

## Sambodhi Udāna 善波地 无达那<sup>1</sup>

### INSPIRED UTTERANCE [AFTER] SELF-AWAKENING 正觉自说语

Aneka-jāti saṃsāraṃ—  
sandhāvissaṃ anibbisaṃ,  
Gaha-kāraṃ gavesanto—  
dukkhā jāti punappunaṃ.

阿内卡 加地 商沙浪  
三达威商 阿尼比散  
咖哈 卡浪 咖威善多  
度卡 加地 普那普曩

“Gaha-kāraka, diṭṭho’si—  
puna gehaṃ na kāhasi,  
Sabbā te phāsukā bhaggā—  
gaha-kūṭaṃ visaṅkhataṃ,”  
Visaṅkhāra-gataṃ cittaṃ—  
taṇhānaṃ khayam·ajjhagā.  
咖哈 卡拉卡 地陀西  
普那 K寒 那 卡哈西  
沙巴 贴 趴书卡 巴咖  
咖哈 苦堂 V三卡堂  
V三咖拉 咖堂 起堂  
贪哈曩 咖亚马加咖

*I wandered [through] many births in saṃsāra,  
searching for the house builder (craving)  
[but] found [him] not;  
repeated birth is suffering.*

经多生轮廻，  
寻求造屋者，  
但未得见之，  
痛苦再再生。

*O, house-builder! You are seen.  
You shall not build a house again.  
All your rafters are broken.  
Your ridge-pole is shattered.  
My mind has attained the unconditioned,  
obtaining the destruction of craving.  
已见造屋者！  
不再造于屋。  
椽桷皆毁坏，  
栋樑亦摧折。  
我既证无为，  
诸贪爱尽灭。*

<sup>1</sup> These verses, found at Dh.153 –154, are attributed to the Buddha just after He realized Buddhahood.