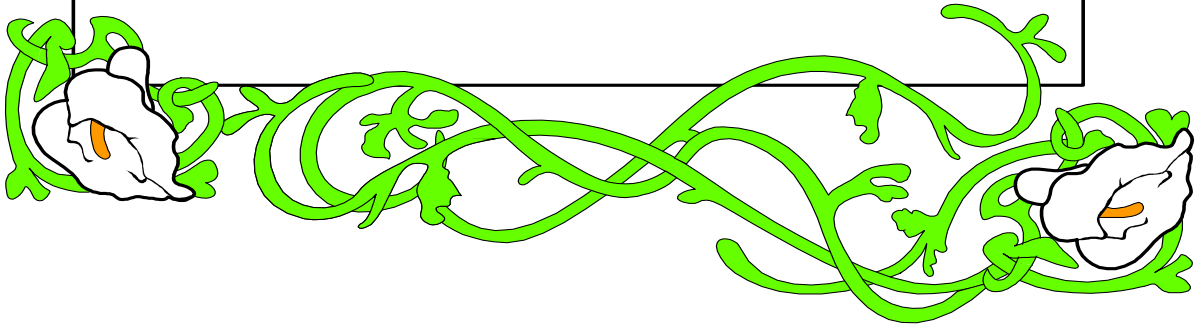


DĀNĀNUMODANA  
GĀTHĀS

隨喜功德偈

*REJOICING IN OFFERINGS  
GIVEN VERSES*



‘Sabbe saṅkhārā aniccā’ti — yadā paññāya passati,  
 Atha nibbindati dukkhe — esa maggo visuddhiyā.  
 ‘Sabbe saṅkhārā dukkhā’ti — yadā paññāya passati,  
 Atha nibbindati dukkhe — esa maggo visuddhiyā.  
 ‘Sabbe dhammā anattā’ti — yadā paññāya passati,  
 Atha nibbindati dukkhe — esa maggo visuddhiyā.  
 Duppabbajjamaṃ durabhiramaṃ — durāvāsā gharā dukkhā,  
 Dukkho’ samāna-saṃvāso — dukkhānupatit’ addhagū,  
 Tasmā na c’ addhagū siyā — dukkhānupatito siyā.  
 Yaṃ kiñci sithilamaṃ kammaṃ — saṅkiliṭṭhamaṃ ca yaṃ vataṃ,  
 Saṅkassamaṃ brahma-cariyamaṃ — na taṃ hoti mahapphalaṃ.

「一切行无常」，以慧观照时，  
 得厌离于苦，此乃清净道。  
 「一切行是苦」，以慧观照时，  
 得厌离于苦，此乃清净道。  
 「一切法无我」，以慧观照时，  
 得厌离于苦，此乃清净道。  
 出家爱乐难，在家生活难，  
 非倚共住苦，轮回往来苦。  
 故不应往来，随从于痛苦。  
 诸有懈惰行，及染污戒行，  
 怀疑修梵行，彼不得大果。

*"All conditioned things are impermanent" — when one sees this with wisdom,  
 one turns away from suffering. This is the path to purification.*

*"All conditioned things are unsatisfactory" — when one sees this with wisdom,  
 one turns away from suffering. This is the path to purification.*

*"All things are not-self" — when one sees this with wisdom,  
 one turns away from suffering. This is the path to purification.*

*Difficult is life as a monk; difficult is it to delight therein.*

*Also difficult and sorrowful is the household life.*

*Suffering comes from association with unequals;*

*suffering comes from wandering in saṃsāra.*

*Therefore, be not an aimless wanderer, be not a pursuer of suffering.*

*Any loose act, any corrupt observance,*

*any life of questionable celibacy — none of these bear much fruit.*