



Avalokiteshvara -

Marimari

Pawa bilong givim halibim

*– husat isaveharim ol karai bilong
olgeta long ples graun.*

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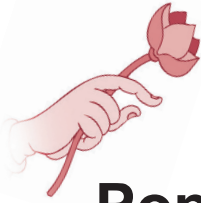
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Dispela buk yu noken baim o salim, em bilong kisim tasol.



Popela Tru naWok long winim hamamas

Laip bilong yumi i save ron spid na i no long taim bai i pinis, tasol planti taim yumi no save luksave long dispela. Laip bilong yumi ken igat planti ol gutpela samting, tasol yumi mas gat sik, kamap lapun na dai. Emi kain bilong laip long ples graun.

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

Sapos yumi stat long lukluk klia long ron long laip bilong yumi bai yumi ken klia olsem olgeta samting save senis olgeta taim. Inogat wanpela samting isave stap wankain olgeta naino save senis. Wanpela samting save wokim narapela samting ikamap na senis. Inogat wanpela samting istap longwe long ol narapela samting.

Planti taim yumi gat ol kainkain liklik heve, olsem wanpela samting i kamap yumi no laikim, o yumi stap longwei long wanpela gutpela poroman, o yumi kisim liklik sik, o skin iles o pen o wanpela pilim nogut i kamap, o samting isave senis na yumi lak bai inoken senis. Long daunim tingting long ol dispela heve yumi save laik wokim sampela samting long wokim hamamas i kamap ken nasloim o haitim dispela heve. Sapos heve i kamap bikpela, sampela man i save kisim sik wari, sampela i save kisim ol drag

o strongpela drink. Ol i ting bai ol dispela kain drag i ken rausim wari bilong ol, tasol ol dispela drag i save sloim 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. Na tu ples graun isave senis wantaim taid, ren, hai wara, guria, raun win na ol kainkain samting.

Taim yumi lukluk klia long laip olsem bai yumi ken luksave planti ol turangu long ples graun ino sindaun gut o kisim kain gutpela klia save olsem yumi.

Dispela tru olsem yumi save gat planti ol kainkain heve ol i kolim **Namba Wan** samting i **Tru Olgeta, na Namba Wan Wok bilong yumi long groim klia save** ibihainim dispela tru. Em bilong lukluk klia long ol heve na yusim long kamapstrong, na groim klia save

long has bilong ol heve, na groim marimari long ol turangu igat wari long ol heve.

Olsem namba wan promis bilong yumi husat ilaik griom klia save trui olsem:

Ol samting istap laip iplanti tru, tasol mi promis long halibilm ol.

Sapos yumi lukluk klia bai yumi ken save ol dispela wari o heve i save kamap olsem wonem.

Ol i save kamap long wonem yumi born long ples graun, na tu planti heve save kamap taim yumi no save kisim samting long laik bilong yumi. Yumi save laik bai olgeta samting i ron long laik bilong yumi tasol, tasol ol samting i save ron long laik bilong ol yet! Yumi no lukluk klia olsem ol samting i save senis, ol ino save stap wankain, nogat. Tasol

planti taim yumi save laikim samting i mas stap olgeta o wankain.

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

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

Olsem sapos yumi lukluk klia bai yumi

inap save olsem has bilong planti long ol heve i stap long strongpela laik bilong yumi long kisim o no kisim samting, na laik long samting, o yumi yet, i mas stap o i mas pinis. Dispela ol i kolim **Namba Tu** samting i TruOlgeta,na **Namba Tu Wok bilong yumi long groim klia save** ibihainim dispela tru. Em bilong lusim ol dispela pasin bilong tingting long gat strongpela laik o no laik long ol samting.

Olsem namba tu promis bilong yumi husat ilaik groim klia save tru i olsem:

Ol tingting long gridi, hetim samting na paul tingting save kamap oltaim, oltaim, tasolmi promis long lusim ol.

Sapos yumi lusim dispela kain pasin long laikim, o no laikim ol samting na traim kisim

o rausim ol samting, bai dispela iken slouim ol heve. Sapos yumi inap lukluk klia tru insait long ol ron bilong tingting bilong yumi na lusim ol dispela kain karanki pasin, na lusim olgeta taim, bai yumi inap painim bikpela hamamas na piis. Ol strongpela laik na sigarap bilong yumi yet save pasim dispela kain piis na hamamas bai ino inap girap.

Dispela traipela hamamas na piis wanpela inap winim, sapos em i lusim pasin bilong strongpela laik na holim pas ol samting, oli kolim ***Nirvana***. Dispela oli kolim **Namba Tri samting i TruOlgeta, na Namba Tri Wok bilong yumi long groim klia save** ibihainim dispela tru. Em bilong luksave klia tru long ron bilong ol tingting bilong yumi na lusim pasin bilong holim ol dispela kain tingting bilong paulim na bakarapim yumi.

Olsem namba Tri promis bilong yumi husat

ilaik groim klia save trui olsem:

Skul bilong Buddha itraipela na dip tru, tasol mi promis long groim klia save long em.

I gat rot yumi inap bihainim long pinisim ol dispela heve na winim hamamas. Dispela oli kolim **Namba Po** samting i **TruOlgeta.na Namba Fo Wok bilong yumi long groim klia save** ibihainim dispela tru.Em bilongtraihat long bihainim dispela rot.

Olsem namba Fo promis bilong yumi husat ilaik groim klia save tru i olsem:

Rot Klia Save Man isoim ihat na igo olgeta, tasol mi promis long bihainim tru.

Dispela rot i gat eitpela step o hap long em bai yumi mas bihainim. Ol dispela step o hap, bai yumi mas traिम prektisim olgeta

taim, na wanpela step o hap save strongim narapela sapos yu prektisim gut.

Gutpela Eitpela Step o Rot long groim nabihainim:

1. Stretpela o klia luksave

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

Yumi mas save long heve, has bilong ol heve, pinis bilong ol heve, na rot long bihainim long pinisim ol heve. Olsem planti long ol laik na sigarap bilong yumi yet i save paolim na bakarapim yumi yet. Planti taim yumi save putim rong i go antap long narapela, tasol planti taim rong i save stap long yumi yet.

Sapos yumi lukluk klia long ron bilong ol samting bai yumi ken luksave klia long kamap bilong ol samting na senis bilong ol samting, na inogat wanpela samting i ken kamap nating. Olgeta samting i gat wanpela samting i kirapim. Dispela i wankain long ol tingting bilong yumi wanwan na ol samting yumi i save wokim. Sapos yumi lukluk klia bai yumi ken save olsem - husat i save wokim ol gutpela pasin, bihain bai ol gutpela samting ikamap long em; na husat i save wokim ol rabis pasin save kisim bakarap bihain long dispela em ibin wokim. Dispela i wanpela rul

long wel, olsem bekim long mekim. Dispela ol i kolim '**karma**'.

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

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

Sapos yumi lukluk klia bai yumi ken save olsem yumi i no save stap yumi wanwan longwei long ol narapela. Wonem samting

yumi wokim i save senisim sindaun long narapela tuia, na wonem samting narapela i save wokim i save senisim sindaun long yumi tu yah. 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 i no 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.

2. Strepela tingting na laik

Yumi i mas gat laik long bihainim ol strepela 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 . Sapos yumi holim strong ol kaikain bilip, bai yumi no lukluk klia na ai bilong yumi bai ipas long ol narapela kain tingting, na yumi ken kros planti wantaim ol narapela

Planti taim ol sigarap na kainkain laik na tingting i save paolim yumi na bakarapim yumi. Olsem strongpela laik tru bilong yumi i mas stap long bihainim ol dispela samting i ken wokim hamamas tru i kam long yumi na ol narapela. I nogat ius long maus tasol i tok na tingting i stap long paol na bakarapim narapela. Dispela i no inap long wokim hamamas i kam long yumi bihain.

Yumi mas gat laik long daunim ol tingting jeles na tingting long praudim yumi yet. Sapos yumi daunim ol dispela kain tingting dispela i ken slouim koros i no inap kamap planti tumas. Yumi mas gat laik long hamamas

wantaim ol narapela.

Yumi mas gat laik long kirapim ol tingting long marimari, lav na long halibim ol narapela. 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 i stap long tingting bilong yumi yet.

3. Strepela na gutpela toktok

Sapos yumi laik wokim hamamas i kamap, yumi mas bihainim ol strepela toktok tasol. Olsem yumi noken giaman o tok koros o tok nogut, long wonem ol dispela bai i wokim ol heve i kamap long ol narapela na dispela bai i kambek long yumi bihain.

Taim yumi gat koros, dispela i save wokim sampela senis insait long bodi bilong yumi, olsem wokim het i pen o sua i kamap insait long bel. Dispela koros i save bakarapim yumi yet.

Yumi noken tok baksait na tok hait long bakarapim narapela. Dispela i save bakarapim neim bilong yumi yet na wokim ol man i ken koros long yumi bihain. Kain pasin bilong jeles i save kamapim sik insait long bodi bilong yumi, na wokim hetim na kros ikamap long bel bilong ol narapela.

4. Strepela wokim

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

Olsem:

Yumi noken kilim samting nating o bakarapim wanpela.

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

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

Yumi noken kisim ol strongpela drink o drag, long wonem ol dispela i save wokim tingting bilong yumi i no klia. Taim yu spak i 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 i wankain long taim yumi i stap gut na wankain heve bai i kamap bihain.

Sapos yumi gohet na kil, stil, pamuk nambaut

taim yu marit, na spak, bai yumi mas klia olsem yumi bai i kisim ol kainkain heve long tingting na bodi bihain.

5. Strepela wok na sindaun

Wonem kain wok yu wokim long winim sindaun bilong yu i ken stretim rot long heve o hamamas i kamap. Olsem sapos insait long wok bilong yu, yu halibim ol narapela bai dispela i wokim hamamas i kam long yu. Sapos long wok bilong yu, yu wokim samting i ken pasim o bakarapim narapela, bai dispela i wokim sampela heve i kam long yu.

Ol kain wok long salim gan na kain samting long kilim narapela i ken wokim wari na heve i kamap.

Wankain long salim ol drag, o strongpela drink, o samting long wokim man i spak long

em.

Wankain ol wok long kilim ol animal na bakarapim ples.

6. Strepela traim

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

Yumi mas trai hat na prektis olgeta taim long luksave long ol ron bilong tingting bilong yumi yet.

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

Sapos wanpela gutpela tingting i ken wokim

hamamas long yumi o narapela i stap insait long het bilong yumi, strongim dispela.

Sapos wanpela tingting i ken wokim heve long yumi o narapela i laik kam insait long het bilong yumi, noken larim i kam insait.

Sapos wanpela gutpela tingting i ken wokim hamamas long yumi o narapela i laik kam insait long het bilong yumi, pulim i kam na strongim.

Wankain, yu mas luksave gut taim yu toktok o wokim samting, o laik toktok o wokim samting. Sapos emi nap bakarapim yu o narapela, noken go het wantaim toktok o wokim. Sapos emi ken halibim yu na narapela, go het.

7. Strepela was na lukluk long tingting - mediteisen

Yumi mas was gut na luksave long ron long tingting bilong yumi olgeta taim, nogut sampela karangi tingting i kam insait na bakarapim yumi. Mediteisen save haiblim yumi long wokim dispela.

Emi isi tru long larim wanpela paol tingting i kam 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 i stap 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 i slou na strong na lukluk klia long ron bilong

olgeta samting.

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 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.

8. Stret na strongpela tingting

Yumi mas save long, na prektis long, strongim tingting na wokim tingting i klia na sap, na stap long wanpela samting, na noken larim ol tingting i ron i go i kam bihainimol laik na no laik.

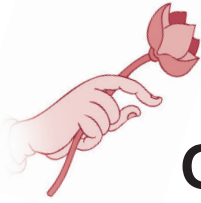
Yumi mas prektis o traim planti taim long

sindaun isi na lukluk gut long ron bilong tingting na larim tingting i slou, na lukluk klia insait long tingting bilong yumi.

Dispela tu em i hap bilong Mediteisen, o pasin bilong groim gut tingting.

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

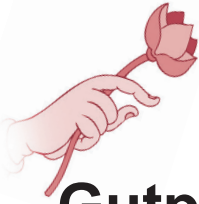
Dispela **Gutpela Eitpela Step** o rot yumi mas traim wokim olgeta wantaim. Sapos yumi stat long bihainim ol dispela gut bai yumi ken save bai yumi mas kisim hamamas tru bihain, taim strong bilong sampela samting nogut yumi i bin wokim bipo i pinis.



Gutpela poroman

Yupela, i gutpela long bihainim wanpela gutpela poroman sapos em i save wokim sevenpela kain pasin. Dispela sevenpela i olsem:

Em i save givimsamting i hat long givim, em i save wokim samting i hat long wokim, em i savestap isi sapos taim nogut i kamap long em, em i save tokaut long ol hait toktok bilong em, em i no save tokaut long ol hait toktok bilong ol narapela, em i no save lusim wanpela sapos em i kisim taim nogut, em i no inap tok nogut long wanpela sapos em lusim samting.

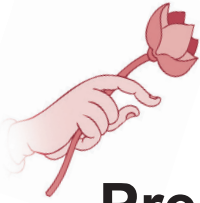


Gutpela i kamap bihainim lav na marimari

Sapos yu prektis planti taim lav na marimari na wokim i kamap olsem hasbilong ol tingting bilong yu na yu strongim na wokim gutpela tru, baiilevenpela samting i kamap:

Bai yu slip gut; bai yu nogat driman nogut; ol man bai i laikim yu; bai ol animal, tebel, na angelo i laikim yu; bai ol angelo o deva i lukautim yu; paia, poisin, na ol samting bilong pait i no inap long bakarapim yu; bai yu painim isi long strongim tingting i kamap sap na klia; pes bilong yu bai i luk hamamas na isi; bai tingting bilong yu i no inap long paol; bai tingting bilong yu i stap klia na yu no inap

paol taim yu dai; na sapos yu no kisim pri bai
yu born ken long wel bilong ol god.



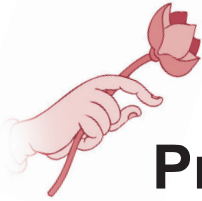
Prektis long wokim lav na marimari

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

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

Yupela mas skulim yupela olsem,

‘Bai mipela i wokim na prektisim mediteisen long lav na marimari planti taim, na olgeta dei. Bai mipela trai hat long kisim gutpela save long wokim na wokim i kamap hap long laip bilong mipela.’



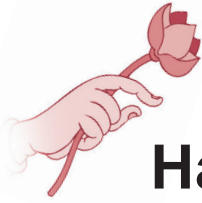
Prektis long wokim tingting i kamap strong na klia na sap

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

Wokim tingting i kamap strong, sap, na klia, long wonem husat i wokim dispela inap kisim tru save long ron bilong olgeta samting. Na sapos em i kisim klia save long ron bilong ol samting bai save bilong em i olsem wonem?

Em bai isave long kirap na pinis bilong bodi, kirap na pinis bilong pilim, kirap na pinisbilong bilip na tingting bilong bipo na tingting bilong skelim, kirap na pinisbilong

ron na grou, sindaun,na pasin, bilong bilong
tingting, na kirap na pinis bilongkonsius i
bihainim lukim, harim, smelim, testim, tasim
na drimanim, na tingting bilong bipo.



Halibim ol narapela

Yupela, long ol husat yu gat marimari, long ol husat yu ting isave givimgutpela toktok - sapos ol poroman, ol man yu mitim ol nau tasol, ol wantok, o olpamili - i gutpela long halibim ol, na soim ol, na strongim ol, long popela samting long bringim ol long gutpela rot.

Na dispela popela i olsem:

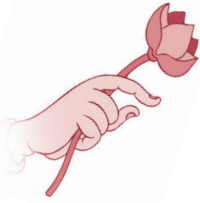
Halibim ol long kisim save long:

Klia Save Man, Buddha,

long skul bilong em, Dharma,

long ol lain i bihainim skul bilong em
-Sangha,

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



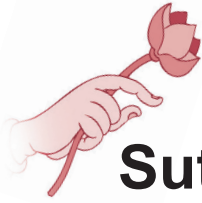
Givim samting

Sapos ol man iklia, olsem mi klia, long wonem samting bai imas kamap sapos wanpela givim samting, ol i no inap long kaikai sapos ol ino givim hap i go long narapela, na tingting long kisim bilong ol yet i no inap long kamap long tingting bilong ol.

Sapos las kaikai bilong ol tru, las taim bilong hap kaikai i go insait long maus bilong ol, ol i no inap kaikai sapos ol i no serim pastaim, sapos wanpela narapela i stap husat inap kisim dispela presen bilong ol.

Tasol ol man ino klia long wonem samting i mas kamap sapos wanpela i givim samting, ol i save kaikai na no save serim. Mak bilong

tingim ol yet i save stap long olgeta-tingting
bilong ol.



Sutta bilong Marimari na Lav

*Sapos husat i save long gutpela pasin na piis
bai bihainim dispela:*

Em i mas strong na stret; toktok bilong em i
mas klia na gut na noken strong, emi noken
putim em o nem bilong em igo antap long
narapela.

Em i mas hamamas na hamamas long liklik
tasol.

Em i mas i nogat planti samting long wokim,
na noken wari long ol bilas samting.

Em i mas stap isi, na nogat sigarap long
wanpela samting, gat gutpela na smatpela

tingting, na noken praud na askim long planti samting.

Em i noken wokim wanpela samting tru bai husat save man i gat save tru iken tok olsem dispela i no gutpela samting long wokim.

Tingting bilong em i mas gat laik bai olgeta i mas sindaun gut tasol wantaim hamamas na nogat wari o poret.

Na tingting bilong em imas stap olsem:

Olgeta samting i stap laip, strong o i no strong, noken lusim wanpela,

Ol dispela i gat pawa o i nogat pawa, bigpela o liklik,

Ol dispela yumi inap long lukim na ol yumi no inap long lukim,

Ol dispela i stap klostu o i stap longwe,

Ol dispela i kamap pinis na ol dispela i no

born iet,

Mi laik bai olgeta i mas stap i orait tasol.

***Noken larim wanpela giamanim narapela,
o hetim wanpela narapela.***

***Noken larim wanpela kros na traim
bakarapim narapela.***

Sapos wanpela mama i gat wanpela pikinini
tasol,

na save lukautim em gut tru, wankain yumi
mas tingim ol narapela i stap laip, na salim
ol gutpela tingting long olgeta hap long
wolantap inap long skai na daun bilo inap
long blu salwara, igo saitsait na fri, i nogat
wanpela tingting kros o nogut wantaim em.

Sapos yumi sanap o wokabaut, sindaun o
slip, yumi mas ai op na het klia na tingting
long dispela.

Dispela em i gutpela sindaun tru yah.

Sapos wanpela i no save holim pas strong ol kainkain tingting, tingting bilong em i stap gutpela tasol, em i lukluk klia tru long tingting na i nogat sigarap o strongpela laik long wanpela samting, bai em i fri long raun long born na dai.



Husat i lavim em yet tru

Wanpela taim Klia Save Man i bin stap long Savatthi long Jeta Gaten long haus monk bilong Anathapindika. Sif Pasenadi bilong Kosala i bin kamap na respektim Buddha na bin sindaun long sait bilong em na bin toktok olsem:

‘Taim mi bin stap, mi wanpela, mi bin tingting olsem: Husat i save lavim em yet, na husat i no save lavim em yet? Na mi bin skelim olsem: Ol dispela husat i save bihainim pasin nogut wantaim bodi, toktok natingting, ol i no save lavim ol yet. Sapos ol yet i tok: ‘mipela save lavim mipela yet’, ol i no save wokim tru. Long wonem? Ol i save wokim wankain

wanpela husat i heitim wanpela na laik bakarapim dispela man. Olsem ol i no lavim ol tru.

‘Tasol ol husat i save wokim gutpela pasin tasol wantaim bodi, toktok na tingting, ol i lavim ol yet tru. Sapos ol i tok: ‘mipela i no lavim mipela yet’, ol i lavim ol trua. Long wonem? Ol i wokim wankain wanpela poroman i save wokim long poroman bilong em. Olsem ol i save lavim ol trua.’

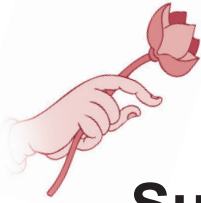
‘Em i tru, sif,’ bekim Bik Man.

‘Husat isave laikim em yet, i no inap wokim pasin nogut. Husat i wokim pasin nogut i no inap winim hamamas i stap longpela taim. Dai bai i kam long em, na em i no inap long karim ol samting em i kisim i go wantaim em.

‘Wonem samting bai i bihainim em wankain olsem shado long bodi bilong em? Ol

samting em i bin wokim, gutpela na nogut, bai i bihainim em, na em ol samting bilong em trua, na dispela bai em i karim wantaim em. Ol samting em i wokim bai i bihainim em wankain olsem shado bilong bodi bilong em, na oli no inap long lusim em.

‘Olsem, wanpela mas wokim ol gutpela samting nau long stretim laip bihain. Ol gutpela pasin tasol bai i halibim wanpela bihain.’



Sutta long ol gutpela samting

Bipo Klia Save Man i bin stap klostu long Savatthi long bus bilong Jeta long monastery bilong Anathapindika. Wanpela deva o angelo i bin kamap long biknait tru na lait bilong em i bin laitim hol bus long dispela hap na em i bin kamap long Buddha. Taim em i kamap long Klia Save Man na soim respekt i go long em, em i bin sanap long wanpela sait bilong em na askim em olsem:

‘Planti ol deva na man i save tingting planti long wonem ol gutpela samting bai i halibim ol long sindaun gut na nogat ol hevi. Mi laik bai yu mas tokaut long dispela.’

Na Buddha ibekim olsem:

'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 Gutpela Rot na halibim ol wantok, na wokim ol gutpela samting tasol, em i narapela long ol namba-wan gutpela samting.

Suruk longwei long rong na noken wokim pasin nogut, noken spak o kisim ol strongpela drink, was gut long bihainim Gutpela Pasin: em narapela long ol namba-wan gutpela samting.

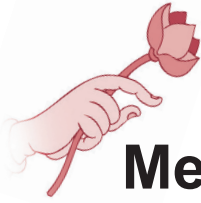
Soim respekt na noken bikhet, hamamas na stap isi, na harim o ridim ol rot bilong groim klia save: em narapela long ol namba-wan gutpela samting.

Stap isi na harim tok gut sapos wanpela i givim gutpela toktok long stretim yu, lukluk long ol monk na nun, toktok wantaim narapela long Gutpela Rot bilong groim klia save: em narapela long ol namba-wan gutpela samting.

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

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

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



Mediteisen long givim marimari na lav

Wokim tingting i go long insait long bros bilong yu na wokim piksa bilong strongpela waitpela lait ikamap, na dispela lait i pulap long lav na marimari. Na larim dispela lait igro ikamap bikpela na pulimapim bodi bilong yu long het i go daun olgeta long lek.

Olgeta hap bilong bodi bilong yu ilait wantaim lav na marimari na bai yu pilim hamamas na yu nogat heve.

Tingting klia olsem:

Mi laik bai mi mas gat hamamas, stap strong na isi.

Mi laik bai lewa bilong mi imas pulap wantaim lav, marimari na hamamas wantaim ol narapela.

Mi laik bai mi sindaun gut, nogat heve na nogat birua.

Mi laik bai mi no inap wokim wanpela samting iken bakarapim hamamas na sindaun bilong mi.

Nau salim dispela lait bilong lav na marimari i go aut long olgeta husat i stap long dispela hap yu stap long em.

Pulimapim ol wantaim dispela gutpela lait na laik bilong yu i olsem:

Mi laik bai oli mas gat hamamas, stap strong na isi.

Mi laik bai lewa bilong ol imas pulap wantaim lav, marimari na hamamas wantaim ol narapela.

Mi laik bai oli sinadaun gut, nogat heve na nogat birua.

Mi laik bai oli no inap wokim wanpela samting iken bakarapim hamamas na sindaun bilong ol.

Wokim wankain long ol pamili bilong yu, na long ol wantok na ol poroman.

Mi laik bai ol mas gat hamamas, stap strong na isi.

Mi laik bai lewa bilong ol imas pulap wantaim lav, marimari na hamamas wantaim ol narapela.

Mi laik bai ol sinadaun gut, nogat heve na nogat birua.

Mi laik bai ol no inap wokim wanpela samting iken bakarapim hamamas na

sindaun bilong ol.

Salim dispela lait na gutpela tingting i go long olgeta man na meri na pikinini, husat yu no save gut long ol, o yu lukim wanpela taim tasol, long provins na kantri, na tu i go long olgeta long ol kantri kolostu na bihain ol kantri longwei, inap yu pulimapim olgeta long wel, na laik bilong yu i olsem:

Mi laik bai ol mas gat hamamas, stap strong na isi.

Mi laik bai lewa bilong ol imas pulap wantaim lav, marimari na hamamas wantaim ol narapela.

Mi laik bai ol sinadaun gut, nogat heve na nogat birua.

Mi laik bai ol no inap wokim wanpela samting iken bakarapim hamamas na

sindaun bilong ol.

Nau salim dispela lait wantaim lav na marimari i go long husat yu no laikim o husat ino laikim yu, na long ol husat igat sik o heve o stap long ples nogut, olsem bilong pait, o igat guria o tait o wonem kain bakarap, na wokim laik bilong yu i olsem:

Mi laik bai ol mas gat hamamas, stap strong na isi.

Mi laik bai lewa bilong ol imas pulap wantaim lav, marimari na hamamas wantaim ol narapela.

Mi laik bai ol sinadaun gut, nogat heve na nogat birua.

Mi laik bai ol no inap wokim wanpela samting iken bakarapim hamamas na sindaun bilong ol.

Nau salim lait na lav i go antap long heven,
na igo long ol animal – ol husat i stap long
win, long ol diwai, long antap long graun,
long insait long graun, long ol wara na long
solwara na rip.

***Mi laik bai ol mas gat hamamas, stap
strong na isi.***

***Mi laik bai lewa bilong ol imas pulap
wantaim lav, marimari na hamamas
wantaim ol narapela.***

***Mi laik bai ol sindaun gut, nogat heve na
nogat birua.***

***Mi laik bai ol no inap wokim wanpela
samting iken bakarapim hamamas na
sindaun bilong ol.***

Bihain salim lait na lav i go long ol tebel na masalai na ol husat i stap bakarap long ples nogut, olsem hel, na stretim laik bilong yu i olsem:

Wonem kain laip istap, mi laik bai ol mas gat hamamas, stap strong na isi.

Mi laik bai lewa bilong ol imas pulap wantaim lav, marimari na hamamas wantaim ol narapela.

Mi laik bai ol sinadaun gut, nogat heve na nogat birua.

Mi laik bai ol no inap wokim wanpela samting iken bakarapim hamamas na sindaun bilong ol.

Salim dispela stronpela lait i go long olgeta kainkain laip i stap long poret bilong yu, long baksait, long sait sait na antap na taunbilo.

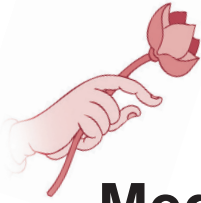
Salim lav na marimari wantaim dispela lait i go long olgeta hap, na laik bilong yu i olsem:

Bai olgeta samting i stap laip imas stap hamamas,

na ol i nogat heve,

na ol i stap long gutpela taim.

Holim dispela tingting i stap longtaim.



Mediteisen long wokim tingting i gutpela na wankain long olgeta.

Insait long tingting bilong yu wokim piksa long wanpela poroman o wanpela long lain bilong yu, yu save laikim tumas.

Na kolostu long dispela piksa, putim piksa bilong wanpela yu no laikim o yu gat koros long em.

Na kolostu long dispela tupela piksa, putim piksa long wanpela yu no save gut long em na yu nogat wanpela kain tingting long em.

Orait nau, lukluk long wonem kain pilim i kamap taim yu lukim ol dispela tripela piksa.

Nogut yu pilim strongpela laik na yu laik holim pas dispela piksa long dispela yu laikim tumas, na nogut yu pilim koros na strongpela laik long suim igo longwei dispela yu no laikim, na long narapela nogut yu nogat wanpela pilim olgeta.

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

Na lukluk long dispela yu nogat laik long em.'Olsem wonem mi gat koros na heitim

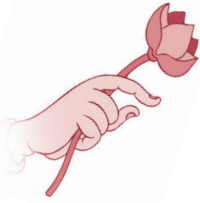
dispela? Em bai i wokim samting nogut long mi inap olgeta taim o nogat? Bipo em i bin gutpela long mi sampela taim o nogat? Nogut long wanpela laip bilong mi bipo em i bin poroman bilong mi.'

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

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

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

Wokim planti taim olsem.



Givim na Kisim Mediteisen

Long dispela mediteisen yumi laik kisim olheve long ol narapela nayusim long rausim has bilong ol heve bilong yumi - dispela pasin long holim strong yumi yet.

Dispela 'yu yet' o 'mi yet' yumi ken lukim olsem wanpela blekpela bal o banis insait long brosbilong yumi iraunim dispela gutpela pasin bilong yumi, long marimari na lav, istap long namel long lewa bilong yu. Lukim dispela lav na marimari olsem wanpela waitpela lait long namel long brosbilong yu. Wokim olsem:

Mi laik bai olgeta heve bilong ol narapela

ikam long mi.

Mi laik taim mi givim hamamas bilong mi i go long ol narapela,ol imas pilim hamamas tru.

Tingim olsem olgeta narapela kainkain laip i stap raun nambaut long yu ikamap olsem ol man, na ol i stap kolostu.

Tingim ol husat i gat sik na husat ibakarap o stap long ples nogut. Tingim ol heve o sik o bakarap bilong ol olsem wanpela sua igat paia insait na blekpela simok ikam longwe long em.

Tinging olsem yu rausim ol heve bilong ol ikam longwei long dispela blekpela simok. Dispela simok ilusim sua bilong ol na kam insait long nus bilong yu na iron igo stret long bros bilong yu na wok long brukim dispela blekpela bal o banis long tingim yu yet.

Nau tinging olsem yu givim traipela hamamas, marimari, na lav, bilong yu igo long narapela insait long dispela waitpela lait. Dispela lait ikam long bros bilong yu igo long bros bilong olna pilimapim ol wantaim hamamas tru.

Wokim ken and ken, na brukim dispela bal na banis long lewa bilong yu igo kamap ol liklik hap pipia na troimwe.



Paipela bikpela prisep

Nambawan prisep

Mi klia long ol heve i kamap 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 i kilim 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 prisep

Mi klia long ol heve i save 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 i nogat. Bai mi respektim gut ol samting bilong ol narapela, tasol bai mi noken larim sampela long bakarapim narapela na wokim heve i kamap long ol man/meri o ol animal.

Nambatri prisep

Mi klia long ol heve i kamap 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 i wokim, i

go 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.

Nambapo prisep

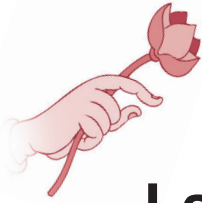
Mi klia long ol heve i kamap bihain long ol toktok nogut, na sapos wanpela ino inap harim klia toktok bilong narapela. Mi promis long groim ol toktok bilong lav na pasin bilong harim klia toktok bilong ol narapela, bai mi ken wokim ol narapela hamamas na pinisim ol heve bilong ol. Mi klia olsem ol toktok ken wokim hamamas o heve i kamap, 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 i tru. 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 long bilong mi na stap isi.

Nambapaip prisep

Mi klia long ol heve i ken 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 i 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 i mas gat ol gutpela kain kaikai long maus, ai, na iau, pastaim long ol gutpela senis i ken kamap insait long yumi wanwan na komuniti.



Laip i stap long han bilong yumi wanwan

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.

Tingting i save kamap toktok.

Toktok i save kamap samting yumi wokim.

Samting yumi wokim save kamap

olsem pasin bilong yumi.

Pasin i save kamap moa strong na stap

olgeta long yumi.

Olsem lukluk gut long ol tingting na ron bilong

em,

Na larim i kamap long lav

I kamap long marimari long olgeta laip.

Quentin Genshu,

Sangha bilong Groim Klia Save,

Western Manus,

Papua New Guinea.

Dispela buk ibilong givim tasol, ino bilong baim

With bad advisors forever left behind,
From paths of evil he departs for eternity,
Soon to see the Buddha of Limitless Light
And perfect Samantabhadra's Supreme Vows.

The supreme and endless blessings
of Samantabhadra's deeds,
I now universally transfer.
May every living being, drowning and adrift,
Soon return to the Pure Land of Limitless Light!

*** The Vows of Samantabhadra ***

I vow that when my life approaches its end,
All obstructions will be swept away;
I will see Amitabha Buddha,
And be born in His Western Pure Land of
Ultimate Bliss and Peace.

When reborn in the Western Pure Land,
I will perfect and completely fulfill
Without exception these Great Vows,
To delight and benefit all beings.

*** The Vows of Samantabhadra Avatamsaka Sutra ***

DEDICATION OF MERIT

May the merit and virtue
accrued from this work
adorn Amitabha Buddha's Pure Land,
repay the four great kindnesses above,
and relieve the suffering of
those on the three paths below.

May those who see or hear of these efforts
generate Bodhi-mind,
spend their lives devoted to the Buddha Dharma,
and finally be reborn together in
the Land of Ultimate Bliss.

Homage to Amita Buddha!

NAMO AMITABHA

南無阿彌陀佛

《巴布亞紐幾內亞 TOK PISIN 文：觀音菩薩及慈悲法門》

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