

BHADDEKARATTA GĀTHĀ

Verses On A Well-Spent Night

善度一夜贤者偈

Atītam Nānvāgameyya

阿地当 南 哇咖没 牙

The past should not be traced back

不该回首过去

Nappatikankhe Anāgatam

那 巴地干 给 阿那咖当

nor wonder about the future

亦别暇思将来

Yadatītam Pahīnantam

呀达地当 巴(希)南当

the past has passed away

过去已逝

Appattañca Anāgatam

阿巴担加 阿那卡当

unreached is the future

将来未至

Paccuppannañca Yo Dhammam

巴朱般南加 哟 唐 芒

and the present whatever phenomenon

而当下任何法相

Tattha Tattha Vipassati

大他大他 威巴洒地

is as it is , one sees (with insight)

是如何,便(以智慧)去如实观照

Asanhiram Asankuppam

阿衫(希)燃 阿衫古 般

invincibly , unshakeably

坚定地,不动摇地

Tam Viddhā Manubrūhaye

担 威达 马奴 布鲁哈也

of that which can be pierced by penetration

对待可洞察之事相

Ajjeva Kiccamātappam

阿皆哇 吉家马大 般

even today the effort must be made

今日便好努力

Ko Jaññā Maranam Suve

咯 将 娘 马拉男 苏维

who knows ? Death may come tomorrow

谁知明日死亡可能到来

Na Hi No Sangarantena

那 (希) 诺 衫 咖然爹那

there is no bargaining with

无可讨价还价与

Mahāsenena Maccunā

马哈协涅那 马朱那

the great army of the king of death

死王之大兵

Evam Vihārimātāpim

A 汪 为哈例马大兵

thus abiding ardently

如此精勤地安住

Ahorattamatanditam

阿呵拉大马 当地当

by day and night relentlessly

不论日夜

Tam Ve Bhaddekarattoti

当 喂 吧 碟卡拉多地

' the ideal lover of solitude '

“ 模范的爱孤寂者 ”

Santo Ācikkhate Munī Ti

三多 阿济卡爹 母尼 地

him the tranquil Sage has called

他，受那安祥的贤哲如此称