ဘဒ္ဒန္တက္ကန္ဒောဘာသ မထေရ်မြတ် (အနိစ္စဆရာတော်)

မေး၍မေး၍ ဖြေခြင်း အလှည့်အပြောင်း တရားတော်

8 .3 .2011

o'gow- o'guvn; uovyç owu vn;uovy? **[&lowy-** [&lowyuvn; uovy? [&lowyu-**t&u talumu**? [&u-**&uwm**? lowyu-**alumuuwm**? 'p½uawu &uwmalumuuwm? t'gvn; uovy? uovrv tcvae&wm? tuovq&i i& tyaw? ac;awç 0uawç luuawu tuovaw? o'gç owç [&lowyç tavmbç ta'goç tarm[çwlwrZÑwm/

wlwrZÑwm- xx tm½ü tv, tvw ½wm? tyaw tvawr&b;? t'g**]wlwrZÑwm}** vac:w,? [wuvm;(reygb&m;)? tyaw tvaw r½b;? tv, tvwy½w, -**wlwrZÑwm**? t'v uovaw&wtcgusawm **]um,yó '}**- t'apwouaw lir;csr;w,? um,apwouu ac:w,ç apwou tayg i;? **um,yó '**-apw ouawlir;csr;w,? pwawlir;csr;w,e r&b; vm;(&ygw, b&m;)? t'guovawayg? **um,**

yó '-apwouaw üir;cSr;w,ç apwou tayUi; üir;cSr;w,? um,qwmu tayUi;ajymwm? apwou tayUi;? üir;cSr;w apwouawjzpaew,w/ **pwyó '**-pwawvn; üir;cSr;aew,w? t'Ug uovjzpaewm? um,yó 'ç pwyó '/

um,v[wmç pwv[wm-um,u apwouaw ayUyU;aew,? ouvuaew,? tvytuiaw vyEiaew,ayU? t'Ug-**um,v [wm**? rwxm;? u,awoawr[wb;? uov awac:w,? rom;Eiç rxEiç rjyüEi? owumu way;&w,? av;av;yiyiÍu;? r[wb;vm; (reyU b&m;)? zSm;w emwtcUawav? tri;wtcUaw rayUyU;awmb;? um,yó 'ç pwyó '? owvn; r&awmb;? t'Uav;aw qqae? uovaw? **um,v[wmç pwv[wm? um,r'wmç pwr'wm**/

um,Zuwmç pwüZuwm-pwaw apwouaw ajzmirwaew,? raumu uSpb;? t'Uguov&w,? pwajzmiwmuov&w,? raumue? uov&z[maw? [wuvm; (reyU b&m;)? t'U pwüZuwm ac:w,? bmac: (pwüZu

wmyg b &m;)? um , Z u wmç pwZ u wm/

um , u r n wmç pw u r n wm- t rü cew , ? t rü t vyvyvcew , ? pma&;w ae&m rm pma&; v a u mi;w , ? pma&; q &m? w u v cs u v aumi;w , ? aumi; q &mawrm v n; t 'gawac:w , ? **um , u r n wm**-apw o u aw u t v y t rü t vyvyvaumi;aewmac:w , ? t rücew , ? a&; u t e u u - **t rücew ,** ? ' um u ;w t v y vyv aumi;wm u o vaw? t ' u o v u (19) v; &w , ? **]aomb P om"m& P apw o u**}w ? q u n v upr; (aomb P om"m& P apw o u)? t 'gawum;z;a t mi v? 'gu bmajymrmaww; q wm a&&w , /

wiw , w , ? **]aomb P**}q wm wiw , w , ? u o vayg? pw q ;w , bmw , q wm rwi w , wpwaw? iw , jyw , ? rwiw , w pwaw ac:w , ? pw q ;wmaw? **]aomb P pw**}q wmu wiw , w , ? t cwiw , raeb ; v m; (wiw , ygw , b &m;)? **]wiw , wm**}bmpww; (aomb P pwygb &m;)? **pwaw**-r [w b ; v m;(reyg b &m;)? ' umrbu;w wiw , wmvm;(r [wyg b &m;)? wi

w,wmu-**aombPom"m&Papwou**? t'g u bmjyKvw;qawm talumi;tuoK;awqawm '|0pupmumy;awm ty,av;yg;ruw aomwm yeawjzpwm? t'gawy? tovo&r,? u, r[wb;? [wuvm;(reygb&m;)? pwaw apwouaw/

aombPom"m&P-qvupr; (aomb Pom"m&P)? **aombP** (aombP)? aombP om"m&Pu-19v;? aombPu-6v;? 6e19e aygi;(25ygb&m;)? t'tuev;ur aombP apwouvac:w,? [wuvm;(reygb&m;)? 0&w 3yg;? tyrnm 2yg;? ynajE 1yg;? t'gawu o½y awayg? arwww,? 'gawvn; uovawy/

0&w 3yg;-t'gu ormOgpmç ormurEç ormtmZO&? t'gu **]0&wapwou}**vac:w,? a&miKuO&w,? oKura&miKuOv&&i rpmOgpm awjzpwmayg? tc pum;ajymaumi;w,? w&m; a[maewmvn; **]ormOgpm}**ygy? **ormOgpmç ormurEç ormtmZO**-t'gO&wac:w,? orm Ogpmqwm pum;aumi;aumi;ajymwmayg? 0p 'p½uav;yg;u a&miKy;ajymw pum;rsK;? [wu

vm;(reyg b &m;)/

Op'p½uoma&mil|uOyg ormOgpmjzp own;/ ormOgpm-Opop½uu vrrajym&b;? ue;rwu&b;? t|ur;rxu&b;? tortzsO; rajym&b;? &,p&m armp&maw? [wuvm; (reyg b&m;)? t'gaw bmuac:ow;qawm O&wawayg? a&mi|y;awm ajymw[m? [wuvm; (reyg b&m;)? a&miajymwmu O&w? ra&mibeajym&i O&w r[wawmb;? rpmOgpmjzpom;|y? vrwmawu ra&mibe vr|y;awmajym&i rpmaw jzpuew,? t'gaw o o o o? pum;uvn; ta&;|u;w,? **O&w b ,Epyg;w;**(o;yg;yg b &m;)/

tyrnm 2yg;-u½Pme r'wm? tyrnm ubmw;(u½Pmer'wmyg b &m;)? oem;wme Or;ajrmuwm? vawqi;&wm roem;b;vm; (oem; ygw, b&m;)? t'gb, ooem;w;-u½Pm apwou u oem;w,? b, ooem;w; (u½Pmapwouu oem;ygw, b &m;)? t'gro&i igoem;w,v jzpom;w,? r[wb;vm; (reyg b&m;)? tvo atmi ajymaewm yxrwe;y/

Or;ajrmuw,-owumcsr;omwmawu

0r;ajrmuw,? csr;omwmaw b,vaeow; (0r;ajrmuygw, b&m;)? t'g**]r'wm}**ac:w,? [wuvm;(reygb&m;)? use;rmç csr;omç 0r;omç &iys- t'g r'wmaw? [wuvm;(reygb&m;)? &,EiarmEiw pw&w,? wcsuusawm r&,Ei rarmEib;? [wuvm;(reygb&m;)? aomuaw bmawe rsm;aew,? tov 0r;ajrmuly;&,& w,? [wuvm;(reygb&m;)? t'g r'wmac:w,? bmac:ow;(r'wmygb&m;)/

u½Pm- u½Pmu bmac:w; (oem;wmyg b&m;)? oem;wmu bmac:w;(u½Pmygb&m;)? u½Pmu bmw;qawm-**apwou**?'umrBu;wu oem;wmr[wb;? apwouu oem;wm? t'g **]u½Pmapwou}**ygyu vm;v? or[w&i t' apwouu**]ig}**v vyvyxm;w,? [wuvm; (reygb&m;)? uatmi vajymaew,? **]u½Pm}**u oem;wm? **]ig}**u oem;wmr[wb;aem? ausmi; om;av;aw qi;&ae&i roem;b;vm; (oem;yg w,b&m;)? t'g **]u½Pmapwou}** ac:w,? bmac:w;(u½Pmapwouygb&m;)? at; u½Pm? **r'wm**-0r;ajrmuw,? q,we;awatmiawm

0r;romb;vm;(0r;omygw, b&m;)? at; 0r;om w,? **u½Pmç r'wm**-bmapwouw;(tyrnm apwouygb&m;)? **tyrnm apwou**-qvu pr;(tyrnmapwou)/

]tyrnm}qwm **]tyrmP}**ac:w,? twi;t&nr&b;? [wuvm;(reygb&m;)? t'g **]tyrn}**ac:w,/ **]tyrmPo bmaOg tyrnm}**v 0|*|[jy|w,? **ynajE**-ynajEqwm cjcr;a0zewm? **]ynajE}**qwmbmw; (cjcr;a0zewmygb&m;)? t'g y|me;aw &ww,ç bmaw vyw,ç oiw,jy|w, qwm bmvywmw; (ynajEvywmygb&m;)? t'g-**ynajEapwou**? b,ow; (ynajEapwouygb&m;)? u apwou ub,opmwww,ç b,obmjzpw, &ao;vm; (r&ygb;b&m;)? b,o pmar;yatmiw, bmw, &ao;vm;(r&ygb;b&m;)? t'g**]ynajE apwou}** ac:w,? bmac:w; (ynajEapwouygb&m;)? t'gr rmeawç a'goawuusrmayg? or[w&i w avmujzpom;awm tausmtapmawejzpom;w,/

t'gawu bmaww;qawm-**aomb P apwou**? ou 6v;? [u]**aomb Pom"m&P**

apwou}u 19v;? 19eç 6eayg i;(25ygb &m;)? t'guovawrmy ,0w,? uovjzpw[m awrmy,0w,? tvrwxm;aem? t'uov rmvn;-**tavmbç ta'goç tarm[**? t' uovu bmuovw;-**[wuov**? bmuov w; ([wuovygb&m;)? [w (9)yg;&w,? [w b,Epyg;&w; (9yg;&ygw, b&m;)? [w(6)yg;w? [w(9)yg;w? uov[wç tuov[w&ç tAsm uw[w? o;o;v(9ygb&m;)/

avmbawç a'goawuvn;[wy? 'um rSu;w r[wb;?]**a[wypa,m**}q&i 'umrSu; wr[wb;wç]**y|me;yÍmOg&**}w? ar;ar;Sy;awm ajymw,w? [wuvm;(reygb&m;)? uovawç tuovawç tAsmuwawu ar;ar;Sy;awm ajz w,w? [wuvm;(reygb&m;)? yÍmOg&ac:w,? t't ce;ayg? tSurvvn;qw,? t'[m ajymq aeç a[majymaew tSurayg? b,Epcg b,Epcg t'v[maway g? 0g&a&w,e? rSum;z;b;vm;? uw0ó wp? b,Ep0g&e? t'0g&awa&wmac: w,? tSurvn;ac:w,? tva[mw[m ac:w,/

tavmbç ta'goç tarm[-qpr;

(tavmbç ta'goç tarm[)? t'gu uov [w&,ç tAsmuw[w&,ç Oygu tAsmuw&ç Bu ,mtAsmuwç uov tAsmuw? uovusawm uovvyq&w,-**uov[w**? [wuvm; (reygb&m;)? tuov[wuawm avmbç a'goç arm[? t'g-**tuov[w**? rsupawç em;aw? Emacgi;awu t'avmbç a'goawrjzpb;? **]t [w**}vac:w,? [wuvm;(reygb&m;)/

tmumoeÍm,weawusawm oygvm w,? tm&rPusrygw,?a[wrmrygb;? tmum omeÍaw? t'gawu llum;vn;llum;z;atmiç atmuvn;atmuarwwatmiayg? uov qayr, iguovqly;jzp&i jzpwww,? **'ge tóma'w**-'geuom,mw,? **]'| *Pmw**}q&i tuovawjzpw,? igvLw,ç bmvLw,e? tvjzpom;www,? 'gallumirajymae&w,? cjcr;a0zew,? [wuvm;(reygb&m;)/

tavmabma[w? tavmabmu bmw; -t[wac:w,ç uov[wac:w,? tavmbç ta'goç tarm[ubmac:w; (uov [wac:yg w, b&m;)? uov[wqawm-**uovma[w**?

uov[wu jrwpmb&m;u-uovma[w? qpr;(uovma[w)? t' **]uovma[w}**qawm b,[m&w;(tavmbç ta'goç tarm[&ygw, b&m;)? t'g&w,? rwxm;aem? ygVuqvu&i &wmav;uaumuww&w,? 'vraumuww&i raumuww!u; jzpom;wmayg? aumuwww, q&i ÓmPjzpom;wmayg? r[wb;vm; (reygb&m;)/

tavmbç ta'goç tarm[u b,v ac:w, **]uovma[w}**vac:w,? b,vac:w; (uovbma[wvac:ygw, b&m;)? oe,0wm &w,? **oe,0wcEm-**qvupr; (oe,0wcEm)? ou]**[w}**aem? oe,0wcEmu**]cEm}**aem? t' cEmu **]emrcEm}**ac:w,? **]emrcEm}**u-a0'emuEmç onmuEmç ocg&uEmç 0nmPuEm? t'g b,Ep yg;w;(av;yg;ygb&m;)? 'umr!u;wrm r&b;vm; (&ygw, b&m;)? t'gaw 'umr!u;w r[wb;? **uovm a[w or,wume cEme-**t'g[w e,0w **]or,wcEm}**w? ui; r[wb;vm;ç [wovm;([wygw, b&m;)/

'g y|me;en;e oiay;wm? [wi,i, we;uq&i t'gaw oi&w,? [wuvm; (reyg

b&m;)? 'umrIu;wrm ypn;r&&ivn; &m&wmeç xri;&m&wmeç roiEib;? t'gawajymjy&ia&; a&;xm;? [wuvm;(reygb&m;)? wcsKyg;pyeaqmi xm;vn;&w,? t"yg, o&ivn; ygV&wmy/

tavmbç ta'goç tarm[u bmac:w; (uovma[wvac:ygw, b&m;)? a0'emç onmç ocg&ç 0nmPqw emrcEmav;ygu bmac:w; (or,wume cEmeygb&m;)? o-cevа&;vu&i vn; ly;om;wmy? t'guovu tavmbç ta'g oç tarm[aem? owum pwrq;b;? [wuvm; (reygb&m;)? ta'goç tarm[uÓmPeKun&i owumawr[wb;? tavmbu[[mav;ay; vuç '[mav;ay;vu? qejyKwav;ay;vuç bmav;ay;vu? t'gu tavmbac:w,? bmac: w;(tavmbac:ygw, b&m;)? tavmabm'ge? tavmabma[ww? ygVawuawm tyy? eiw rrwEibaermp;v/

tavmbç ta'goç tarm[u bm[ww;- uov[wac:w,? bmac:w;(uov[wygb&m;)? [yawxrmawm iaompwç iaev&&i iaompw t[wu ac:q tuovwuIç rie -rie? Zmwy

xuvaw? b,uvm iaompw t[wqwm r[wb;? t[wqwm rsupawç em;aw&wm? ouwprSK;qaewm? [wuvm; (reygb&m;)? Zmwq&mawuvn; eiw tvor wprSK;re; ow,? orq&i owvr&i eiwc&wmy r[w vm;(reygb&m;)? awmrm tov om;om;jyw,? ÄrÄawu om;jyÄuw,? yawvn; uw,? 'v tcseawayg/

uovm a[w or,wume cEme a[wypa,e ypa,m/ /

uovm-uovjzpueaom? **a[w**-[w o;yg;won? **or,wume**-or,wjzpueaom? **cEme**-aO'emuEmç onmuEmç ocg&uEmç OnmP uEmw tm;? **a[wypa,e**-a[wypn; jzi? **ypa,m**-aus;Z;jyK on? **a[mw**-jzp\/

t'gajymwmy? **uovma[w**-qvupr; o;acgu(uovm a[w or,wume cEme a[wypa,e ypa,m)[3]? t'g b,[mu b,[m qwmoÄyvm;(oygÄyb&m;)? **]uovm a[w}**u bmw;(uov [wo;yg;ygb&m;)? **]or,wume cEme}**u bmw; (emrcEma v;yg;ygb&m;)/

½yryÈb;?]½y}u tAsmuwÅu;? emreç ½yecwwfr,? **pwor|meme ½yÈe**-pwaÅumi jzpw½yryÈb;? uovxrmvn; ½yryÈb;? t' ½yu-**tAsmuw**? tcxiaewmÅu;awç iwww Åu;awu]**tAsmuw**}-uovvn; r[wb;ç tuovvn; r[wb;? r[wb;vm;(reyÈb&m;)? u eAmera&mub;vm;ç a&muovm; (a&muyÈ w,b&m;)? uovvn;r[wb;ç tuovvn; r[wb;ç t'È½yÅu;u tAsmuwre;owmey? [wuvm;(reyÈb&m;)/

'ÈpwaÅumixiae&wm r[wvm; (reyÈ b&m;)? t'È-**pwor|meme ½yÈe a[wypa,e ypa,m**? t'vq&i 'umrÅu;w r&awmb;? [w uvm;(reyÈb&m;)? xiaewmÅu;u bmaww;-**pwor|meme ½yÈe**? t'È]**e**}eom;w,?]**e**} qwmu]**w tm;**}vay;w,? [wuvm; (reyÈ b&m;)?]**o**}qwm-**uoavm uovó**?]**o**}q &i]**tm;**}vay;&w,?]**e**}q&i]**w tm;**}v ay;&w,? [wuvm;(reyÈb&m;)?]**o**}q&i aemuuxi& w,? a&Ivmrxi&b;? a&Ivmxi&i t|mey&,w vac:w,? [wuvm;(reyÈb&m;)? teuay;awm

aemuom;xi&w,? tv[maw yxrwe; em;vnly;awm om;wmayg/

xiaewmBu;awu bmBu;awwww; (½yyg b&m;)? bm½yw;-**pworm|mem½y**? [u uov usawm-**or,wume cEme**? t'gu cEmom; w,? 'uawm-**pworm|meme ½yge**? t'gxiaew ½yBu;awayg? pum;ajymawmvn; aumi;aumi; ajymw,? w&m;talumi; bmtalumi;ajymw,? [wuvm;(reygb&m;)? avmba'goryg beç rjii; rcbeajymw,? [wuvm;(reygb&m;)? t'gaw ayg? t'gbmw;qawm-**yÍmOg&**?uovww yÍm Og&w/

t'gu cxiaewmawaem? xiaewm-**pworm|me**? pworm|meu bmaww;qawmç uovvm; tuovvm;qawmç ½yqawm-**tAsmuw**? ½yqawm bmw;(tAsmuwygb&m;)? **]tAsmuw**}qwmo&Ivm;-**]Asmuw**}ua[mwmç **]tAsmuw**}u ra[mwm? **]Asmuw**}ubmw; (a[mwmygb&m;)? **]tAsmuw**}ubmw; (ra[mwm ygb&m;)? bmawu ra[mwmw;qawm uov tuovv ra[mw[m/

uovtuovvom ra[myg tAsm uwac:own;/ u uovtuovv rac: b;qrjziç eAmeuvn; uovtuovv rac:b;? r[wb;vm; (reygb&m;)? **]uovm uov Z[}**qawm eAmee re;b;vm; e;ovm; (e;ygw, b&m;)? yxrwe;jzpaew [mawu? t'grwpmb&m; a[mwm? t'gaw Ium;wmewi aomwmyejzpuew,? ewawbmawnmawrm? [wuvm; (reygb&m;)? aumi;&Ivm; (aumi;yg w, b&m;)? aumi;vvn;aumi;re;oatmi? a[mwouvn; aumi;atmia[m&w,? orv &&i tb"rmBu; uysi;om;w,? b,vrwow; -ysi;om;w,? tcu rysi;atmi vyae&w,/

uoavm "arm uovó "ró a[w ypa,e ypa,m/ uovm a[w or,wume cEme a[wypa,e ypa,m/ /

uoavm "arm tAsmuwó "ró a[wypa,e ypa,m/ uovm a[w? pw or|meme ½yge a[wypa,e ypa,m/ /

uoavm "arm uovóp tAsmuw óp "ró a[wypa,e ypa,m-ouEpc/

uovm a[w or,wume cEme pwor|memeÍ ½yge a[wypa,e ypa,m/ /

tAsmuweç pwor|mem½ye om;&w,? uoveç or,wcEmeom;&w,? tov tov? t'gb,Epc&om;|yw;qawm tar;et ajzo;p jzpom;|y/

uovusawmç **uoavm"arm uovó "ró a[wypa,e ypa,m**-uovon uovtm; a[wypn;jzi aus;Z;jy|w,w? jy|yg ovm;w? [wuvm;(reygb&m;)? tvajymw,? jy|ygw,w/

uovma[w or,wume cEme a[wypa,e ypa,m-t'gu uovu uov u [w-tavmbç ta'goç tarm[u aus;Z;jy| aew,? b,ou aus;Z;jy|aew; (tavmbç ta'goç tarm[uaus;Z;jy|aeygw, b&m;)? t'gzi qwmu-**u½P;? ypa,m Oyum&aum**-aus;Z;jy|on/

a[wypa,e-a[wypn;jziç a[w ta|umi;jzi **ypa,m Oyum&aum**-aus;Z;jy|on? **a[mw**-jzp\/

ar;wmeç ajzwme? [wuvm;(reyg b&m;)? ar;wmeç ajzwmq&i uovueom;ly? [wuvm; (reyg b&m;)? uov [wu or,wcEm&,ç pw alumijzpw½y&, aus;Z;jyKw,? pwalumijzpw ½yu tcw&m;emw½yaw/

Em;owwz½yawr [wb;? [wuvm;(reyg b&m;)? qwmawr [wb;? tcvxily; uov &aewmawaem? **or,wume cEme**-a[wor,w? ae0;ç cawmr&i;ao;b;? aemiu s &i;&i; om;vrr,? [wuvm;(reyg b&m;)? **]uovm}** qwmubmw;qawm **]a[w}**wç **][w}**w? **]uovm a[w}**vac:w,? **uovma[w**-t'g b,[m& w; (tavmbç ta'goç tarm[&ygw,b&m;)? t'g uovm/

or,wume cEme-t'gb,[m&w; (a0'emç onmç ocg&ç 0nmP &ygw,b&m;)? **emrcEmav;yg;**-t' tavmbç ta'goç tarm[u emrcEmav;yg;uaus;Z;jyKw,? [wuvm; (reyg b&m;)? t'g-**uoavm "arm uovó "ró&lt"yg,**? bmw;(uoavm "arm uov ó "ró&lt"yg,ygb&m;)/

uovw&m;on uovw&m;tm; a[wypn;jzi aus;Z;jyKy\o vm;-jyKy\w,w? t'v ajymaew,? [wuvm;(rey\b&m;)? uov &wmaw&,ç tcxiaewmaw&,ç w&m;xiae wmawa&may\? t'\b,oaKumijzpow;-**]tavm bç ta'\oç tarm[**}aKumijzpw,?b,oaKumi jzpow;(tavmbç ta'\oç tarm[aKumiy\ b&m;)? u 'umrBu;wy\ao;vm; (ry\y\b;b&m;)? t'\rwpc\wn; eAmeua&muom;wm/

'umrBu;wvqw oa,mZOawvw rae b;vm; (vwaey\w,b&m;)? t'\ 0rwvac:wm? tv[mrsK; t'\y Ev;oi;aer,q&i aoom; &ivn; b,a&murw; (eAmea&muy\w,b&m;)? t'\u aomwmywr*vac:wmay\? tcoyr&i; ao;b;vm;ç &i;Ky vm;(&i;y\y b&m;)? u awmKuO;p/

om". . . om". . . om"

owOr&[aom toonomvi v&i;jzpon/

ကျေးဇူးတော်ရှင် ဓမ္မာနုပဿနာ ပခုက္ကူဆရာတော်ဘုရားကြီး
ဘဒ္ဒန္တ ဣန္ဒောဘာသ မဟာထေရ် (အနိစ္စဆရာတော်) ၏
ဆုံးမဩဝါဒ သံပေါက်လင်္ကာများ

- **ဖေဏ ပိဏ္ဍူပမံ ရူပံ၊ ဝေဒနာ ပုဗ္ဗုဠူပမာ၊ မရီစိကူပမာ သညာ၊ သင်္ခါရာ ကဒလူပမာ၊ မာယူပမဉ္စ ဝိညာဏံ၊ ဒေသိတာ ဒိစ္စ ဗန္ဓုနာ။**
- ရူပံဤရုပ်၊ ရေမြှုပ်သဏ္ဍာန်၊ အနိစ္စပဲမမြဲဧကန်၊ မကင်းဘဲမို့ဆင်းရဲပူပန်၊ အနတ္တမှတ်ကြဧဝကန်။
- ဝေဒနာရေပွက်၊ တူတဲ့သဏ္ဍာန်၊ အနိစ္စပဲမမြဲဧကန်၊ မကင်းဘဲမို့ဆင်းရဲပူပန်၊ အနတ္တမှတ်ကြဧဝကန်။
- သညာ နာမ်ဓာတ်၊ တံလျှပ်သဏ္ဍာန်၊အနိစ္စပဲမမြဲဧကန်၊ မကင်းဘဲမို့ ဆင်းရဲပူပန်၊ အနတ္တမှတ်ကြဧဝကန်။
- သင်္ခါရက္ခန္ဓော၊ ငှက်ပျောသဏ္ဍာန်၊ အနိစ္စပဲ မမြဲဧကန်၊ မကင်းဘဲမို့ ဆင်းရဲပူပန်၊ အနတ္တမှတ်ကြဧဝကန်။
- ဝိညာဏ်မျက်လှည့်၊ တူတဲ့သဏ္ဍာန်၊ အနိစ္စပဲ မမြဲဧကန်။ မကင်းဘဲမို့ ဆင်းရဲပူပန်၊ အနတ္တမှတ်ကြ ဧဝကန်။

- အနတ္တပုဒ်ကို ဗမာပြန်ထုတ်တော့၊ ငါ့ကိုယ်မဟုတ်ဆိုလိုတာ၊
  ငါ့ကိုယ်မဟုတ်တာ ငါလို့စွဲတော့၊ အစွဲဒုက္ခရောက်ကြမှာ၊
  စွဲလေသမျှ ဒုက္ခဧကန်သာ။
- ငါ့ကိုယ်မဟုတ်တာ ဧကန်သိတော့၊ အစွဲမရှိလွန်ချမ်းသာ၊
  ချမ်းသာရာကို နိဗ္ဗာန်တရားဟု၊ ဗုဒ္ဓဘုရားမိန့်ခဲ့တာ၊
  အဲဒါမှ အနတ္တသာသန ဓမ္မအရသာပါ။
- အိုခြင်းတရား အမှန်သားမို့၊ တရားအတိုင်းအိုရတာ။
- နာခြင်းတရား အမှန်သားမို့၊ တရားအတိုင်းနာရတာ။
- သေခြင်းတရား အမှန်သားမို့၊ တရားအတိုင်းသာသေရတာ၊
  အဲဒါမှ သမ္မာဒိဋ္ဌိမည်ရှိ မဂ္ဂင်ပါ။

om" ... om" ... om"

'သီရိဂေဟာ' tvuxa&mepr ½uul;wn;jzwyaZmygon/
trw 180-182? r[mAE vye;cvr;? ausmuwwm;rWe,?
&eue/ ze; -01-374868/

မအေးမြတ်စုမှ ရေးသားပူဇော်ပါသည်။