

Ovāda-pātimokkha Gāthā 噢瓦达 巴替摩卡 咖它 EXHORTING THE OBLIGATION VERSES 巴替摩卡教诫偈¹

Khantī paramaṃ tapo titikkhā,
nibbānaṃ paramaṃ vadanti Buddhā;
Na hi pabbajito parūpaghātī,
samaṇo hoti paraṃ viheṭṭhayanto.
堪梯 叭垃茫 它坡 梯提吠
尼搬囊 叭垃茫 洼丹提 不搭
那 喜 叭巴具投 叭茹叭咖梯
萨曼诺 候提 叭让 V 嘿塔羊投

*Enduring patience is the highest austerity.
“Nibbāna is supreme,” say the Buddhas.
One gone-forth who harms and
oppresses another is not a self-appeased one.
诸佛说涅槃最上，
忍辱为最高苦行，
害他实非出家者，
恼他不名为沙门。*

Sabba-pāpassa akaraṇaṃ
Kusalassa upasampadā,
Sacitta-pariyodapanāṃ
etaṃ Buddhāna’ Sāsanaṃ.
萨巴 啪叭萨 阿卡然囊
苦萨拉萨巫叭伞叭哒
萨取它 叭离哟达叭囊
A 汤 不搭那 撒萨囊

*The not doing of all that is bad,
undertaking [all] that is skilful and
cleansing one’s own mind —
this is the teachings of the Buddhas.
一切恶莫作，
一切善应行，
自调净其意，
是则诸佛教。*

Anūpavādo anūpaghāto
pātimokkhe ca saṃvaro
Mattaññutā ca bhattasmim
pantañ-ca sayanāsaṇaṃ,
Adhicitte ca āyogo
etaṃ Buddhāna’ Sāsanaṃ’ ti.
阿努叭哇兜 阿努叭咖投
叭提模给 叉 桑洼柔
玛坛又他 叉 芭它斯明
盘坛叉 萨牙哪萨囊
阿迪取贴 叉 啊哟勾
A 汤 不搭那 撒萨囊提

*Not despising, not harming,
restrained according to the monastic discipline,
knowing the [right] amount in regards to food,
[dwelling in a] secluded lodging,
and dedication to [meditation and developing one’s] mind—
this is the teaching of the Buddhas.
不诽与不害，
严持于戒律，
饮食知节量，
僻静处独居，
勤修增上定，
是为诸佛教。*

¹ The last three verses of Mahāpadāna Sutta (D.14); also found at Dh.184, 183 & 185.