Dhammapada Chanting - Group 01

MAHAMEVNAWA AUCKLAND DHAMMA SCHOOL

Sinhala Alphabet Transliteration

Vowels

a අ ā ආ æ ඇ ǣ ඈ i ඉ ī ඊ u උ ū ඌ

short long short long short long short long

ṛi/ṛu ඍ ṛī/ṛū ඎ e එ ē ඒ ai ඓ o ඔ ō ඕ au ඖ

short long short long short long

Consonants

unvoiced unasparated	unvoiced aspirated	voiced unasparated	voiced aspirated	voiced nasal	Prenasalized *Sanyaka*
ka ක	kha ඛ	ga ග	gha ඝ	ṅa ඞ	ṅga ඟ
Gutturals					
ca ච	cha ඡ	ja ජ	jha ඣ	ña ඤ/ඥ	
Palatals					
ṭa ට	ṭha ඨ	ḍa ඩ	ḍha ඪ	ṇa ණ	ṅḍ ඬ
Cerebrals (Retroflex)					
ta ත	tha ථ	da ද	dha ධ	na න	ṅda ඳ
Dentals					
pa ප	pha ඵ	ba බ	bha භ	ma ම	ṁba ඹ
Labials					

Semivowels

ya ය ra ර ḷa ළ la ල va ව

Sibilant			**Simple Aspiration**	**Pure Nasal**
śha ශ	ṣha ෂ	sa ස	ha හ	ṁ ං

Special letters

ḷu ෆ dā ෘ dæ ෑ śhra ශ්‍ර mya ම්‍ය

Dhammapada Verses

1.සබ්බපාපස්ස අකරණං - කුසලස්ස උපසම්පදා

සචිත්තපරියෝදපනං - ඒතං බුද්ධාන සාසනං

Sabbapāpassa akaraṇaṃ - kusalassa upasampadā;
Sacittapariyodapanaṃ - etaṃ buddhāna sāsanaṃ.

To avoid all evil, to cultivate wholesome qualities, and to cleanse one's mind—this is the teaching of the Buddhas.

2.මනෝපුබ්බංගමා ධම්මා - මනෝසෙට්ඨා මනෝමයා

මනසා චේ පදුට්ඨේන - භාසති වා කරෝති වා

තතෝ නං දුක්ඛමන්වේති - චක්කං'ව වහතෝ පදං

Manopubbaṅgamā dhammā - manoseṭṭhā manomayā;
Manasā ce paduṭṭhena - bhāsati vā karoti vā;
Tato naṃ dukkhamanveti - cakkaṃva vahato padaṃ.

All actions in this life are preceded by mind. Mind is their chief. They are made by mind. If one speaks or acts with an impure mind, suffering follows one like the wagon wheel that follows the foot of the ox.

3.මනෝපුබ්බංගමා ධම්මා - මනෝසෙට්ඨා මනෝමයා

මනසා චේ පසන්නේන - භාසති වා කරෝති වා

තතෝ නං සුඛමන්වේති - ඡායා'ව අනපායිනී

Manopubbaṅgamā dhammā - manoseṭṭhā manomayā;
Manasā ce pasannena - bhāsati vā karoti vā;
Tato naṃ sukhamanveti - chāyāva anapāyinī.

All actions in this life are preceded by mind. Mind is their chief. They are made by mind. If one speaks or acts with a pure mind, happiness follows one like one's never-departing shadow.

4.න හි වේරේන වේරානි - සම්මන්තීධ කුදාචනං

අවේරේන ච සම්මන්ති - ඒස ධම්මෝ සනන්තනෝ

Na hi verena verāni, - sammantīdha kudācanaṃ;
Averena ca sammanti - esa dhammo sanantano.

Hatred never ends through hatred; by non-hatred alone does it end. This is an eternal law in this world.

5.අසාරේ සාරමතිනෝ - සාරේ චාසාරදස්සිනෝ

තේ සාරං නාධිගච්ඡන්ති - මිච්ඡාසංකප්ප ගෝචරා

Asāre sāramatino - sāre cāsāradassino;
Te sāraṃ nādhigacchanti - micchāsaṅkappagocarā.

In this world, there are unbeneficial things. Some people mistake these unbeneficial things to be beneficial. They also mistake the beneficial things, such as developing virtue, concentration, and wisdom, to be unbeneficial. They are enveloped in wrong thoughts. They never reach what is beneficial.

6.යථාගාරං දුච්ඡන්නං - වුට්ඨී සමතිවිජ්ඣති

ඒවං අභාවිතං චිත්තං - රාගෝ සමතිවිජ්ඣති

Yathā agāraṃ ducchannaṃ - vuṭṭhī samativijjhati;
Evaṃ abhāvitaṃ cittaṃ - rāgo samativijjhati.

Just as rain breaks through a poorly roofed house, lust penetrates the mind that has not been developed by calming and insight meditations.

7.යථාගාරං සුච්ඡන්නං - වුට්ඨී න සමතිවිජ්ඣති

ඒවං සුභාවිතං චිත්තං - රාගෝ න සමතිවිජ්ඣති

Yathā agāraṃ suchannaṃ - vuṭṭhī na samativijjhati;
Evaṃ subhāvitaṃ cittaṃ - rāgo na samativijjhati.

Just as rain does not break through a well roofed house, lust never penetrates the mind that has been well developed by calming and insight meditations.

8.ඉධ මෝදති පෙච්ච මෝදති - කතපුඤ්ඤෝ උභයත්ථ මෝදති

සෝ මෝදති සෝ පමෝදති - දිස්වා කම්මවිසුද්ධිමත්තනෝ

Idha modati pecca modati - Katapuñño ubhayattha modati;
So modati so pamodati - Disvā kammavisuddhimattano.

The maker of merit rejoices in this life and in the next. He rejoices in both worlds. He rejoices and is delighted, seeing his own pure actions.

9.ගබ්භමේකේ උප්පජ්ජන්ති - නිරයං පාපකම්මිනෝ

සග්ගං සුගතිනෝ යන්ති - පරිනිබ්බන්ති අනාසවා

Gabbhameke uppajjanti - nirayaṃ pāpakammino;
Saggaṃ sugatino yanti - parinibbanti anāsavā.

Some are reborn in a womb. Evil doers are reborn in hell. Merit-makers go to heaven. Those without impurities attain ultimate freedom at passing away.

10.සබ්බේ තසන්ති දණ්ඩස්ස - සබ්බේ භායන්ති මච්චුනෝ

අත්තානං උපමං කත්වා - න හනෙය්‍ය න ඝාතයේ

Sabbe tasanti daṇḍassa - sabbe bhāyanti maccuno;
Attānaṃ upamaṃ katvā - na haneyya na ghātaye.

All beings tremble at violence. All beings fear death. Putting yourself in the place of another, do not kill, hurt, or cause others to kill/hurt.

11.ජයං වේරං පසවති - දුක්ඛං සේති පරාජිතෝ

උපසන්තෝ සුඛං සේති - හිත්වා ජයපරාජයං

Jayaṃ veraṃ pasavati - dukkhaṃ seti parājito;
Upasanto sukhaṃ seti - hitvā jayaparājayaṃ.

Victory gives rise to hate; the defeated dwell in pain. Giving up both victory and defeat, the sage dwells happily

12. ආරෝග්‍යපරමා ලාභා - සන්තුට්ඨිපරමං ධනං

විස්සාසපරමා ඤාති - නිබ්බාණං පරමං සුඛං

Ārogyaparamā lābhā - Santuṭṭhiparamaṃ dhanaṃ;
Vissāsaparamā ñāti - Nibbānaṃ paramaṃ sukhaṃ.

Good health is the most precious gain; and happiness born from realisation of the truth is the greatest wealth. Trust is the greatest relative; Nibbāna the highest happiness.

13.ඉධ තප්පති පෙච්ච තප්පති - පාපකාරී උභයත්ථ තප්පති

පාපං මේ කතන්ති තප්පති - භියෙය්‍යෝ තප්පති දුග්ගතිං ගතෝ

Idha tappati pecca tappati - Pāpakārī ubhayattha tappati;
“ Pāpaṃ me katan”ti tappati - Bhiyyo tappati duggatiṃ gato.

The evil-doer feels regret in this life and in the next. He feels regret in both worlds. He is regretful knowing, “I have done evil.” He is more regretful once he is reborn in the plane of misery.

14.ඉධ නන්දති පෙච්ච නන්දති - කතපුඤ්ඤෝ උභයත්ථ නන්දති

පුඤ්ඤං මේ කතන්ති නන්දති - භීයෙය්‍යෝ නන්දති සුග්ගතිං ගතෝ

Idha nandati pecca nandati - Katapuñño ubhayattha nandati;
“ Puññaṃ me katan”ti nandati - Bhiyyo nandati suggatiṃ gato.

The maker of merits is delighted in this life and in the next. He is delighted in both worlds. He is delighted in knowing, “I have made merit.” He is delighted even more once he is reborn in heaven.

15.අප්පමාදෝ අමතපදං - පමාදෝ මච්චුනෝ පදං

අප්පමත්තා න මීයන්ති - යේ පමත්තා යථා මතා

Appamādo amatapadaṃ - pamādo maccuno padaṃ;
Appamattā na mīyanti - ye pamattā yathā matā.

The one who develops virtue, concentration, and wisdom diligently reaches the deathless, Nibbāna. The negligent, one who is intoxicated by sense pleasures, repeatedly dies. The diligent Dhamma practitioner goes beyond death. The negligent are as if already dead.

16.උට්ඨානවතෝ සතිමතෝ - සුචිකම්මස්ස නිසම්මකාරිනෝ

සඤ්ඤතස්ස ච ධම්මජීවිනෝ - අප්පමත්තස්ස යසෝ'භිවඩ්ඪති

Uṭṭhānavato satīmato - Sucikammassa nisammakārino;
Saññatassa dhammajīvino - Appamattassa yasobhivaḍḍhati.

The wise person is energetic, mindful, pure in conduct, considerate in action, self-restrained, and righteous. That diligent person's glory grows day by day.

17.ඵන්දනං චපලං චිත්තං - දුරක්ඛං දුන්නිවාරයං

උජුං කරෝති මේධාවී - උසුකාරෝ'ව තේජනං

Phandanaṃ capalaṃ cittaṃ - dūrakkhaṃ dunnivārayaṃ;
Ujuṃ karoti medhāvī - usukārova tejanaṃ.

The mind is so fickle and agitated. It is very difficult to protect and very challenging to guard from evil. The wise person straightens his mind as an arrow maker straightens an arrow shaft.

18.දූරංගමං ඒකචරං - අසරීරං ගුහාසයං

යේ චිත්තං සඤ්ඤමෙස්සන්ති - මොක්ඛන්ති මාරබන්ධනා

Dūraṅgamaṃ ekacaraṃ - asarīraṃ guhāsayaṃ;
Ye cittaṃ saṃyamissanti - mokkhanti mārabandhanā.

The mind dwells in the cave of the heart. It is without a body and wanders far and alone. Those who restrain this mind will be freed from Māra's bonds.