari long halivim ol narapela, oli kolim wanpela *Bodhisattva*.

Olsem – tingim:

Popela gutpela samting tru

Taim wanpela Tathagata ikamap, wanpela husat gat Klia Save Tru, popela gutpela samting tru save kirap. Dispela popela 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 traim holim pas ol samting isave senis olgeta taim, ol man interes long harim na trai long winim klia save long em. Dispela em inamba wan gutpela samting isave kamap taim wanpela Tathagata ikamap, wanpela husat igat 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 interes long harim na trai long winim klia save long em. Dispela emi namba tu gutpela samting isave kamap taim wanpela Tathagata ikamap, wanpela husat igat Klia Save Tru.

Ol man, olgeta taim, save hamamas long ol sigarap na painim samting bilong wokim ol isigarap. Tasol taim

wanpela Tathagata save skulim Dharma bilong piis na stap isi, ol man interes long harim na trai long winim klia save long em. Dispela emi namba tri gutpela samting isave kamap taim wanpela Tathagata ikamap, wanpela husat igat Klia Save Tru.

Ol man, planti taim, save stap wantaim tingting ino klia na ai bilong ol ipas long no klia tingting. Tasol taim wanpela Tathagata save skulim Dharma bilong pinisim ol tingting ino klia, ol man interes long harim na trai long winim klia save long em. Dispela emi namba po gutpela samting isave kamap taim wanpela Tathagata ikamap, wanpela husat igat Klia Save Tru.

Olsem taim wanpela Tathagata ikamap, wanpela igat Klia Save Tru, popela gutpela samting tru save kirap.

Bikpela lait long wel

Sapos san na mun ino kamap, bai ples itudak olgeta. Bai inogat san na nait, o kain taim, na mun na yia. Tasol taim san na mun ikamap, bai igat bipela lait ikamap. Bai ples ino inap long tudak olgeta taim. Bai igat san na nait, ol kain taim na mun na yia.

Wankain sapos wanpela Tathagata, wanpela Klia Save Man, wanpela Buddha, ino kamap long wel, bai inogat bikpela lait, na ol man istap long tudak olgeta. Inogat

tokaut o skul long gutpela rot, inogat skelim na kliarim long dispela Popela Tru na Wok long opim tingting.

Tasol sapos wanpela Tathagata, wanpela Klia Save Man, wanpela Buddha, ikamap long wel, bai igat bikpela lait, na ol man ino inap long stap long tudak olgeta. Igat tokaut na skul long gutpela rot, igat skelim na kliarim long ***dispela Popela Wok na Tru.***
Olsem: 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.

Halibim ol narapela

Long ol husat yu gat marimari, long ol husat yu ting ol isave givim gutpela toktok - sapos ol poroman, ol man yu mitim ol tasol, ol wantok, o ol pamili - igutpela long halibim ol, na soim ol, na strongim ol, long popela samting long bringim ol long gutpela rot.
Na dispela popela olsem:
Halibim ol long kisim save long Klia Save Man,
long skul bilong em - Dharma,
long ol lain ibihainim skul bilong em - Sangha,

na ol dispela kain gutpela pasin isave hamamasim ol gutpela man na save halibim ol long wokim tingting iken kamap klia, sap na strong.

Ronowe long ol poisin

Wanpela taim Klia Save Man ibin stap klostu long Savatthi na bin givim toktok long ol sumatin olsem:
Sapos ibin gat popela poisin sinek, inap long kilim man, istap long wanpela hap. Na wanpela man husait ino laik dai, na laik stap gut na hamamas, ikamap na ol man long dispela hap ibin stori long em olsem: "Dispela popela poisin sinek bai yu mas lukautim. Yu mas kirapim ol, wasim ol na givim ol kaikai na wokim ol islip. Tasol sapos yu wokim wanpela ikoros na em ikaikaim yu bai yu kisim traipela pen olsem yu laik dai". Na dispela man iporet na ronowei, tasol ol man isingaut olsem: "Igat paipela man bilong kilim man ibihainim yu, na ol ilaik kilim yu."
Na dispela man iporet olgeta nau, tasol ol man isingaut gen:"Igat wanpela man gen ikarim traipela naip na laik katim het bilong yu iraus". Na dispela man iron spid longwei long popela poisin sinek, paipela man bilong kilim man, na namba-siks long katim het bilong em iraus. Na emi lukim wanpela ples inogat man, na taim emi go insait long ol haus emi painim olsem olgeta gutpela samting ol man ikarim pinis. Na sampela man istori long em olsem: "Ol raskol ilaik kam nau na stilim

ol samting na bakarapim dispela ples, olsem yu mas lukaut long ol."
Turangu ipaol nau na ron gen na lukim wanpela bikpela wara, na hap sait long wara inogat samting bilong poretim istap long em, na wanpela inap stap hamamas long hap, tasol sait emi stap long em igat ol samting bilong bakarapim em istap. Tasol inogat wanpela biris o bot long halibim em long go kamap long hap sait. Na emi tingting planti, na bihain emi lukim ol hap diwai na han bilong diwai islip nambaut na em iwokim wanpela raf, olsem liklik bot, bilong karim emi go long hap sait.
Emi pul strong long dispela raf emi bin wokim, igo, igo, inap emi kamap long hap sait long gutpela hap. Na emi kirap lusim raf na sanap gut long graun long hap sait.

Olsem dispela emi wanpela tok piksa na emi olsem:
Popela poisin sinek emi popela bikpela elemen, wara, graun (kaikai-strong), pawa bilong san (hat-paia), na win, iwokim bodi bilong yumi. Paipela man bilong kilim man em paipela samting yumi save kolim yumi yet, olsem: bodi, pilim, tingting bilong bipo na skelim na bilip, ron na grou bilong tingting, na ol konses - bilong lukim, harim, smelim, testim, tatsim na driman.
Namba-siks man ilaik katim het bilong emi raus emi piksa bilong sikirap, strongpela laik na pasin bilong holim pas.
Dispela ples inogat man em dispela sikspela konses bilong - ai, iau, nus, tang, skin, na driman. Long

wonem, sapos wanpela man igat klia save na skelim ol dispela konses, em bai ino inap long painim wanpela samting istap wankain olgeta long ol, olsem ol inogat samting istap, na ol isave senis olgeta taim.
Na ol raskol ilaik kam na bakarapim ples, ol imakim ol dispela sikspela - ai, aiu, nus, tang, skin na olgeta-tingting (mind). Long wonem, samting nogut na gutpela bilong lukim save kamap long ai, samting nogut na gutpela bilong harim save kamap long iau, samting nogut na gutpela bilong smelim save kamap long nus, samting nogut na gutpela bilong testim save kamap long tang, samting nogut na gutpela bilong tatsim save kamap long skin long bodi, samting nogut na gutpela bilong drimanim save kamap long olgeta-tingting.
Na bikpela wara emi makim popela strongpela taid bilong strongpela laik, laik long kamap na stap, karangi na rong bilip, na no klia tingting.
Dispela sait bilong wara, ol samting nogut istap long em, em imakim kain laip long ples graun.
Hap sait we sidaun igutpela imakim Nirvana.
Dispela raf, o liklik bot emi wokim, imakim dispela Gutpela Eitpela Step o Rot - stretpela save, stretpela tingting na laik, stretpela toktok, stretpela wokim, strepela rot long winim sindaun, stretpela trai hat, stretpela was long tingting, stretpela wokim tingting ikamap strong, klia na sap.
Pul strong long raf imakim trai hat.

Na wanpela husait igo kamap na sanap gut long hap sait emi makim wanpela Klia Save Man.

Sumatin Punna

Wanpela taim sumatin Punna ibin kamap long Klia Save Man na bihain long soim respket long em, emi bin sindaun long sait bilong em na askim em olsem:
'Yu inap skulim mi liklik long Dharma, Bikman, bai mi inap go na stap longwei, mi yet, na trai hat na strong?'
'Igat, Punna, ol samting bilong lukim, ol samting bilong harim, ol samting bilong smelim, ol samting bilong testim, ol samting bilong tatsim, na ol samting bilong drimanim, ibilong wokim hamamas, bilong wokim wanpela ipilim gutpela, long kirapim laik long ol, na kirapim sikirap. Sapos wanpela ihamamas long ol, hamamas long lukim ol, na hop long ol, na holim pas ol, bai wanpela ipilim hamamas. ***Tasol dispela has bilong hamamas ihas bilong ol hevi tu, Punna.***
Tasol, sapos wanpela ino hamamas long ol, no hamamas long lukim ol, na no hop long ol, na no holim pas ol, dispela has bilong hamamas isave pinis, na tu has bilong ol hevi save pinis.
Em liklik skul bilong mi Panna, na bai yu go stap long wonem hap?'
'Bai mi go long Sunaparanta, Bikman'.
'Tasol ol man long hap bilong Sunaparanta ol iman nogut liklik, olsem ol bilong koros na pait na bakarapim

narapela. Sapos ol itok nogut long yu, bai yu wokim wonem?'
'Bikman, sapos ol itok nogut long mi bai tingting bilong mi iron olsem:"Ol dispela lain igutpela, long wonem o ino paitim mi". Bai mi gat dispela kain tingting Bikman.'
'Na sapos ol ipaitim yu?'
"Bai mi ting olsem: "Ol dispela lain igutpela, long wonem ol ino toromwei ol hap graun antap long mi".'
'Na sapos ol ithroimwe ol hap graun antap long yu?'
'Bai mi ting olsem: "Ol dispela lain igutpela, long wonem ol ino patim mi wantaim sampela hap diwai".'
'Na sapos ol paitim yu wantaim ol hap diwai?'
'Bai mi ting olsem:"Ol dispela lain igutpela, long wonem, ol ino katim mi wantaim ol naip".'
'Na sapos ol ikilim yu?'
'Bai mi ting olsem:"Igat sampela lain iskul long gutpela rot, tasol ol ino klia tumas, na ol isem nogut long, na no laikim tru, ol deti bilong bodi bilong ol, na ol ilaik painim wanpela naip long kilim ol yet, tasol mi bai idai long naip mi no bin painim o laikim". Bai mi ting olsem, Bikman.'
'Iluk olsem yu gat strong, na inap kontrolim yu yet, inap long go stap wantaim ol lain Sunaparanta, Punna. Olsem go na stap gut, Punna, na wokim wonem igutpela long tingting bilong yu.'
Taim Punna ilusim pinis Klia Save Man emi bin stretim ol samting bilong em, na karim boul na laplap na

wokabaut igo, igo, inap em ibin kamap long hap bilong Sunaparanta, na bin stap long dispela hap.

Na em ibin skulim ol, na samting olsem paiphandret ol man long ples ibin stat long bihainim gutpela rot. Na tu em ikisim pawa long tingim ol laip bilong em bipo, na born na dai bilong bilong ol kainkain man ibihainim pasin bilong ol, na em irausim ol deti long tingting, na em iwinim pri long born gen.

Bihain, taim em ibin dai sampela lain sumatin bin kam askim Klia Save Man bai Punna iborn gen long wonem hap. Na Buddha ibekim olsem:
'Punna ibin wanpela gutpela man husait ibin gat klia save. Em ibin prektis gut long bihainim skul bilong Dharma, na no bin kam askim mi long planti kainkain askim. Em iwinim pri long born gen.'

Yumi noken westim laip bilong yumi long ol kainkain liklik samting. Laip ino longpela na yumi no inap long save wonem taim bai yumi dai. Nogut yumi girap nogut na laip bilong yumi pinis!

Sapos yumi wok strong long halivim yumi yet, na family, na ol narapela, long bihainim dispela Eitpela Step bai yumi winim gutpela sinadun na hamamas, na bai famili na ples bilong yumi kamap wanpela hap bilong hamamas na piis.

Olsem – tingim:

Sotpela laip

Bipo, bipo tru, ibin gat wanpela bikman bilong lotu, neim bilong em Araka, husait ibin pinisim ol sikirap na laik. Em ibin gat planti sumatin ibihainim em. Skul bilong em ibin olsem:

Laip bilong yumi man isot na gat planti hevi na wari. Yumi mas klia gut long dispela. Yumi mas wokim gutpela pasin na bihainim gutpela laip, long wonem inogat wanpela husait iken hait long dai.

Wankain ol liklik hap wara antap long wanpela lip gras bai ipinis nating taim san ikam antap, laip bilong yumi isave pinis hariap, na insait long dispela liklik hap taim igat planti ol hevi na wari. Yumi mas klia long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.

Wankain taim bikpela ren ikam daun antap long wara, ol liklik raun babel save kamap long dispela wara na save pinis hariap, laip bilong yumi ol man iwankain ol dispela liklik babel. Yumi mas klia long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.

Wankain sapos wanpela laik wokim piksa antap long wara wantaim wanpela hap diwai, dispela piksa ino inap long stap longpela taim liklik, olsem laip bilong yumi man ino inap stap longpela taim. Yumi mas klia long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.

Wankain wanpela wara antap long maunten taim ikamdaun long sait bilong maunten save spid na karim ol kainkain samting wantaim, laip bilong yumi man save ron spid na karim ol kainkain hevi. Yumi mas klia long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.

Wankain ino hat wok long wanpela man long spetim hap kus long tang bilong em iraus, laip bilong yumi man iwankain dispela hap spet. Yumi mas klia long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.

Wankain sapos wanpela throimwe hap mit antap long paia ihat nogut tru, bai ipaia hariap na pinis hariap, laip bilong yumi man olsem. Yumi mas klia

long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.
Wankain olsem wanpela kau ol man ilaik bringim em long hap bilong kilim na katim, taim emi apim lek bilong em, emi kamap klostu moa long dai, laip bilong yumi iwankain. Igat planti ol hevi na wari. Yumi mas klia long dispela na wokim gutpela pasin na stap gut, long wonem inogat wanpela husait inap hait long dai.
Tasol long dispela taim bipo ol man isave stap laip 60,000 yia na long 500 yia ol isave marit. Long dispela taim bipo ol ibin gat sikspela kain hevi tasol: hat na kol, hangere, nek drai, pekpek na pispis. Tasol Araka bin givim dispela skul long ol, olsem laip long ol man ino inap stap longpela taim.
Tede yumi ken tok tru olsem laip isot, long wonem wanpela husait iwinim 100 yia iwinim longpela laip pinis. Sapos wanpela stap 100 yia, em bilong 36,000 dei tasol: 12,000 dei bilong kol, 12,000 dei bilong hat, 12,000 dei long ren. Na emi save kaikai 72,000 taim, 24,000 long taim bilong kol, 24,000 long taim bilong hat, na 24,000 long taim bilong ren -sampela taim long susu bilong mama taim em i liklik, na sampela taim tu inogat kaikai. Em olsem sapos wanpela stap 100 yia.

Wonem samting wanpela tisa bilong marimari iwokim long ol sumatin bilong em, mi wokim pinis bilong yupela ol sumatin. Igat ol has bilong diwai na bus haus istap nating. Wokim mediteisen, noken les,

nogut yu wari bihain. Dispela em iskul mi givim yupela.

Popela sindaun bilong tingting ihop olgeta

Ol strong bilong ol samting wanpela iwokim ino inap pinis inap bekim bilong ol ikamap long husait ibin wokim, long dispela laip o long narapela laip bihain.
Olsem taim ol bekim bilong ol samting wanpela iwokim ino kamap yet, bai inogat pinis bilong ol hevi na wari.
Tasol sapos wanpela husat ibihainim gutpela rot - na husat inogat liklik tingting long gridi, o jeles, o nogut, na tingting bilong emi klia na gat klia save, na save was gut - wokim mediteisen long lav igo long poret bilong em, long baksait na long sait-sait na antap na daunbilo, igo, igo, inap em ipulumapim hol wel wantaim lav, wanpela ino inap long skelim, na ino gat liklik tingting long koros o nogut istap insait, emi save olsem:
"Pastaim olgeta-tingting bilong mi isurik na ino kamap, tasol nau olgeta-tingting bilong mi ihop olgeta na igrou ikamap gutpela. Bai inogat liklik karma iken stap moa long em."

'Wonem tingting bilong yupela sapos wanpela yangpela, taim emi pikanani yet, isave wokim mediteisen bilong lav long wokim olgeta-tingting bilong

emi kamap pri, em bai inap long wokim samting nogut o nogat?'
'Nogat tru, Bikman'.
'Na sapos em ino wokim wanpela samting inogut, em inap long kisim ol hevi na wari, o nogat?'
'Nogat, Bikman. Bai wanpela olsem, husait ino save wokim wanpela samting nogut, kisim ol hevi olsem wonem?'
'Em olsem wanpela mas wokim olgeta-tingting iwinim pri long rot long wokim mediteisen bilong lav. Wanpela meri o man ino inap karim bodi bilong em wantaim em taim emi dai. Karma, o pawa bilong tingting, irop tasol, long konektim ol laip.

'Tasol wanpela husait ibihainim tru gutpela rot save olsem: "Ol pasin nogut mi bin wokim bipo, ol bekim bilong ol bai ikamap long dispela laip tasol, na ino inap bihainim mi long ol laip bihain.
'Long wonem, sapos wanpela groim mediteisen long lav olsem, bai emi kamap wanpela husait ino inap born gen long dispela wel, sapos emi kisim klia save inap long dispela skul.
Sapos wanpela husait ibihainim gutpela rot - na husat inogat liklik tingting long gridi, o jeles, o nogut, na tingting bilong emi klia na gat klia save na save was gut - wokim mediteisen long marimari……..mediteisen long hamamas wantaim hamamas bilong ol narapela……. mediteisen long no bihainim laik na no

laik na gat wankain tingting long olgeta……..igo long poret bilong em, long baksait na long sait-sait na antap na daunbilo, igo, igo, inap em ipulumapim hol wel wantaim marimari, hamamas, na wankain gutpela tingting long olgeta, wanpela ino inap long skelim, na ino gat liklik tingting long koros o nogut istap insait, emi save olsem:

"Pastaim olgeta-tingting bilong mi isurik na ino kamap, tasol nau olgeta-tingting bilong mi ihop olgeta na igrou ikamap gutpela. Bai inogat liklik karma iken stap moa long em.

'Wonem tingting bilong yupela sapos wanpela yangpela, taim emi pikanani yet, isave wokim ol mediteisen olsem long wokim olgeta-tingting bilong em ikamap pri, em bai inap long wokim samting nogut o nogat?'

'Nogat tru, Bikman'.

'Na sapos em ino wokim wanpela samting inogut, em inap long kisim ol hevi na wari, o nogat?'

'Nogat, Bikman. Bai wanpela olsem, husat ino save wokim wanpela samting nogut kisim ol hevi olsem wonem?'

'Em olsem wanpela mas wokim olgeta-tingting iwinim pri long rot long wokim mediteisen bilong marimari……..mediteisen long hamamas wantaim hamamas bilong ol narapela……. mediteisen long no bihainim laik na no laik na gat wankain tingting long olgeta…….. . Wanpela meri o man ino inap karim bodi

bilong em wantaim em taim emi dai. Karma, o pawa bilong tingting, irop tasol, long konektim ol laip.
'Tasol wanpela husait ibihainim tru gutpela rot olsem save: "Ol pasin nogut mi bin wokim bipo, ol bekim bilong ol bai ikamap long dispela laip tasol, na ino inap bihainim mi long ol laip bihain.
'Long wonem, sapos wanpela groim ol mediteisen olsem, bai emi kamap wanpela husat ino inap born gen long dispela wel, sapos emi kisim klia save inap long dispela skul.

Igutpela long groim marimari bilong yumi long halivim ol family na pikinini bilong yumi, na ol narapela, long winim gutpela sindaun na hamamas, tu. Emi gutpela tru long halivim ol long lukluk klia na groim klia save, gutpela pasin, na mediteisen, na bihainim dispela Gutpela Rot long kamapim gutpela sindaun, piis, na hamamas.

Olsem – tingim na prektisim gut:

Sutta bilong Marimari na Lav

Sapos husat isave long gutpela pasin na piis bai ibihainim dispela:
Emi mas strong na stret; toktok bilong emi mas klia na gut na inoken strong,
Emi noken putim em o neim bilong emi go antap long narapela.
Emi mas hamamas na hamamas long liklik tasol.
Emi mas inogat planti samting long wokim,
Na noken wari long ol bilas samting.
Emi mas stap isi, na nogat sigarap long wanpela samting,
Gat gutpela na simatpela tingting,
Na noken praud na askim long planti samting.
Emi noken wokim wanpela samting tru bai husat save man, igat save tru,
Iken tok olsem dispela ino gutpela samting long wokim.
Tingting bilong emi mas gat laik bai olgeta imas sindaun gut tasol
Wantaim hamamas na nogat wari o poret, olsem:

Olgeta samting istap laip, strong o ino strong, noken lusim wanpela,
Ol dispela igat pawa o inogat pawa, bikpela o liklik,

Ol dispela yumi inap long lukim na ol yumi no inap long lukim,
Ol dispela istap kolostu o istap longwei,
Ol dispela ikamap pinis na ol dispela ino born yet,
Mi laik bai olgeta imas stap orait tasol.
Noken larim wanpela giamanim narapela, o heitim wanpela narapela.
Noken larim wanpela koros na traim bakarapim narapela.

Sapos wanpela mama igat wanpela pikinini tasol, na save lukautim em gut tru,
Wankain, yumi mas tingim ol narapela istap laip,
Na salim ol gutpela tingting long olgeta hap long wel
Antap inap long skai na tambalo inap long blu solwara, lgo saitsait na pri, inogat 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 emi gutpela sindaun truia.

Sapos wanpela ino save holim pas strong ol kain kain tingting,
Tingting bilong emi stap gutpela tasol, emi lukluk klia tru long tingting
Na inogat sigarap o laik long wanpela samting,
Bai emi no inap long born long wanpela hap nogut bihain.

Las toktok ibin lusim maus bilong Buddha long ples graun:

‘Harim nau ol sumatin, mi tok klia long yupela olsem:

Olgeta samting save senis.

Wok strong na gut!’