

ကုလသမဂ္ဂ

သာသနာနှင့် အကျိုးကျေးဇူး

ObaumOd g b 0 b
(r p l & r f q & m a v m l)

' l u a e l ' u m ' u m r a w l u t * l v & e d u m , f y 0 u e d y g w ? j A [P 0 * r f v m w h u k v o k v e l v & m ; a w m f u l l a [m l u m ; y g r , / ' l u k v o k v e l v & m ; a w m f u t " l u t a l l u m i f t & m u o m o e m a w m f u t u s t ; a u s ; Z i ; a w l u l l a [m l u m ; x m ; j c i f ; j z p l y g w , /

o m o e m q l v m j r w p t i b & m ; & S f & l t q l t r j z p l y g w , / o m o e m u l l o ' r v l o k y g ; w , / w 0 d " m [d o ' a r m / o ' r o k y g ; & l y g w , / y & d w d ' r p y # d w l o ' r e s h t " d r o ' r w l j z p l v , / y & d w d o ' r q l v m y & d w i b o e m u l l a c : w , / y # d w l o ' r q l v m y # d w l o e m u l l a c : w , / t " d r o ' r q l v m y # d 0 " o ' r u l l a j y m v m / t v G f a j y m & i f t r s m ; r s w i r d a t m i f a j y m & i f o ' r o l j z m o m o e m o k & y f a y g l

y & d w i b o e m q l v m b m a w l - o A l a w y # u l A k e p e l t v l p l a o m y # u w l o k y l j r w p t i b & m ; \ p u m ; a w m f w & m ; a w m f a w l / j r w p t i b & m ; & S f 4 5 - O g y w l v l a [m l u m ; a w m f c l w h w & m ; a w m f o k v l 0 e n f t b d ' r w & m ; a w m f a w l m y & d w i o m o e m b l j z p l v , /

y # d w l o e m q l v m b m a w l - a w & o " l v * l e e " l w i f t u s i h q , l o k y g ; ? p l ' o c E u 0 w i n e t c E u 0 w l w p l q , h a v ; y g ; ? a ' G t o l v d r [m 0 w i n e d - 8 2 - y g ; a o m r [m 0 w f a w l o l v o r m " d O d y o e m a w l m y # d w l o e m j z p l v , /

t " d r o ' r y # d 0 " o m o e m q l v m b m v l - p w i n d r * y e l r * f a v ; y g ; ? p w i n d z v m e d - z l v f a v ; y g ; ? e A l n e - e A l n e / ' l v & m ; a w m f a w l m y # d 0 " o m o e m j z p l v , /

t c k l o k w i e t & ' l r n a j y m v l v m u a w m h o m o e m q l v m o m o e m a w m f u l l a q m i f x m ; w h o l c m a w m f a w l l a j y m v m / p m a y p u m ; e l l a j y m & i f O y p m e n f ; t m ; j z i h X m E l y p m t m ; j z i h o m o e m q l v m o l c m a w m f a w l l o m o e m v l q l v , / X m E l y p m y k l o l X m e j z p a o m o m o e m u w i p m ; i X m e d j z p f a o m o l c m a w m f a w l u l l o m o e m v l q l v , / a v m u r s i v l a w G a j y m l u w m & l v , / [l b u f t t f u q l w , / ' p u m ; r s i q l w , l q l v m [l b u f t t f u q l w v m ; ? t l d t r f r a e w h v a w l u q l v m v m ; ? v l a w l u q l v m / ' g u l l t f u q l w , f l l r a j y m b l v m ; ? ' g O y p m b l

t c k l ' l a e & m r s i o m o e m q l v m o l c m u l l a j y m v m /

o m o e m q l v h p u m ; u w & m ; a w m f E s h o l c m u l l & w , / y k l v o m o e m v l

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tʃ ɪ ʌ r; j r e f e m l u m; & w h t w ɒ f y n m
Ó P l u b j c i f t u s t u l & & w, /

o k ɒ b m o k v 0 1 e 0 o k v h y n m, 0 1 e h
y n m, t w h z n e m v a Ó a w m t a w m o k g 0 a [m /

o k ɒ b m? l u m; e m j c i f j z i ɒ o k v -
0 1 e 0 A [b k w w h y ɒ; j c i f u h j z p a p o n /
o k v ɒ A [b k w w h y ɒ; j c i f o n / y n m,
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y n m, ? t o Ó P y n m j z i ɒ t w h z n e m v a
t u s t a l u m i f t q h t a u m i f u l o e h f
w, / Ó a w m t a w m? t u s t a l u m i f;
t q h t a u m i f u l o j c i f o n / o k g 0 a [m /
e w & t h e a h e f a & m u j c i f u l a q m i e h f a y \\
c s r f o m u l a q m i e h f a y \ /

a r; j r e f a v ɒ u f x m? w & m a y p m? e m, l u m?
y n m l u b a l u m i f w n f /

' D t u s t; w & m; o n f & [e f; o k C m
o m o e m & t s o m & e h f w, / ' g a l u m i f o k C m
o m o e m & j c i f o n f r s m; p h a o m y k ɒ w w l
t w ɒ f t u s t; r s m; w, / r s m; p h a o m t u s t;
w l u l & a p e h f w, /

& [e f; o k C m a w m f [k q h t y f a o m
o m o e m & t e j c i f o n f A k j r w p h o m o e m
a w m f u l w n f w a p í o w ɒ g t a y g i f w h t m;
c s r f o m o k u l & a p e h f a y o n f [k a [m l u m;
v l u & y g a y o w n f /

O b a u m O d g b 0 h
(r p & t f q & m a v m)

မိမိကိုယ်သာ ကြည့်ရှုပါ

e ya & o h 0 ɒ v m r m e d
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t w a e m 0 t a 0 a u, © ʃ
u w m e d t u w m e d p / (" r y ' 5 0)

သူတစ်ပါးတို့၏ ကြမ်းတမ်း ဝန်တို၊ မလိုသော
စကားတို့ကို နှလုံးမသွင်းအပ်၊
သူတစ်ပါး၏ ကောင်းသောအမှု၊
မကောင်းသော အမှု ပြု၊ မပြုကို
မကြည့်ရှု၊ မဆင်ခြင်ရာ။

မိမိ၏ ကောင်းသောအမှု၊ မကောင်းသောအမှု
ပြု၊ မပြုကိုသာလျှင် ကြည့်ရှု ဆင်ခြင်ရာ၏။

Let none find fault with others;
let none see the omissions
and commissions of others.
But let one see one's own acts,
done and undone.

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yg&rD t c s l b o w G f o B / y g r p o n f z i h t a v ; a y ;
j z n t q n f c b n f v n f & b n f r n b n b o w G f r n b n h
y g r D u l t " d u x m q n f y l o n j z p a p ? r q n f y l o n f
j z p a p o p n y g r D u l t r u s t r a y g u f t o u & b r o
a p m i h & s u b n f a p m u h & s u y b h s l a w & o n f
(1) t r s a j m j c i f (o p n y g r D) (2) t o u f s t y j z p a o m
u l f t * f u l p e k / t w & r n t q h o n f v n f r w e f r q k v f
p e k / t w i t r s a j m j c i f (o p n o y y g r D) (3) t o u l u
p e k & r n t q h o n f v n f r w e f r q k v f p e k / t w i t r s a j m j c i f
(o p n y & r w y g r D) w y i f j z p y g o n f

x M u m i h -

- (1) o b w f o r m l u j z p y g a p
- (2) c h o m l u j z p y g a p
- (3) r k e f a u m i l u j z p y g a p
- (4) , p b x y l u j z p y g a p

o i f b & m t a v m i f a w n i r [k v f [k r q h h y g /

o h o n f v n f u s e b / 4 - y g u l v h o n f v n f
r l o p u m q b r s m u l t o i f b & m t a v m i f r [k v f [k
r k s q w f q w b q l t y g o n f x b j z p i r s a o p u m q
j c i f o n f b & m t a v m i f a w n i v H r c s t r a z m u f a p m i k e f
c l u a o m o p n y g r D j z p N / r l o n o g ' u H x e f o d f j c i f
v n f r n N / x M u m i h b & m p i p p f { u e f z p v b l w l u
o p n u l t k v j r p o z G f t a j c c l v n & \ / r @ h b G f

A [k v & \ t o u b z G f a p m i h & s u & \ [k o d G h
& y g o n f , i f o j z p a o m l u m i h r s a o p u m u l t j c i f
o n f r n r o t x u l w e f u s u s t u s & o n t j c i f u l
a u m i f o d o m l y g o n f r e l v n t q & m a v n b & m l u d u v n f
t u b l / r f n r l o n o g ' o n f t a v ; q h j z p N / u b l / r f n
o p n o n f t a v ; q h j z p N [k r C a ' O v u f w G f
q h w n f r t j c i f j z p y g o n f

t m v m o u a r ; ? A K " a j z

o p n t a x G x G

w p h e h o n f t e h f r b o p a & s j z p a w n f h o m
A k j r w p b o n f q h r v l t m / n o u b d / \ b l d m e f w G f
O i h & m u f o d v i f o h e \ t m / n o u b d / j r i h o m t c g
, r f y M u s t r s u h ' g o [e f [e k x v s u f A K ' t m w l u N /
o h o n f v n f t & m r x i f j z p c A \ t m u r f e n j z i h r e h f
a l u m i f o d o m t m / n o u b d / o n f r o b t a r j z p a o m
u o y j r w p b b & m t a r ; c t a j z & s f g x m r s t a r ; j z i h
y n m p r i i a t m i y e f , B e f t m x k v j y e N / t m / n o u
b d / \ o p n e s t o u b q h h o m t a r ; e s h A K \ t a j z r h
a t m u y g t w l f j z p y g o n f

1/ t a r ; / t & o m w l w G f t b , f t & o m o n f
t v e c s t r e y g o e n f /

t a j z / t & o m w l w G f r s l u e p h a j m q j c i f o p n
w & m o n f t v e c s t r e b o n f

2/ t a r ; / t b , f t a l u m i f a l u m i h a u s f a p m o w i f
j z p e h y g o e n f /

t a j z / r s l u e p h a j m q j c i f a l u m i h a u s f a p m o w i f
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oajy (U.S.A)

w&m;cht ppf

ပေမတော ဇာယတိ သောကော၊
ပေမတော ဇာယတိ ဘယံ။
ပေမတော ဝိပ္ပမုတ္တဿ၊
နုတ္တိ သောကော ကုတော ဘယံ။ ("ny' 213)

ချစ်ခင်, မြတ်နိုး, တွယ်တာမှုကြောင့်
စိုးရိမ်ကြောင့်ကြခြင်း ဖြစ်ရ၏။

ချစ်ခင်, မြတ်နိုး, တွယ်တာမှုကြောင့်
ကြောက်လန့်ခြင်း ဖြစ်ရ၏။

ချစ်ခင်, မြတ်နိုး, တွယ်တာမှု ကင်းသောသူမှာ
စိုးရိမ်ကြောင့်ကြခြင်း မရှိ၊

ကြောက်လန့်ခြင်း အဘယ်မှာ ရှိအံ့နည်း။

From affection springs grief,
from affection springs fear.
From him who is wholly free
from affection
there is no grief,
whence then fear?