

Poems of a
modern-day
master of
Vipassana
meditation



Dhamma Verses

S.N. GOENKA

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2000

by
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DOHAS

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SIDE A

१

जागो लोगो जगत के,
बीती काली रात।
हुआ उजाला धरम का,
मंगल हुआ प्रभात।।

Jāgo logo jagata ke,
bitī kālī rāta.
Huā ujālā Dharama kā,
maṅgala huā prabhāta.

२

आओ प्राणी विश्व के,
सुनो धरम का ज्ञान।
इसमें सुख है शांति है,
मुक्ति मोक्ष निरवाण।।

Āo prāṇī viśva ke,
suno Dharama kā gyāna.
Isameṇ sukha hai śānti hai,
mukti, mokṣa, niravāṇa.

३

यह तो वाणी धरम की,
बोधि ज्ञान की ज्योत।
अक्षर अक्षर में भरा,
मंगल ओतपरोत।।

Yaha to vāṇī Dharama kī,
bodhi gyāna kī jyota.
Akṣara akṣara meṇ bharā,
maṅgala ota-parota.

४

मीठी वाणी धरम की,
मिसरी के से बोल।
कल्याणी मंगलमयी,
भरा अमृतरस घोल।।

Mīṭhī vāṇī Dharama kī,
misarī ke se bola.
Kalyāṇī maṅgalamayī,
bharā amṛtarasa ghola.

SIDE A

1

People of the world, awake!
The dark night is over.
The light has come of Dhamma,
the dawn of happiness.

2

Come, beings of the universe!
Listen to the wisdom of the Dhamma.
In this lies happiness and peace,
liberation, deliverance, *nibbāna*.

3

These are the words of Dhamma,
the flame of enlightenment-wisdom,
each syllable of them filled
and permeated with happiness.

4

Sweet are the words of Dhamma,
each phrase like crystallized sugar,
yielding welfare and happiness,
suffused with the taste of the deathless.

५

आओ मानव मानवी,
चलें धरम के पंथ।
इस पथ चलते सत्पुरुष,
इस पथ चलते संत॥

Āo mānava mānavī,
caleñ Dharama ke pantha.
Isa patha calate satpuruṣa,
isa patha calate santa.

६

धरम पंथ ही शांति पथ,
धरम पंथ सुख पंथ।
धरम पंथ पर जो चले,
करे दुखों का अंत॥

Dharama pantha hī śānti patha,
Dharama pantha sukha pantha.
Dharama pantha para jo cale,
kare dukhoñ kā anta.

७

इस पथ मंगल मूल है,
इस पथ है कल्याण।
इस पथ पर जो भी चले,
पाय सुखों की खान॥

Isa patha maṅgala mūla hai,
isa patha hai kalyāṇa.
Isa patha para jo bhī cale,
pāya sukhoñ kī khāna.

८

धरम धरम तो सब कहें,
पर समझे ना कोय।
शुद्ध चित्त का आचरण,
शुद्ध धरम है सोय॥

Dharama Dharama to saba kaheñ,
para samajhe nā koya.
Śuddha citta kā ācaraṇa,
śuddha Dharama hai soya.

5

Come, men and women!
Let us walk the path of Dhamma.
On this path walk holy ones,
on this path walk saints.

6

The path of Dhamma is the path of peace,
the path of Dhamma is the path of happiness.
Whoever walks the path of Dhamma
makes an end of suffering.

7

This path is the source of well-being,
this is the path of welfare.
Whoever walks upon this path
finds a storehouse of happiness.

8

Everyone talks about Dhamma
but no one understands it.
Practicing purity of mind—
this is true Dhamma.

९

मैं भी दुखिया ना रहूं,
जगत दुखी ना होय।
जीवन जीने की कला,
सत्य धरम है सोय।।

Main bhī dukhiyā nā rahūñ,
jagata dukhī nā hoya.
Jivana jīne kī kalā,
satya Dharama hai soya.

9

May I and may the world
be without suffering;
this is the art of living,
this is true Dhamma.

१०

धरम न हिंदू बौद्ध है,
सिक्ख न मुसलिम जैन।
धरम चित्त की शुद्धता,
धरम शांति सुख चैन।।

Dharama na Hindū Bauddha hai,
Sikkha na Musalima Jaina.
Dharama citta kī śuddhatā,
Dharama śānti sukha caina.

10

Dhamma is not Hindu or Buddhist,
not Sikh, Muslim or Jain;
Dhamma is purity of heart,
peace, happiness, serenity.

११

संप्रदाय ना धरम है,
धरम न बने दिवार।
धरम सिखाए एकता,
धरम सिखाए प्यार।।

Sampradāya nā Dharama hai,
Dharama na bane divāra.
Dharama sikhāe ekatā,
Dharama sikhāe pyāra.

11

Sectarianism is not Dhamma;
Dhamma raises no walls.
Dhamma teaches oneness,
Dhamma teaches love.

१२

जात पांत ना धरम है,
धरम न छूआछूत।
धरम पंथ पर जो चले,
होवे पावन पूत।।

Jāta pānta nā Dharama hai,
Dharama na chūā-chūta.
Dharama pantha para jo cale,
hove pāvana pūta.

12

Caste or rank is not Dhamma,
Dhamma is not untouchability.
Whoever walks the path of Dhamma
becomes a holy person.

१३

जाति वर्ण का गोत्र का,
जहां भेद ना होय।
जो सबका सबके लिए,
धरम शुद्ध है सोय।।

Jāti varṇa kā gotra kā,
jahān bheda nā hoya.
Jo sabakā sabake lie,
Dharama śuddha hai soya.

13

Between caste, class or clan
making no distinction;
for one and all—
this is pure Dhamma.

१४

मानव मानव में जहां,
भेदभाव ना होय।
निजहित परहित सर्वहित,
सत्य धरम है सोय।।

Mānava mānava meṁ jahān,
bheda bhāva nā hoya.
Nijahita parahita sarvahita,
satya Dharama hai soya.

14

Between one person and another
making no distinction;
of benefit to oneself, to others, to all—
this is true Dhamma.

१५

अपना भी होवे भला,
भला सभी का होय।
जिससे जग का हो भला,
शुद्ध धरम है सोय।।

Apanā bhī hove bhalā,
bhalā sabhī kā hoya.
Jisase jaga kā ho bhalā,
śuddha Dharama hai soya.

15

Good for oneself,
good for everyone,
good for the world—
this is pure Dhamma.

१६

धन्य होंय माता पिता,
धन्य होंय कुल गोत।
धर्मपुरुष जनमें जहां,
लिये ज्ञान की ज्योत।।

Dhanya hoṇya mātā pitā,
dhanya hoṇya kula gota.
Dharma puruṣa janameṁ jahān,
liye gyāna kī jyota.

16

Fortunate the mother and father,
fortunate the family and clan
to whom is born a man of Dhamma
bearing the torch of wisdom.

१७

यही धरम की परख है,
यही धरम का माप।
जन जन का मंगल करे,
दूर करे संताप।।

Yahī Dharama kī parakha hai,
yahī Dharama kā māpa.
Jana jana kā maṅgala kare,
dūra kare santāpa.

१८

कुदरत का कानून है,
इससे बचा न कोय।
मैले मन व्याकुल रहे,
निरमल सुखिया होय।।

Kudarata kā kānūna hai,
isase bacā na koya.
Maile mana vyākula rahe,
niramala sukhiyā hoya.

१९

यह ऋत है, यह नियम है,
सब पर लागू होय।
धर्म धार सुख ही मिले,
छूटे दुख ही होय।।

Yaha ṛta hai, yaha niyama hai,
saba para lāgū hoya.
Dharma dhāra sukha hī mile,
chūṭe dukha hī hoya.

२०

निरधन या धनवान हो,
अनपढ़ या विदवान।
जिसने मन मैला किया,
उसके व्याकुल प्राण।।

Niradhana yā dhanavāna ho,
anapaḍha yā vidavāna.
Jisane mana mailā kiyā,
usake vyākula prāṇa.

17

This is the only test of Dhamma,
this is its only measure:
for everyone it provides well-being
and removes suffering.

18

This is the law of nature,
which no one can escape:
a defiled mind remains agitated,
an unstained mind is happy.

19

This is the law, the rule,
which applies to one and all:
if you practice Dhamma you find happiness,
if you forsake it you are miserable.

20

Poor or rich,
illiterate or learned,
whoever has defiled his mind
is troubled in spirit.

२१

हिंदू हो या बौद्ध हो,
मुसलिम हो या जैन।
जब जब मन मैला करे,
तब तब हो बेचैन।।

Hindū ho yā Bauddha ho,
Musalima ho yā Jaina.
Jaba jaba mana mailā kare,
taba taba ho becaina.

21

Hindu or Buddhist,
Muslim or Jain,
whenever you defile your mind
you become agitated.

२२

गोरा काला गेहुंआ,
मनुज मनुज ही होय।
जो जो मन मैला करे,
सो ही दुखिया होय।।

Gorā kālā gehunā,
manuja manuja hī hoya.
Jo jo mana mailā kare,
so hī dukhiyā hoya.

22

White, black or brown,
a man is still a man.
Whoever defiles his mind
becomes miserable.

२३

वर्ण रंग से मानवी,
ऊंच नीच ना होय।
काली गोरी गाय का,
दूध एक सा होय।।

Varṇa raṅga se mānavī,
ūñca nīca nā hoya.
Kālī gorī gāya kā,
dūdha eka sā hoya.

23

The color of a man's skin
makes him neither high nor low.
Black or white, a cow
gives milk all the same.

२४

धर्मवंत तो है वही,
शीलवंत जो होय।
काया वाणी चित्त के,
शील न खंडित होय।।

Dharmavanta to hai vahī,
śīlavanta jo hoya.
Kāyā vāṇī citta ke,
śīla na khaṇḍita hoīya.

24

To practice the Dhamma
one must practice *śīla*.
Not by body, speech or mind
should *śīla* be broken.

२५

कायिक कर्म सुधार ले,
वाचिक कर्म सुधार।
मनसा कर्म सुधार ले,
यही धरम का सार।।

Kāyika karma sudhāra le,
vācika karma sudhāra.
Manasā karma sudhāra le,
yahī Dharama kā sāra.

२६(क)

सदाचरण ही धरम है,
दुराचरण ही पाप।
सदाचरण से सुख जगे,
दुराचरण दुख ताप।।

Sadācaraṇa hī Dharama hai,
durācaraṇa hī pāpa.
Sadācaraṇa se sukha jage,
durācaraṇa dukha tāpa.

२६(ख)

परोपकार ही पुण्य है,
पर-पीड़न ही पाप।
पुण्य किये सुख ही जगे,
पाप किये संताप।।

Paropakāra hī puṇya hai,
para-pīḍana hī pāpa.
Puṇya kiye sukha hī jage,
pāpa kiye santāpa.

२७

तीन बात बंधन बंधें,
राग द्वेष अभिमान।
तीन बात बंधन खुलें,
शील समाधि ज्ञान।।

Tīna bāta bandhana bandheṇ,
rāga dveṣa abhimāna.
Tīna bāta bandhana khuleṇ,
śīla samādhi gyāna.

25

Transform your deeds of body,
transform your deeds of speech,
transform your mental deeds—
this is the essence of Dhamma.

26a

Right action is Dhamma,
wrong action is sin.
From right action comes happiness;
from wrong action, suffering and torment.

26b

Helping others is virtue;
harming others is sin.
Virtue brings happiness;
sin causes torment.

27

Threefold is our bondage:
craving, aversion, egotism.
Threefold is the deliverance:
morality, concentration and wisdom.

२८

प्रज्ञा शील समाधि की,
बहे त्रिवेणी धार।
डुबकी मारे सो तिरे,
हो भव सागर पार।।

Pragyā śīla samādhi kī,
bahe triveṇī dhāra.
Ḍubakī māre so tire,
ho bhava sāgara pāra.

२९

गंगा जमुना सरस्वती,
शील समाधि ज्ञान।
तीनों का संगम होवे,
प्रगटे पद निरवाण।।

Gaṅgā Jamunā Sarasvatī,
śīla samādhi gyāna.
Tīnoṅ kā saṅgama hove,
pragaṭe pada niravāṇa.

३०

शील-धरम पालन भला,
निरमल भली समाधि।
प्रज्ञा तो जाग्रत भली,
दूर करे भव व्याधि।।

Śīla-dharama pālana bhalā,
niramala bhalī samādhi.
Pragyā to jāgrata bhalī,
dūra kare bhava vyādhi.

३१

शील हमारे पुष्ट हों,
होवे चित्त अडोल।
प्रज्ञा जागे बींधती,
देय ग्रंथियां खोल।।

Śīla hamāre puṣṭa hoṅ,
hove citta aḍola.
Pragyā jāge bīndhatī,
deya granthiyāṅ khola.

28

Morality, concentration, and wisdom—
three streams have joined together.
By plunging into their confluence
you cross the ocean of suffering.

29

The true Ganges, Jamuna and Saraswati
are morality, concentration and wisdom.
Where the three converge
nibbāna manifests.

30

Good to practice morality,
good is right concentration,
good is the awakening of insight
to cure the ills of life.

31

May we be strong in moral conduct,
may our minds be unwavering,
may penetrating insight arise
to untie our bonds.

३२

धर्म छुटे तो सुख छुटे,
आकुल व्याकुल होय।
धर्म जगे तो सुख जगे,
हरखित पुलकित होय।।

Dharma chuṭe to sukha chuṭe,
ākula vyākula hoyā.
Dharma jage to sukha jage,
harakhita pulakita hoyā.

३३

मंगल मंगल धरम का,
मंगल ही फल होय।
अंतर की गांठें खुलें,
मानस निरमल होय।।

Maṅgala maṅgala Dharama kā,
maṅgala hī phala hoyā.
Antara kī gāṇṭheṅ khuleṅ,
mānasa niramala hoyā.

३४

अंतर गंगा धरम की,
लहर लहर लहराय।
राग द्वेष के मोह के,
मैल सभी धुल जाय।।

Antara Gaṅgā Dharama kī,
lahara lahara laharāya.
Rāga dveṣa ke moha ke,
maila sabhī dhula jānya.

३५

जीएं जीवन धरम का,
रहें पाप से दूर।
चित धारा निरमल रहे,
मंगल से भरपूर।।

Jīeṅ jīvana Dharama kā,
raheṅ pāpa se dūra.
Cita dhārā niramala rahe,
maṅgala se bharapūra.

32

If Dhamma is lost, happiness is lost:
you are anxious and agitated.
If Dhamma arises, happiness arises:
you are filled with joy and bliss.

33

The all-auspicious Dhamma
bears auspicious fruit.
Knots within are opened,
the mind becomes stainless.

34

May the Ganges of Dhamma within
keep flowing, flowing, flowing,
to wash away all the stains
of craving, aversion and ignorance.

35

Live the life of Dhamma,
keep far away from evil,
keep unsullied the flow of mind,
and brim over with happiness.

३६

धरमविहारी पुरुष हों,
धरमचारिणी नार ।
धरमवंत संतान हो,
सुखी रहे परिवार ।।

Dharama vihārī puruṣa hoñ,
Dharamacāriṇī nāra.
Dharamavanta santāna ho,
sukhī rahe parivāra.

३७

धरम सदा मंगल करे,
धरम करे कल्याण ।
धर्म सदा रक्षा करे,
धरम बड़ा बलवान ।।

Dharama sadā maṅgala kare,
Dharama kare kalyāṇa.
Dharma sadā rakṣā kare,
Dharama baḍā balavāna.

३८

धरम सदृश रक्षक नहीं,
धरम सदृश नहीं ढाल ।
धरम पालकों की सदा,
धरम करे प्रतिपाल ।।

Dharama sadṛśa rakṣaka nahiñ,
Dharama sadṛśa nahiñ ḍhāla.
Dharama pālakoñ kī sadā,
Dharama kare pratipāla.

३९

प्रलयंकारी बाढ़ में,
धरम सदृश ना द्वीप ।
काल अंधेरी रात में,
धरम सदृश ना दीप ।।

Pralayaṅkāri bāḍha meñ,
Dharama sadṛśa nā dvīpa.
Kāla andherī rāta meñ,
Dharama sadṛśa nā dīpa.

36

May the husband dwell in Dhamma,
may the wife walk in Dhamma,
may the children be full of Dhamma
to keep the family happy.

37

Dhamma always gives happiness,
Dhamma always gives welfare.
Dhamma always gives protection;
great is the power of Dhamma.

38

There is no protector like Dhamma,
there is no shield like Dhamma.
The Dhamma always keeps secure
those who keep the Dhamma.

39

In the all-destroying deluge
there is no island like the Dhamma.
In the pitch-black night
there is no lamp like the Dhamma.

४०

धरम हमारा ईशवर,
धरम हमारा नाथ।
सदा सुरक्षित ही रहें,
धरम हमारे साथ।।

Dharama hamārā īśavara,
Dharama hamārā nātha.
Sadā surakṣita hī raheñ,
Dharama hamāre sātha.

४१

धरम हमारा बंधु है,
सखा सहायक मीत।
चलें धरम की रीत ही,
रहे धरम से प्रीत।।

Dharama hamārā bandhu hai,
sakhā sahāyaka mīta.
Caleñ Dharama kī rīta hī,
rahe Dharama se prīta.

४२

धर्म धार निरमल बने,
राजा हो या रंक।
रोग शोक चिंता मिटे,
निरभय बने निशंक।।

Dharma dhāra niramala bane,
rājā ho yā rañka.
Roga śoka cintā miṭe,
nirabhaya bane niśaṅka.

४३

यही धरम का नियम है,
यही धरम की रीत।
जो धारे निरमल बने,
पावन बने पुनीत।।

Yahī Dharama kā niyama hai,
yahī Dharama kī rīta.
Jo dhāre niramala bane,
pāvana bane punīta.

40

Dhamma is our master,
Dhamma is our lord.
We are always protected
if Dhamma is with us.

41

Dhamma is our kin,
companion, helpmate, friend.
Let us walk to the measure of Dhamma,
giving our love to Dhamma.

42

Practice the Dhamma and become pure,
whether prince or pauper.
Sickness, sorrow and worry vanish;
no more fear or preplexity.

43

This is the law of Dhamma,
this is the way of Dhamma:
whoever applies it becomes pure,
holy and saintly.

४४

धर्म न मंदिर में मिले,
धर्म न हाट बिकाय।
धर्म न ग्रंथों में मिले,
जो धारे सो पाय।।

Dharma na mandira meñ mile,
Dharma na hāṭa bikāya.
Dharma na granthoñ meñ mile,
jo dhāre so pāya.

४५

अपना रक्षित धरम ही,
अपना रक्षक होय।
धारण कर लें धरम को,
धरम सहायक होय।।

Apanā rakṣita Dharama hī,
apanā rakṣaka hoyā.
Dhāraṇa kara leñ Dharama ko,
Dharama sahāyaka hoyā.

४६

वाणी तो वश में भली,
वश में भला शरीर।
पर जो मन वश में करे,
वही शूर वह वीर।।

Vāṇī to vaśa meñ bhalī,
vaśa meñ bhalā śarīra.
Para jo mana vaśa meñ kare,
vahī śūra vaha vīra.

४७

मन ही दुरजन, मन सुजन,
मन बैरी, मन मीत।
मन सुधरे सब सुधरि हैं,
कर मन परम पुनीत।।

Mana hī durajana, mana sujana,
mana bairī, mana mīta.
Mana sudhare saba sudhari haiñ,
kara mana parama punīta.

44

Dhamma is not found in temples,
or sold in the bazaar.
Dhamma is not found in books;
whoever applies it attains it.

45

Only if you guard the Dhamma
it will be your guard.
If you practice Dhamma,
the Dhamma is your helper.

46

Good to have mastery of speech,
good to have physical mastery,
but he who is master of his mind
is a warrior of real courage.

47

The mind can be wicked, the mind can be gentle,
the mind can be a foe or friend.
If the mind is transformed all is transformed,
so make your mind truly pure.

४८

मन बंधन का मूल है,
मन ही मुक्ति उपाय।
विकृत मन जकड़ा रहे,
निरविकार खुल जाय।।

Mana bandhana kā mūla hai,
mana hī mukti upāya.
Vikṛta mana jakaḍā rahe,
niravikāra khula jāya.।।

४९

मन चंचल मन चपल है,
भाग रहा सब ओर।
सांस डोर से बांध कर,
रोक राख इक ठोर।।

Mana cañcala mana capala hai,
bhāga rahā saba ora.
Sāṁsa ḍora se bāndha kara,
roka rākha ika ṭhōra.।।

५०

जितना बुरा न कर सके,
दुश्मन द्वेषी दोय।
अधिक बुरा निज मन करे,
जब यह मैला होय।।

Jitanā burā na kara sake,
duśamana dveṣī doya.
Adhika burā nija mana kare,
jaba yaha mailā hoya.।।

५१

जितना भला न कर सके,
मां बापु सब कोय।
अधिक भला निज मन करे,
जब मन उजला होय।।

Jitanā bhalā na kara sake,
mān bāpu saba koya.
Adhika bhalā nija mana kare,
jaba mana ujalā hoya.।।

48

Mind is the root of our bondage,
mind is the means of our liberation.
A polluted mind remains shackled,
an unpolluted mind becomes freed.

49

The mind is volatile and flighty,
wandering in every direction.
Bind it with a chain of breaths;
confine it to one point.

50

Neither enemy nor antagonist
can harm you as much
as can your own mind
when it is defiled.

51

Neither mother, father nor anyone
can do you as much good
as can your own mind
when it is bright and clear.

५२

मन के करम सुधार ले,
मन ही प्रमुख प्रधान।
कायिक वाचिक करम तो,
मन की ही संतान॥

Mana ke karama sudhāra le,
mana hī pramukha pradhāna.
Kāyika vācika karama to,
mana ki hī santāna.

52

Correct your mental actions;
mind is first and foremost.
Deeds of body and speech
are offspring of the mind.

५३

जो चाहे बंधन खुलें,
मुक्ति दुखों से होय।
वश में कर ले चित्त को,
चित के वश मत होय॥

Jo cāhe bandhana khulēn,
mukti dukhoṅ se hoya.
Vaśa meṅ kara le citta ko,
cita ke vaśa mata hoya.

53

If you seek release from bondage
and freedom from suffering,
be master of your mind;
do not be mastered by it.

५४

चित से चित का दमन कर,
चित से चित्त सुधार।
चित्त स्वच्छ कर चित से,
खोल मुक्ति के द्वार॥

Cita se cita kā damana kara,
cita se citta sudhāra.
Citta svaccha kara citta se,
khola mukti ke dvāra.

54

By mind control your mind,
by mind transform your mind,
by mind cleanse your mind,
and open the door to liberation.

५५

चित की जैसी चेतना,
फल वैसा ही होय।
दुर्मन का फल दुखद ही,
सुखद सुमन का होय॥

Cita kī jaisī cetanā,
phala vaisā hī hoya.
Durmana kā phala dukhada hī,
sukhada sumana kā hoya.

55

As is the volition of your mind,
so will be the fruit;
an impure mind yields fruits of misery,
a pure mind gives happiness.

५६

अपने अपने करम के,
हम ही तो करतार।
अपने सुख के दुःख के,
हम ही जिम्मेदार।।

Apane apane karama ke,
hama hī to karatāra.
Apane sukha ke duḥkha ke,
hama hī jimmedāra.

५७

जब तक मन में राग है,
जब तक मन में द्वेष।
तब तक दुःख ही दुःख है,
मिटें न मन के क्लेश।।

Jaba taka mana meñ rāga hai,
jaba taka mana meñ dveṣa.
Taba taka dukha hī duḥkha hai,
miṭeñ na mana ke kleśa.

५८

जितना गहरा राग है,
उतना गहरा द्वेष।
जितना गहरा द्वेष है,
उतना गहरा क्लेश।।

Jitanā gaharā rāga hai,
utanā gaharā dveṣa.
Jitanā gaharā dveṣa hai,
utanā gaharā kleśa.

५९

राग सदृश ना रोग है,
द्वेष सदृश ना दोष।
मोह सदृश ना मूढ़ता,
धरम सदृश ना होश।।

Rāga sadṛśa nā roga hai,
dveṣa sadṛśa nā doṣa.
Moha sadṛśa nā mūḍhataḥ,
Dharama sadṛśa nā hośa.

56

Of our own actions
we ourselves are the authors.
For our happiness or unhappiness
we alone are responsible.

57

As long as there is craving in the mind,
as long as in the mind is aversion,
there will be suffering, only suffering;
the mind cannot be purged of affliction.

58

Deeper the craving,
deeper is the aversion.
Deeper the aversion,
deeper is the affliction.

59

There is no disease like craving,
there is no frailty like aversion,
there is no folly like ignorance,
there is no sanity like Dhamma.

६०

क्षण क्षण जागे धरम ही,
क्षण क्षण जागे होश।
क्षण भर भी अज्ञान में,
रहें नहीं मदहोश।।

Kṣaṇa kṣaṇa jāge Dharama hī,
kṣaṇa kṣaṇa jāge hośa.
Kṣaṇa bhara bhī agyāna meṇ,
raheṇ nahīn madahośa.

६१

क्षण क्षण क्षण क्षण बीतते,
जीवन बीता जाय।
क्षण क्षण का उपयोग कर,
बीता क्षण नहीं आय।।

Kṣaṇa kṣaṇa kṣaṇa kṣaṇa bītate,
jīvana bītā jāya.
Kṣaṇa kṣaṇa kā upayoga kara,
bītā kṣaṇa nahīn āya.

SIDE B

६२

मानव का जीवन मिला,
धर्म मिला अनमोल।
अब श्रद्धा से यतन से,
अपने बंधन खोल।।

Mānava kā jīvana milā,
Dharma milā anamola.
Aba śraddhā se yatana se,
apane bandhana khola.

६३

मानव जीवन रतन सा,
किया व्यर्थ बरबाद।
चरचा कर ली धरम की,
चाख न पाया स्वाद।।

Mānava jīvana ratana sā,
kiyā vyartha barabāda.
Caracā kara lī Dharama kī,
cākha na pāyā svāda.

60

May Dhamma arise every moment,
may awareness arise every moment.
May no moment be of ignorance,
may no intoxication or heedlessness remain.

61

Moment after moment after moment,
life keeps slipping by.
Make use of every moment;
the moment past never comes again.

SIDE B

62

Attained—this human life;
attained—the priceless Dhamma.
Now with faith and effort
to untie your bonds!

63

Human life is like a jewel
that you have idly squandered.
Merely talking of Dhamma,
you did not taste its savor.

६४

जीवन सारा खो दिया,
ग्रंथ पढ़ंत-पढ़ंत।
तोते मैना की तरह,
नाम रटंत-रटंत।।

Jīvana sārā kho diyā,
grantha paḍhanta-paḍhanta.
Tote mainā kī taraha,
nāma raṭanta-raṭanta.

64

All your life is wasted
in reading book after book,
like a parrot or mynah
that repeats names by rote.

६५

कितने दिन यों ही गए,
करते वाद विवाद।
अवसर आया धरम का,
चाख धरम का स्वाद।।

Kitane dina yoñ hī gae,
karate vāda vivāda.
Avasara āyā Dharama kā,
cākha Dharama kā svāda.

65

So many days have passed
in discussions and debates!
The time has come for Dhamma;
taste the savor of Dhamma.

६६

दुरलभ जीवन मनुज का,
दुरलभ धरम मिलाप।
धन्य भाग! दोनों मिले,
दूर करें भव ताप।।

Duralabha jīvana manuja kā,
duralabha Dharama milāpa.
Dhanya bhāga! donoñ mile,
dūra karen bhava tāpa.

66

Rare is human life,
rare to encounter the Dhamma.
We are fortunate to have both;
let us banish the torment of becoming.

६७(क)

जीवन सारा खो दिया,
करते बुद्धि-विलास।
बुद्धि-विलासों से भला,
किसकी बुझती प्यास।।

Jīvana sārā kho diyā,
karate buddhi-vilāsa.
Buddhi-vilāsoñ se bhalā
kisakī bujhatī pyāsa?

67a

All of life is wasted
in playing intellectual games.
By intellectual games
whose thirst has been quenched?

६७(ख)

मत कर मत कर बावले !
मत कर बुद्धि-विलास ।
बुद्धि-विलासों से भला,
किसकी बुझती प्यास ।।

Mata kara mata kara bāvale!
Mata kara buddhi-vilāsa.
Buddhi-vilāsoṅ se bhalā,
kisakī bujhatī pyāsa?

६८

चरचा ही चरचा करे,
धारण करे न कोय ।
धर्म बिचारा क्या करे,
धारे ही सुख होय ।।

Caracā hī caracā kare,
dhāraṇa kare na koya.
Dharma bicārā kyā kare?
Dhāre hī sukha hoya.

६९

धारण करे तो धर्म है,
वरना कोरी बात ।
सूरज उगे प्रभात है,
वरना काली रात ।।

Dhāraṇa kare to Dharma hai,
varanā korī bāta.
Sūraja uge prabhāta hai,
varanā kālī rāta.

७०

आते जाते सांस पर,
रहे निरंतर ध्यान ।
कर्मों के बंधन कटें,
होय परम कल्याण ।।

Āte jāte sāṅsa para,
rahe nirantara dhyāna.
Karmoṅ ke bandhana kaṭeṅ,
hoya parama kalyāṇa.

67b

Don't do it, child, don't do it!
Don't play intellectual games.
By intellectual games
whose thirst has been quenched?

68

They only talk and talk of it,
but nobody applies it.
Poor Dhamma! What can it do?
Its practice alone brings happiness.

69

If you apply it, it is Dhamma;
otherwise it is empty talk.
When the sun rises, dawn comes;
otherwise, blackest night.

70

In-breath, out-breath—
if you keep unbroken awareness,
the knots of *kamma* will be sundered,
leading to the highest welfare.

७१

सांस देखते देखते,
मन अविचल हो जाय।
अविचल मन निरमल बने,
सहज मुक्त हो जाय।।

Sāṁsa dekhate dekhate,
mana avicala ho jāya.
Avicala mana niramala bane,
sahaja mukta ho jāya.

७२

सांस देखते देखते,
सत्य प्रकटता जाय।
सत्य देखते देखते,
परम सत्य दिख जाय।।

Sāṁsa dekhate dekhate,
satya prakaṭatā jāya.
Satya dekhate dekhate,
parama satya dikha jāya.

७३

पल पल क्षण क्षण होश रख,
अपना कर्म सुधार।
सुख से जीने की कला,
अपनी ओर निहार।।

Pala pala kṣaṇa kṣaṇa hośa rakha,
apanā karma sudhāra.
Sukha se jīne kī kalā,
apanī ora nihāra.

७४

क्षण क्षण प्रतिक्षण सजग रह,
अपना होश संभाल।
राग द्वेष की प्रतिक्रिया,
टाल सके तो टाल।।

Kṣaṇa kṣaṇa pratikṣaṇa sajaga raha,
apanā hośa sambhāla.
Rāga dveṣa kī pratikriyā,
ṭāla sake to ṭāla.

71

Observing breath after breath,
the mind becomes still.
Unwavering, the mind becomes pure
and naturally finds liberation.

72

As you observe breath after breath
the truth reveals itself.
Observing truth after truth
you come to ultimate truth.

73

Moment by moment keep your sanity,
rectify your own actions.
This is the art of living happily
by observing yourself.

74

Moment by moment remain alert,
guard your sanity.
Strive to avoid and fend off
the reactions of craving and aversion.

७५

बीते क्षण तो चल दिए,
आने वाले दूर।
इस क्षण में जो भी जीए,
वो ही साधक शूर।।

Bīte kṣaṇa to cala die,
āne-vāle dūra.
Isa kṣaṇa meṅ jo bhī jīe,
vo hī sādḥaka śūra.

७६

समय बड़ा अनमोल है,
समय न हाट बिकाय।
तीन लोक संपद दिये,
बीता क्षण न पाय।।

Samaya baḍā anamola hai,
samaya na hāṭa bikāya.
Tīna loka sampada diye,
bitā kṣaṇa na pāya.

७७

बीते क्षण को याद कर,
मत बिरथा अकुळाय।
बीता धन तो मिल सके,
बीता क्षण नहीं आय।।

Bīte kṣaṇa ko yāda kara,
mata birathā akuḷāya.
Bītā dhana to mila sake,
bitā kṣaṇa nahīn āya.

७८

भूतकाल व्याकुल करे,
या भविष्य भ्रमाय।
वर्तमान में जो जिए,
तो जीना आ जाय।।

Bhūtakāla vyākula kare,
yā bhaviṣya bharamāya.
Vartamāna meṅ jo jīe,
to jīnā ā jāya.

75

Past moments are gone,
those to come are far away.
Whoever lives in this moment
is a meditator of courage.

76

Time is so precious,
time is not for sale in the market.
Even for the wealth of three worlds
you can't buy back the moment past.

77

Remembering past moments,
don't uselessly be obsessed.
Past wealth can be recovered but
past moments can never return.

78

Living in the past is agitating,
living in the future is delusory.
If you live in the present,
you have learnt how to live.

७९

प्रतिक्षण अंतर तप चले,
प्रतिक्षण रह निषपाप।
प्रतिक्षण बंधनमुक्त हों,
दूर करें भव ताप।।

Pratikṣaṇa antara tapa cale,
pratikṣaṇa raha niṣapāpa.
Pratikṣaṇa bandhanamukta hoñ,
dūra karen bhava tāpa.

८०

तप रे तप रे मानवी,
तपे ही निर्मल होय।
सुबरण भट्टी में तपे,
तप तप कुंदन होय।।

Tapa re, tapa re mānavī,
tape hī nirmala hoya.
Subaraṇa bhaṭṭhī meñ tape,
tapa tapa kundana hoya.

८१

नए करम बांधे नहीं,
क्षीण पुरातन होय।
क्षण क्षण जाग्रत ही रहे,
सहज मुक्त है सोय।।

Nae karama bāndhe nahīñ,
kṣīṇa purātana hoya.
Kṣaṇa kṣaṇa jāgrata hī rahe,
sahaja mukta hai soya.

८२

देख देख कर चित्त की,
ग्रंथि सुलझती जाय।
जागे विमल विपश्यना,
चित्त मुक्त हो जाय।।

Dekha dekha kara citta kī,
granthi sulajhatī jāya.
Jāge vimala Vipāśyanā,
citta mukta ho jāya.

79

Every moment purify within,
every moment keep away from evil,
every moment free yourself of bonds
to vanquish the torments of existence.

80

Strive ardently, oh man, and burn!
Purity comes from burning away the dross.
Gold must pass through a crucible
in order to be refined.

81

Do not generate new *kamma*,
let the old be extinguished,
every moment remain vigilant,
and naturally you become liberated.

82

Observe the mind steadfastly
to disentangle its knots.
May stainless Vipassana arise
to liberate the mind.

८३

बाहर बाहर भटकते,
दुखिया रहे जहान।
अंतरमन में खोज ली,
सुख की खान खदान।।

Bāhara bāhara bhaṭakate,
dukhiyā rahe jahāna.
Antaramana meñ khoja lī,
sukha kī khāna khadāna.

83

Always straying outward,
the world remains miserable.
By searching the depths of the mind
you tap the treasure-lode of happiness.

८४

होश जगे जब धरम का,
होवे दूर प्रमाद।
स्वदर्शन करते हुए,
चखे मुक्ति का स्वाद।।

Hośa jage jaba Dharama kā,
hove dūra pramāda.
Svadarśana karate hue,
cakhe mukti kā svāda.

84

When the clarity of Dhamma arises,
delusion is dispelled.
Observing yourself,
you taste the savor of liberation.

८५

तृष्णा जड़ से खोद कर,
अनासक्त बन जाय।
भव बंधन से छुटन का,
यही एक उपाय।।

Tṛṣṇā jaḍa se khoda kara,
anāsakta bana jāñya.
Bhava bandhana se chuṭana kā,
yahī eka upāya.

85

Dig out craving by the roots
and become detached.
This is the only way
to break the bonds of becoming.

८६

भोगत भोगत भोगते,
बंधन बंधते जाय।
देखत देखत देखते,
बंधन खुलते जाय।।

Bhogata bhogata bhogate,
bandhana bandhate jāñya.
Dekhata dekhata dekhate,
bandhana khulate jāñya.

86

Rolling, rolling in pleasure and pain,
we keep tying knots.
Observing, observing, observing,
we open all the knots.

८७

ऐसी जगे विपश्यना,
समता चित्त समाय।
एक एक कर पाप की,
परत उतरती जाय।।

Aisī jage Vipāśyanā,
samatā citta samāya.
Eka eka kara pāpa kī
parata utaratī jāya.

८८

ज्यों ज्यों अंतरजगत में,
समता छाती जाय।
काया वाणी चित्त के,
करम सुधरते जांय।।

Jyōṇ jyōṇ antarajagata meṇ,
samatā chātī jāya.
Kāyā vāṇī citta ke,
karama sudharate jānya.

८९

बाहर भीतर एकरस,
सरल स्वच्छ व्यवहार।
कथनी करनी एक सी,
यही धरम का सार।।

Bāhara bhītara ekarasa,
sarala svaccha vyavahāra.
Kathanī karanī eka sī,
yahī Dharama kā sāra.

९०

कपट रहे ना कुटिलता,
रहे न मिथ्याचार।
शुद्ध धरम ऐसा जगे,
जगे स्वच्छ व्यवहार।।

Kapaṭa rahe nā kuṭilatā,
rahe na mithyācāra.
Śuddha Dharama aisā jage,
jage svaccha vyavahāra.

87

May Vipassana thus arise
to suffuse the mind with equanimity.
One after another, may each layer
of negativity be stripped away.

88

As in the inner world
equanimity spreads,
the actions of body, speech
and mind are transformed.

89

Inside and outside alike,
straight and clean in dealings;
oneness in words and deeds—
this is the essence of Dhamma.

90

Let there be no deceit or malice,
let there be no wrong action.
Let pure Dhamma arise,
making your conduct upright.

९१

शीलवान के ध्यान से,
प्रज्ञा जाग्रत होय।
चित समता में स्थित होवे,
उत्तम मंगल होय।।

Śīlavāna ke dhyāna se,
pragyā jāgrata hoya.
Cita samatā meṇ sthita hove,
uttama maṅgala hoya.

91

When a person of morality concentrates,
insight awakens.
The mind becomes steadfast in equanimity;
this is the greatest happiness.

९२

जिसके मन प्रज्ञा जगे,
होय विनम्र विनीत।
जिस डाली पर फल लगें,
झुकने की ही रीत।।

Jisake mana pragyā jage,
hoya vinamra vinīta.
Jisa ḍālī para phala lageṇ,
jhukane kī hī rīta.

92

If wisdom arises in your mind
you become humble and modest,
as a branch laden with fruit
is sure to bow low.

९३

धन आए तो बावरे,
मत कर गरब गुमान।
यह बालू की भीत है,
इसका क्या अभिमान।।

Dhana āe to bāvare,
mata kara garaba gumāna.
Yaha bālū kī bhīnta hai,
isakā kyā abhimāna?

93

If wealth comes, oh child,
do not be vain and haughty.
It is a castle made of sand;
why be proud of it?

९४

मत कर मत कर बावरे !
अहंकार अभिमान।
बड़ों बड़ों का मिट गया,
जग से नाम निशान।।

Mata kara mata kara bāvare!
Ahaṅkāra abhimāna.
Baḍoṅ baḍoṅ kā miṭa gayā,
jaga se nāma niśāna.

94

Don't do it, child, don't do it!
Don't be proud and haughty.
All trace of the high and mighty
has vanished from the world.

९५

सुख आए नाचे नहीं,
दुख आए नहीं रोय।
दोनों में समरस रहे,
धरमवंत है सोय।।

Sukha āe nāce nahīn,
dukha āe nahīn roya.
Donoñ meñ samarasa rahe,
Dharamavanta hai soya.

९६

सुख दुख आते ही रहें,
ज्यों आवें दिन रैन।
तू क्यूं खोवे बावळा,
अपने मन की चैन।।

Sukha dukha āte hī raheñ,
jyōñ āveñ dina raina.
Tū kyūñ khove bāvaḷā,
apane mana kī caina?

९७

अनचाही होवे कभी,
मनचाही भी होय।
धूप छांह की जिंदगी,
क्या नाचे क्या रोय।।

Anacāhī hove kabhī,
manacāhī bhī hoya.
Dhūpa chāñha kī jindagī,
kyā nāce kyā roya?

९८

जीवन में आते रहें,
पतझड़ और बसंत।
चित विचलित होवे नहीं,
मंगल जगे अनंत।।

Jīvana meñ āte raheñ,
patajhaḍa aura basanta.
Cita vicalita hove nahīn,
maṅgala jage ananta.

95

Not dancing when pleasure comes,
not wailing when in pain,
keeping equilibrium with both—
this is living the Dhamma.

96

Pleasure and pain keep coming
like day and night.
Why then cast away
your peace of mind, oh child?

97

Unwanted things may come our way,
wanted things as well.
Life contains both light and shade.
Then why dance? Why weep?

98

In life there keep coming
autumns and springs.
If the mind does not waver,
you enjoy infinite happiness.

९९

कभी बाग वीरान है,
कभी बसंत बहार।
समता में प्रमुदित रहे,
संत निहार निहार।।

Kabhī bāga vīrāna hai,
kabhī basanta bahāra.
Samatā meṇ pramudita rahe,
santa nihāra nihāra.

१००

तन सुख, धन सुख, मान सुख,
भले ध्यान सुख होय।
पर समता सुख परम सुख,
अतुल अपरिमित होय।।

Tana sukha, dhana sukha, māna sukha,
bhale dhyāna sukha hoya.
Para samatā sukha parama sukha,
atula aparimita hoya.

१०१

अंतर में डुबकी लगी,
भीग गए सब अंग।
धरम रंग ऐसा चढ़ा,
चढ़े न दूजा रंग।।

Antara meṇ ḍubakī lagī,
bhīga gae saba aṅga.
Dharama raṅga aisā caḍhā,
caḍhe na dūjā raṅga.

१०२

जैसे मेरे दुख कटे,
सबके दुख कट जायं।
जैसे मेरे दिन फिरे,
सबके दिन फिर जायं।।

Jaise mere dukha kaṭe,
sabake dukha kaṭa jāñya.
Jaise mere dina phire,
sabake dina phira jāñya.

99

At times the garden withers,
at times spring makes it bloom.
Remaining joyful with equanimity,
the saint simply observes.

100

Better than pleasures of the senses, wealth or reputation
is the happiness of concentration,
but best is the happiness of equanimity,
beyond compare or limit.

101

By plunging deep within,
the entire being has become so saturated
with the color of the Dhamma
that no other color can impinge.

102

As my suffering was cut off,
may the suffering of all be ended.
As my life was renewed,
may that of all be changed.

१०३

मेरे सुख में शांति में,
भाग सभी का होय।
इस मंगलमय धरम का,
लाभ सभी को होय।।

Mere sukha meṇ śānti meṇ,
bhāga sabhī kā hoya.
Isa maṅgalamaya Dharama kā,
lābha sabhī ko hoya.

103

May my happiness and peace
be shared by one and all.
May this munificent Dhamma
benefit one and all.

१०४

इस दुखियारे जगत में,
सुखिया दिखे न कोय।
शुद्ध धरम जग में जगे,
जन जन सुखिया होय।।

Isa dukhiyāre jagata meṇ
sukhiyā dikhe na koyā.
Śuddha Dharama jaga meṇ jage,
jana jana sukhiyā hoya.

104

In this wretched world
I see no one who is happy.
May pure Dhamma arise in the world,
bringing happiness to all.

१०५

शुद्ध धरम इस जगत में,
पुनः प्रतिष्ठित होय।
जन जन का होवे भला,
जन जन मंगल होय।।

Śuddha Dharama isa jagata meṇ,
punaḥ pratiṣṭhita hoyā.
Jana jana kā hove bhalā,
jana jana maṅgala hoyā.

105

Again may the pure Dhamma
be established in the world,
bringing welfare to many,
bringing happiness to many.

१०६

जग में बहती ही रहे,
धरम गंग की धार।
जन जन का होवे भला,
जन जन का उपकार।।

Jaga meṇ bahatī hī rahe,
Dharama Gaṅga kī dhāra.
Jana jana kā hove bhalā,
jana jana kā upakāra.

106

May the Ganges of the Dhamma
keep flowing in the world,
for the happiness of everyone,
for the benefit of all.

१०७

भला होय इस जगत का,
सुखी होंय सब लोग।
दूर होंय दरिद्र दुख,
दूर होंय सब रोग।।

Bhalā hoya isa jagata kâ,
sukhī hoñya saba loga.
Dūra hoñya dāridra dukha,
dūra hoñya saba roga.

१०८

बरसे बरखा समय पर,
दूर रहे दुष्काल।
शासन होवे धरम का,
लोग होंय खुशहाल।।

Barase barakhā samaya para,
dūra rahe duṣakāla.
Śāsana hove Dharama kâ,
loga hoñya khuśahāla.

१०९

शासन में जागे धरम,
उखड़े भ्रष्टाचार।
धनियों में जागे धरम,
स्वच्छ होय व्यापार।।

Śāsana meñ jāge Dharama,
ukhaḍe bhraṣṭācāra.
Dhaniyoñ meñ jāge Dharama,
svaccha hoya vyāpāra.

११०

जन जन में जागे धरम,
जन जन सुखिया होय।
जन मन के दुखड़े मिटें,
जन जन मंगल होय।।

Jana jana meñ jāge Dharama,
jana jana sukhiyā hoya.
Jana mana ke dukhaḍe miṭeñ,
jana jana maṅgala hoya.

107

May the world enjoy well-being;
may all people be happy.
May poverty and suffering be dispelled;
may all ills be vanquished.

108

May the rains fall in due season,
may there be no drought.
May the government be righteous,
may the people be happy and prosperous.

109

May Dhamma arise among the rulers,
uprooting corruption.
May Dhamma arise in the wealthy,
cleansing business dealings.

110

May the Dhamma arise in the masses,
may everyone be happy.
May affliction be ended in the minds of all;
may all be at peace.

१११

दुखियारे दुखमुक्त हों,
भय त्यागें भयभीत ।
बैर छोड़ कर लोग सब,
करें परस्पर प्रीत ।।

Dukhiyāre dukhamukta hoñ,
bhaya tyāgeñ bhayabhīta.
Baira choḍa kara loga saba,
kareñ paraspara prīta.

111

May the wretched be freed of suffering,
may the fearful be rid of fear.
May all people forsake enmity;
may they love each other.

११२

द्वेष और दुरभाव का,
रहे न नाम निशान ।
स्नेह और सदभाव से,
भर लें तन मन प्राण ।।

Dveṣa aura durabhāva kā
rahe na nāma niśāna.
Sneha aura sadabhāva se,
bhara leñ tana mana prāṇa.

112

Of hatred and ill will
may not a trace remain.
May love and good will
fill body, mind and life.

११३

दूर रहे दुरभावना,
द्वेष होय सब दूर ।
निरमल निरमल चित्त में,
प्यार भरे भरपूर ।।

Dūra rahe durabhāvanā,
dveṣa hoñya saba dūra.
Niramala niramala citta meñ,
pyāra bhare bharapūra.

113

May ill will be far away,
may all aversion be dispelled.
May the pure and stainless heart
brim over with love.

११४

ज्यों इकलौते पूत पर,
उमड़े मां का प्यार ।
त्यों प्यारा लगता रहे,
हमें सकल संसार ।।

Jyōñ ikalaute pūta para,
umaḍe māñ kā pyāra.
Tyōñ pyārā lagatā rahe,
hameñ sakala sañsāra.

114

As a mother overflows with love
for her only son,
may we keep feeling love
for all the universe.

११५

दुखी देख करुणा जगे,
सुखी देख मन मोद।
मंगल मैत्री से भरे,
अंतस ओतपरोत।।

Dukhī dekha karuṇā jage,
sukhī dekha mana moda.
Maṅgala maitrī se bhare,
antasa otaparota.

११६

दृष्य और अदृष्य सब,
प्राणी सुखिया होंय।
निरमल हो निरबैर हों,
सभी निरामय होंय।।

Dṛṣya aura adrṣya saba,
prāṇī sukhiyā hoṇya.
Niramala ho, nirabaira hoṇ,
sabhī nirāmaya hoṇya.

११७(क)

दसों दिशाओं के सभी,
प्राणी सुखिया होंय।
निरभय हों, निरबैर हों,
सभी निरामय होंय।।

Dasoṇ diśāoṇ ke sabhī,
prāṇī sukhiyā hoṇya.
Nirabhaya hoṇ, nirabaira hoṇ,
sabhī nirāmaya hoṇya.

११७(ख)

जल के, थल के, गगन के,
प्राणी सुखिया होंय।
निरभय हों, निरबैर हों,
सभी निरामय होंय।।

Jala ke, thala ke, gagana ke,
prāṇī sukhiyā hoṇya.
Nirabhaya hoṇ, nirabaira hoṇ,
sabhī nirāmaya hoṇya.

115

Seeing the wretched, may compassion arise;
seeing the happy, joy.
May the depths of the mind be filled and permeated
with infinite love and good will.

116

Visible or invisible,
may all beings be happy,
pure-minded, without enmity;
may all be freed of ills.

117a

In the ten directions,
may beings be happy,
without fear or enmity;
may all be freed of ills.

117b

Whether of water, earth or sky,
may beings be happy,
without fear or enmity;
may all be freed of ills.

११८(क)

सुख छाए संसार में,
दुखिया रहे न कोय ।
जन जन मन जागे धरम,
जन जन सुखिया होय ।।

Sukha chāe saṁsāra meṇ,
dukhiyā rahe na koya.
Jana jana mana jāge Dharama,
jana jana sukhiyā hoyā.

११८(ख)

सुख व्यापे इस जगत में,
दुखिया रहे न कोय ।
जन जन मन जागे धरम,
जन जन सुखिया होय ।
जन जन मंगल होय,
सबका मंगल होय ।।

Sukha vyāpe isa jagata meṇ,
dukhiyā rahe na koya.
Jana jana mana jāge Dharama,
jana jana sukhiyā hoyā.
Jana jana maṅgala hoyā,
sabakā maṅgala hoyā.

भवतु सब्ब मंगलं
साधु साधु साधु

*Bhavatu sabba maṅgalaṃ.
Sādhū, sādhū, sādhū.*

118a

May happiness spread through the universe,
may no one remain wretched,
may the Dhamma arise in the minds of all,
may everyone be contented.

118b

May happiness spread through the world,
may no one remain wretched,
may the Dhamma arise in the minds of all,
may everyone be contented,
may everyone be happy,
may all be happy.

*May all beings be happy.
Well said, well said, well said.*

NOTES

Verses 28-29

The reference here is to the three sacred rivers of India: the Ganges, the Jamuna and the mythical Saraswati. According to traditional Hindu belief, pilgrims can wash away their sins by bathing in the water at the point where the rivers join.

Verse 117a

The ten directions are east, southeast, south, southwest, west, northwest, north, northeast, above and below.

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