

S.N. GOENKA



# DHAMMA VERSES

poems of a modern-day  
master of Vipassana meditation



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सुने कान-बालों सुने,  
सत्य धर्म का सार ।

*Suno kāna-valoṅ suno,  
satya Dharma kā sāra!*

Let those with ears hearken  
to the essence of true Dhamma!

S.N. Goenka

५

आओ मानव मानवी,  
चलें धरम के पंथ।  
इस पथ चलते सत्पुरुष,  
इस पथ चलते संत।।

Āo mānava mānavī,  
caleñ Dharama ke pantha.  
Isa patha calate satpuruṣa,  
isa patha calate santa.

5

Come, men and women!  
Let us walk the path of Dhamma.  
On this path walk holy ones,  
on this path walk saints.

६

धरम पंथ ही शांति पथ,  
धरम पंथ सुख पंथ।  
धरम पंथ पर जो चले,  
करे दुखों का अंत।।

Dharama pantha hī śānti patha,  
Dharama pantha sukha pantha.  
Dharama pantha para jo cale,  
kare dukhoñ kā anta.

6

The path of Dhamma is the path of peace,  
the path of Dhamma is the path of happiness.  
Whoever walks the path of Dhamma  
makes an end of suffering.

७

इस पथ मंगल मूल है,  
इस पथ है कल्याण।  
इस पथ पर जो भी चले,  
पाय सुखों की खान।।

Isa patha maṅgala mūla hai,  
isa patha hai kalyāṇa.  
Isa patha para jo bhī cale,  
pāya sukhoñ ki khāna.

7

This path is the source of well-being,  
this is the path of welfare.  
Whoever walks upon this path  
finds a storehouse of happiness.

८

धरम धरम तो सब कहें,  
पर समझे ना कोय।  
शुद्ध चित्त का आचरण,  
शुद्ध धरम है सोय।।

Dharama Dharama to saba kaheñ,  
para samajhe nā koya.  
Śuddha citta kā ācaraṇa,  
śuddha Dharama hai soya.

8

Everyone talks about Dhamma  
but no one understands it.  
Practicing purity of mind—  
this is true Dhamma.