

*Happy new year*



# The New Year Dhamma Talk

## 新年佛法开示


Sayadaw U Kumārābhivamsa


**01-01-2024**

**Myanmar time 4:00 PM    北京 / Singapore time 5:30 PM**

**Vietnam time 4:30 PM    Washington DC 5:30 AM**

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**ZOOM**  **ID: 913 4007 8354    Password: 789 789**

**You Tube**  **Channel: youtube.com/@padtvn**



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**新年快乐**

**Happy new  
year ! ! !**

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**Namo Tassa Bhagavato  
Arahato  
Sammāsambuddhassa!**

**礼敬那位跋葛瓦、  
阿拉汉、正自觉者!**

**Con Xin Thành Kính Đảnh Lễ  
Đức Thế Tôn, Ngài là bậc  
A La Hán, Chánh Đẳng Giác!**



# Māratajjanīyasuttaṃ

—MN.50



## **1. The conversation between mahāmoggallāna and Mara pāpima.**

**In Kakusandha Buddha time, mahāmoggallāna was the māra named dūsī, his siter named kālī. Māra pāpima was used to be his nephew.**



# 1. The two chief disciples of Kakusandha Buddha : **Vidhura & sañjīvaṃ**

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- Vidhura-uncomparable dhamma preaching disciple.
- sañjīvaṃ-The one of resurrection.



## 2.How māra dūsī shaking bhikkhu sangha's minds, and Kakusandha Buddha's countermeasures.

➤ a) Abusing and indulging-Metta Karuṇā muditā upekkhā

1. Sabbe sattā (All beings 一切有情)
2. sabbe pāṇā (All breathers 一切有呼吸者)
3. sabbe bhūtā (All creatures 一切生类)
4. sabbe puggalā (All people 一切个体)
5. sabbe atta-bhāva-pariyāpannā (All possessing individuality 一切拥有自己生命者)
6. sabbā itthiyo (All women 一切女性)
7. sabbe purisā (All men 一切男性)
8. sabbe ariyā (All Noble Ones 一切圣者)
9. sabbe anariyā (All who are not Noble Ones 一切非圣者)
10. sabbe devā (All devas 一切诸天)
11. sabbe manussā (All human beings 一切人类)
12. sabbe vinipātikā (All in the lower realms 一切堕恶趣者)

1. averā hontu (be free from danger 免离危难)
2. abyāpajjā hontu (be free from mental pain 没有内心的痛苦)
3. anīghā hontu (be free from physical pain 没有身体的痛苦)
4. sukhī attānaṃ pariharantu (be well and happy 安稳快乐)



## b. Fames and gains- “Etha, tumhe, bhikkhave,

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- i. asubhānupassino kāye viharatha,
- ii. āhāre paṭikūlasaññino,
- iii. sabbaloke anabhiratisaññino,
- iv. sabbasaṅkhāresu aniccānupassino’ ti.”







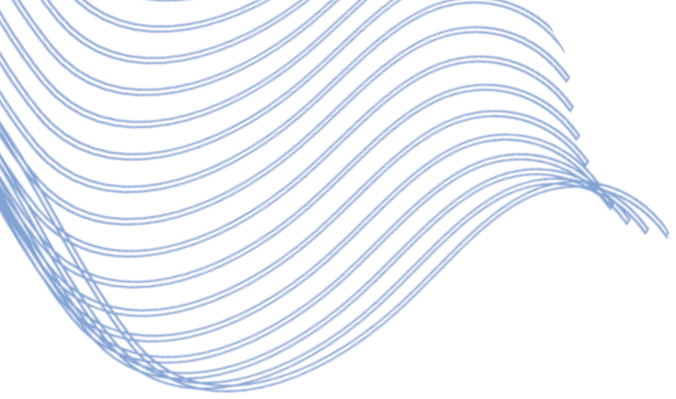
i. asubhānupassino  
kāye viharatha



**ii. āhāre  
paṭikūlasaññino**







**iv.sabbasañkhāresu  
aniccānupassino**

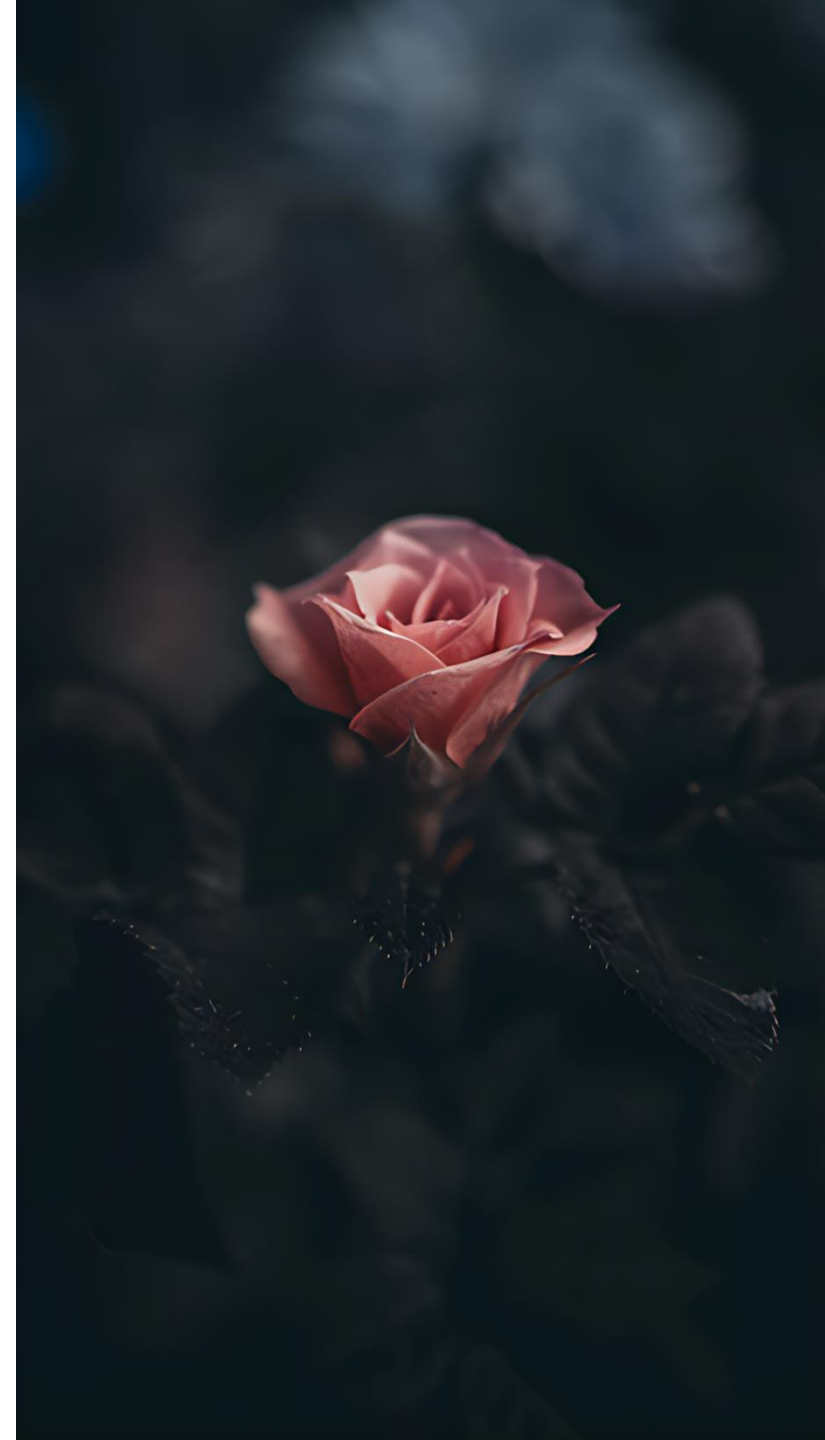
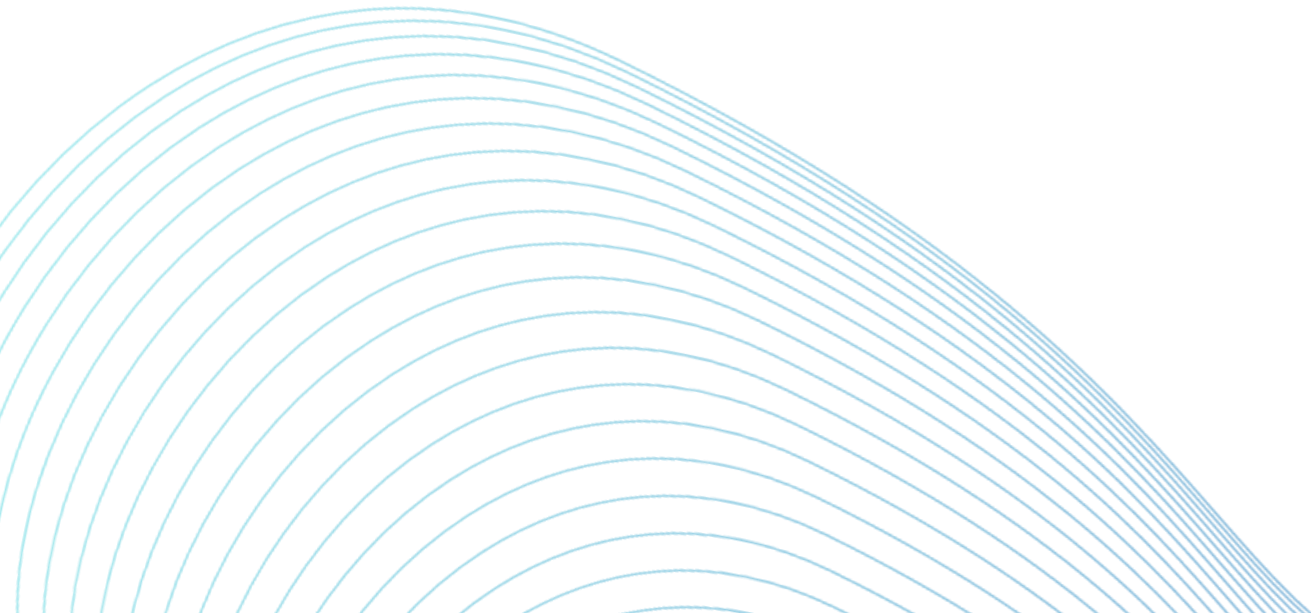
# Anicca



### 3. The ending of the story

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- māra dūsī hit Venerable Vidhura with stone, fall into the mahāniraya.







# LOVINGKINDNESS- ASPIRATION- SHARING OF MERITS

慈心、发愿、以及功德回向

- **Sabbe sattā, sabbe pāṇā, sabbe bhūtā,  
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,  
sabbā itthiyo, sabbe purisā,  
sabbe ariyā, sabbe anariyā,  
sabbe devā, sabbe manussā, sabbe vinipātikā**
- **May all beings, all breathing things, all creatures, all individuals, all self-embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:**
- **愿一切有情、一切众生、一切生类、一切个体、一切系属于自体者；一切女性、一切男性，一切圣者、一切非圣者，一切诸天、一切人类、一切堕苦处者，**





➤ **Averā hontu, abyāpajjā hontu, anīghā hontu,  
sukhī attānaṃ pariharantu.**

**Dukkhā muccantu,**

**yathā-laddha-sampattito mā vigacchantu,**

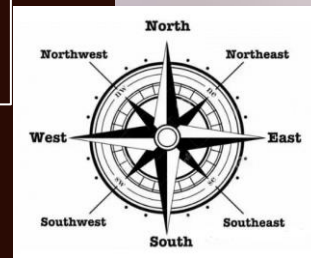
**kammassakā.**

➤ **May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.**

➤ **无怨敌, 无瞋害, 无恼乱, 保持自己的快乐! 脱离诸苦! 不失去所得的成就! 是业的所有者!**



- **Puratthimāya disāya, pacchimāya disāya, uttarāya disāya, dakkhiṇāya disāya,**
- **puratthimāya anudisāya, pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya anudisāya, heṭṭhimāya disāya, uparimāya disāya,**
- **In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:**
- 愿东方、西方、北方、南方，东南方、西北方、东北方、西南方，下方、上方的





- **Sabbe sattā, sabbe pāṇā, sabbe bhūtā,  
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,  
sabbā itthiyo, sabbe purisā,  
sabbe ariyā, sabbe anariyā,  
sabbe devā, sabbe manussā, sabbe vinipātikā**
- **May all beings, all breathing things, all creatures, all individuals, all self-embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:**
- **愿一切有情、一切众生、一切生类、一切个体、一切系属于自体者；一切女性、一切男性，一切圣者、一切非圣者，一切诸天、一切人类、一切堕苦处者，**



➤ **Averā hontu, abyāpajjā hontu, anīghā hontu,  
sukhī attānaṃ pariharantu.**

**Dukkhā muccantu,**

**yathā-laddha-sampattito mā vigacchantu,**

**kammassakā.**

➤ **May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.**

➤ **无怨敌, 无瞋害, 无恼乱, 保持自己的快乐! 脱离诸苦! 不失去所得的成就! 是业的所有者!**





- **Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;**
- **Samantā cakka-vāḷesu, ye sattā pathavī-carā;**
- **Abyāpajjā niverā ca, niddukkhā  
cānuppaddavā.**
- **Up as far as the highest existence and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.**
- **上至有顶天, 下至无间狱, 于普轮围界, 地上诸有情, 愿无瞋.无怨, 无苦及无难!**

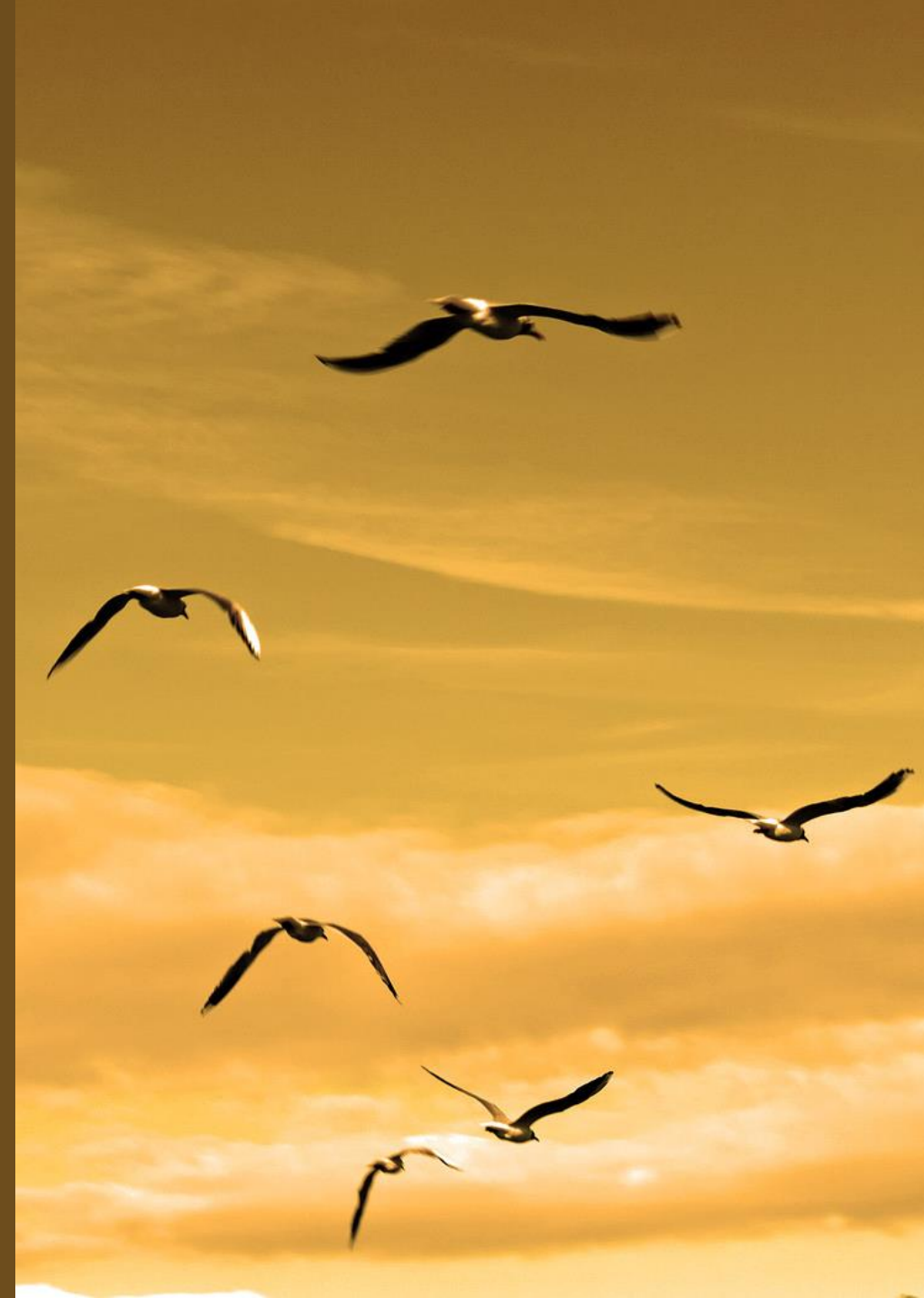




- **Uddham yāva bhavaggā ca, adho yāva avīcito;  
Samantā cakka-vālesu, ye sattā uduke-carā;  
Abyāpajjā niverā ca, niddukkhā  
cānuppaddavā.**
- **Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.**
- **上至有顶天, 下至无间狱, 于普轮围界, 水中诸有情, 愿无瞋. 无怨, 无苦及无难!**



- **Uddham yāva bhavaggā ca, adho yāva avīcito;  
Samantā cakka-vāḷesu, ye sattā ākāse-carā;  
Abyāpajjā niverā ca, niddukkhā  
cānuppaddavā.**
- **Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.**
- **上至有顶天, 下至无间狱, 于普轮围界, 空中诸有情, 愿无瞋.无怨, 无苦及无难!**



- **Yaṃ pattaṃ kusalaṃ tassa ānubhāvena paṇino Sabbe saddhamma-rājassa ñatvā, Dhammaṃ sukhāvahaṃ,**
- **Pāpuṇantu visuddhāya sukhāya paṭipattiyā Asokamanupāyāsaṃ nibbānasukhamuttamaṃ.**
- **By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.**
- **以[我]所成就的善[业]威力，愿一切众生了知正法王导向快乐之法！透过清淨、快乐的修行，愿到达无忧、无恼、至上快乐的涅槃！**





- **Ciraṃ tiṭṭhatu saddhammo, Dhamme hontu sagāravā Sabbe’pi sattā, kālena sammā devo pavassatu.**
- **Yathā rakkhimsu porāṇā surājāno tathevimaṃ, Rājā rakkhatu dhammena attano’va pajam pajam.**
- **In May the true Dhamma last long, may all beings also respect the Dhamma, and may the [rain] god [give] proper and timely rain.**
- **Just as good kings of ancient times gave protection, may the king righteously protect the people like his own (offspring).**
- **愿正法久住！愿一切有情皆恭敬法！愿天适时降雨！**
- **犹如古代的善王般治国，愿国王依法保护人民犹如自己的子孙！**



- **Imāya dhammānudhamma-paṭipattiyā Buddham pūjemi.**  
**Imāya dhammānudhamma-paṭipattiyā Dhammam pūjemi.**  
**Imāya dhammānudhammapaṭipattiyā Saṅgham pūjemi.**
- **Addhā imāya paṭipattiyā jāti-jarā-byādhi maraṇamhā parimuccissāmi.**
- **By this practice that is in accordance with the Dhamma, I venerate the Buddha. By this practice that is in accordance with the Dhamma, I venerate the Dhamma. By this practice that is in accordance with the Dhamma, I venerate the Saṅgha. Surely, by this practice I will be liberated from birth, old age, sickness and death.**
- **以此法随法行，我敬奉佛！ 以此法随法行，我敬奉法！  
以此法随法行，我敬奉僧！ 切实依此而行，我将解脱生、老、病、死！**





**Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu .**

愿我此功德，导向诸漏尽！

Phước lành giữ giới này của con,  
nguyện đoạn trừ các lậu hoặc - trầm luân

**Idaṃ me puññaṃ nibbānassa paccayo hotu.**

愿我此功德，为证涅槃缘！

Phước lành này của con,  
nguyện là duyên thành tựu được Niết bàn.

**Mama puññabhāgaṃ sabbasattānaṃ bhājemi;**

我此功德分，回向诸有情，

Phước Lành Con Đã Tạo,

**Te sabbe me samaṃ puññabhāgaṃ labhantu.**

愿彼等一切，同得功德分！

Xin Chia Tới Tất Cả Chúng Sanh.



## • Thera Vandana

- **Okāsa, vandāmi, Bhante.**
- **Sukhī hontu! Nibbānapaccayo hotu.**
- **Mayā kataṃ puññaṃ sāminā anumoditabbam.**
- **Sādhu! Sādhu! Anumodāmi.**
- **Sāminā kataṃ puññaṃ mayham dātabbam.**
- **Sādhu! Anumoditabbam.**
- **Sādhu! Sādhu! Anumodāmi. Okāsa, dvārattayena kataṃ sabbam accayam khamatha me, Bhante.**
- **Khamāmi, khamitabbam.**
- **Sādhu! Okāsa, khamāmi, Bhante!**
- **Sukhī hontu! Nibbānapaccayo hotu.**

## 礼敬上座

礼敬者：请让我礼敬尊者（一拜）

尊者：祝你们快乐，愿成为涅槃的助缘。

礼敬者：愿您随喜我所作的功德。

尊者：萨度！萨度！我随喜。

礼敬者：愿您所作的功德也与我分享。

尊者：萨度！你们可随喜。

礼敬者：萨度！萨度！我随喜。尊者，若我由“身，语，意”三门所作的一切过失，请原谅我。

尊者：我原谅，你们也应原谅我。

礼敬者：萨度！尊者我原谅您。（三拜）

尊者：祝你们快乐，愿成为涅槃的助缘。



IPTSPOL

新年快乐!

Happy new  
year!

International Pa-Auk Tawya  
Society ( Pyin Oo Lwin)





**Buddhasāsanam**

**Ciram Tiṭṭhatu !**

**愿佛陀教法久住！**

**May the Buddha's**

**Dispensation Last Long!**

**Cầu mong Phật Pháp trường tồn!**

