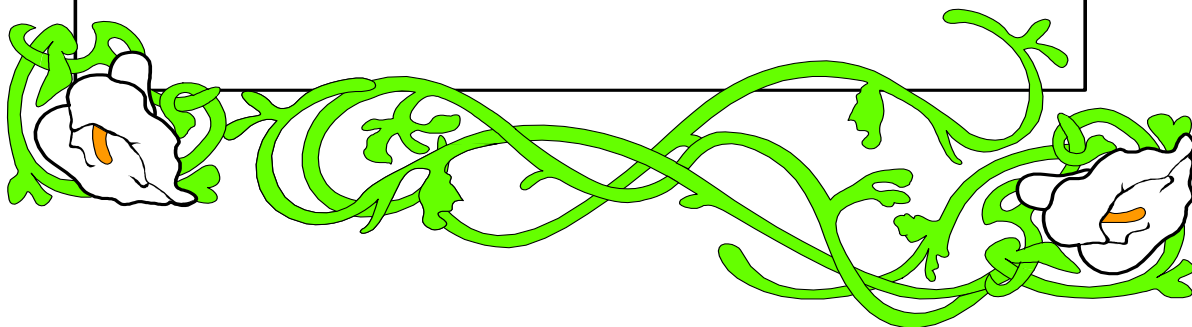


*STANZAS & VERSES*  
*CHANTED AFTER THE*  
*PĀTIMOKKHA*

诵戒后念诵的偈



N'atthi raga-samo aggi — n'atthi dosa-samo kali,  
N'atthi khandha-samā dukkhā — n'atthi santi-paramā sukhaṃ.  
Jighacchā-paramā rogā — saṅkhāra-paramā dukkha,  
Etaṃ ñātvā yathā-bhūtaṃ — nibbāna-paramaṃ sukhaṃ.  
Ārogya-paramā lābhā — santuṭṭhi-paramaṃ dhanam,  
Vissāsa-paramā ñātī — nibbāna-paramaṃ sukhaṃ.  
Paviveka-rasaṃ pītvā — rasaṃ upasamassa ca,  
Niddaro hoti nippāpo — Dhamma-pīti-rasaṃ pibaṃ.  
Sāhu dassanam-ariyānaṃ — sannivāso sadā sukho,  
Adassanena bālānaṃ — niccam-eva sukhī siyā.

无火如贪欲，无恶如瞋恨，  
无苦如五蕴，无乐胜寂静。  
饥为最大病，行为最大苦；  
如实知此已，涅槃乐最上。  
无病最上利，知足最上财，  
信赖最上亲，涅槃最上乐。  
已饮独居味，以及寂静味，  
喜饮于法味，离怖畏去恶。  
善哉见圣者，与彼同住乐。  
由不见愚人，彼即常欢乐。

*There is no fire like lust and no crime like hatred.*

*There is no ill like the aggregates (of existence) and no bliss higher than the peace (of Nibbāna).*

*Hunger is the worst disease, conditioned things the worst suffering.*

*Knowing this as it really is, the wise realize Nibbāna, the highest bliss.*

*Health is the most precious gain and contentment the greatest wealth.*

*A trustworthy person is the best kinsman, Nibbāna the highest bliss.*

*Having savored the taste of solitude and peace (of Nibbāna),  
pain-free and stainless he becomes, drinking deep the taste of the bliss of the Truth.*

*Good is it to see the Noble Ones; to live with them is ever blissful.*

*One will always be happy by not encountering fools.*