



**မဟာစည်ကမ္ဘာ့သာသနာပြု  
ခရီးစာတန်း**

# rmwdu

1/ ed gef

2/ omoemZment-r [ mpnfi

3/ , # , m; t oñ; yXrc&ð

4/ \*syec&ðES hir [ mpnfi-arwina&pi f

5/ [ Oñ f, ðlef- [ EñVwð f Oñó emw&m; rðhapksay;awmfrjci f

6/ tar&ðeftaemufñ f-umvZñeð, m; jyné, wð f omoemjñ fci f

(u) avmpñt eñ\*s, (v)v(p) ES h, yñumb(v)vñ7-&upcef

(c) qeZ&epñuñ o' jw&m;

7/ tñs ðwmeES h tñs ðuvmó Eñyñ;wñ tawñt ðuñ

8/ Oñs ðweES h omoemjñVññ ef&yñsm;

(u) wñwnñom tusi ðvñ [ ðnññ

(c) oññwññci fES hñs jñk-& [ eñcñci f

9/ r [ mpñES hñuñqñcñ;qujyné, ð ðm&ðurñmefXme 14-&upcef

(u) omraPEñ h oññs ðñ jci f

(c) [ m;AwñwññwñES h(45) rñpñwññ | meñw&m;awmñ

(\*) uqñvñññ-xñonñeð, f

(C) ðm&ðurñmefXme enñyñq&mñsm; tñ; r [ mpññq&mawmññ&m;ñuñ toññrñvññawmññci f

10/ e, ða, muES h omoemñc&ðwaxmuf

11/ tar&ðeññwññ f omoemjñK aqññ ðññññsm;- tñcñj

12/ t \*ñveES h paumñwñveñ omoemjñc&ð

(u) veñ eES hñw&m;Oñ y&ñwñ

(c) paumñwñveññwññwññwññqññvññ f 6-&upcef

13/ jññ ðpñññwññ f yXñomñemjñc&ð

14/ q&Zmve&DES harmi (w)q&v; q, &upcef

15/ t&v&E&f&bl&ujrefawmrjci f

16/ t\*iveb&jy&vn&uc&awmrjci f

(u) vef eES fia, m\*irsm; \ apwemr&ef

(c) ½& jyk & [ ef&haqmi ½&ay;awmrjci f

(\*) atmu(p)z( ' ) ½& t&w&i&i [ W(x) Al 'bmom ur&me&XmeES hvyk\* &w&f 13-0&w&w  
'&v&b& [ ef&t&j&pf&ch jci f

(C) t&w&i&i [ W(x) 10-&upcef

(i) ur&me&Xmeu&r [ mpn&v&om&ct&j&z&pf t o&it r&sv&j&f&awmrjci f

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18/ a [ m&ve&f&on&f b&ef Xme&t\*sm&r P&b&ll&uc&awmrjci f

19/ a [ m&ve&f&y&n&f w&b' &ha' opcef

20/ a [ m&ve&f&sv&ze&f jyi fop&x&ha&&m&u&&j&y&e&v&ly&d

21/ yg&t&sv&ef eft q&e&b&&d

22/ vef e&rs be&a&um&u&w&ac&gu&f jye&f&vn&f omoem wv&j&ze&f&awmrjci f

(u) c&le&b&&d O&a&O&u? t&mp&r&p&cef&ES h be&a&um&u&f-O&w&r [ m&wy&b&ll&ujref&jci f

(c) be&a&um&u&f&sv&ef&y&e&f o&ll&ua&&m&u&f&w&&m&:c&sj&r&f jci f

(\*) v&ef&y&e&f&r&S&Zi&f&r, b&ll&a' opm&&d&uc&awmrjci f

(C) Zi&f&r, f&w&cl&f v&h&iv&n&p&Of

(i) Zi&f&r, f&rs be&a&um&u&f jye&f&vn&a&&mu&f

(p) be&a&um&u&f&sv&v&d c&le&b&&d

23/ c&le&b&&d be&a&um&u&f-&ef&ule&f t jye&c&&d

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25/ q&&m&aw&m&b&&m&:Bu&d \ Elw&q&u&ir&e&le&ef

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r [ mpnf urfbomoemiy t zñ u a&mu fawmif aom te, e, ft&y&y1/2 & [ efa, m\*D va, m\*lvES h apwem1/2f rsm; \ aumif rñ ul bñ tppwES h Munif rñ av;pm;pn apmi h 1/2ñ uluh jci fwul vñ nf p omoemiy pmwef jzi h ršwvrtwif v jci f jzplygon/

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## pmwef

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pol urqkEltjym; y#ywbmoemawm\ t½eftOg x&f;vitjzmvsljci ftallumifw&yfrñ Al' jrwpñ\ onf;cm pfp jzpayonf aom aus;Ziawm½sf r [ mpnfq&mawmlb&m;Bud\ olv\*IP? orm"t\*IP? ynm\*IPw\ pftiftm;Esh Budrm;aom u½Pmawmlumi jzp&um;-q&mawmlb&m;Bud\ wynh aOae, s rsm;\ pwtv;OD, fyw&omreó welfqjzih vftickm;bbubll½t fvef Orfajrmuvsuf ½uuleboni [ k qlygu vfrñ; tfrxi/

aus;Ziawm½sf q|o\*lvypa? t\*½ [ my@w r [ mpnfq&mawmlb&m;Budonf 1952-cEsf pft tEd? ol [ w(ol&dufm)? Ad uer? vmt? uarñ' d, m;? \*syel , w', m;? tifhe;½ñ; ponEli h todo ol tEltjym; ua&mu&awmrbayon/ yd wEsf wuf y#ywbwntf [ aom owy|mf Odyó emw&m;awmjrwl a [ mlum; cñrñ awmrbayon? jynaxmi jrefmEli h awmf twf twf vntf Al'omoemOif rsm; tm; o'gw&m; wlyñ; i Odyó emw&m; tm;xwvbwf ½s bexufruf jzpay:vmapa&twuf Obwn&udyrf aqmi ½uf awmrbayon/ 1960-cEsf 1978-cEsf twif jynyol ujrefjci ftvOfriyy jynwif fuyi omoemawmf chlra&c; pnlyi h&Esf jyelyg;a&wltwuf a½awmrvsuf Ool t\*fr [ m#lumeó , usrf? Ool t\*ft |uxm jrefmjyef usrfBudrm;rstp olwef w&m;awmf usrf\*eftapmi apmi wul raerem; a&om;iyplawmrl, if y#ywbw&awmrl a [ mlum;jyoawmrb&m Eli h &yfcm; wltwyg;ryif yk&vfrsm; w&m;"ryg; rsm; tm;xw&ef p omoem&yfomol vma&umuojzih omoemawmf wqi wlvuwl fvef a0qmvmbayon/

1979-cEsf EpsD tgor, wlf t\*frs Oba&Ow"rEsh tar&uejynf rpivm \*stZuflv pweft w\ tzezeyi zwav&uixm;csuft& ½s awmjrwl b&m;\ y&d w&y#ywbmoemawmf t"elzñpñ jyelyg; pnlyi apa&twuf aus;Zi;½sf r [ mpnfq&mawmlb&m;Budonf u½Pmbudpñjzih jynyol ujrefcñajrñu&ef qñjzwawmrbayon/

pol qñjzwawmrlonh t&erpi aus;Zi;½sf q&mawmlb&m;Budonf taemuf Eli h bl Eli h lom; rsm; taejzih oAl'½s awmlb&m;\ w&m;"rEplom&ul ðifw\ wwloem;vnaom t\*fyfomom&yjzih aumifpñemlum;&jciEsh tv&fwul qniytavlmjci f iyEli fyg u omoemy&mwof yll x&mu&ayrñ [ k eulwif qijci hñftavsmuf atmufrnlyg w&m;awmf g;yk lull a&om;iyplawmrbayon/

- (1) Al' b&m;½s \ tjrwl w&awmf
- (2) Al'omoem w&m;awmf
- (3) owy|mf w&m;awmf(y)/
- (4) owy|mf w&m;awmf(' )/
- (5) cñfoma&; w&m;awmf



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omoemiy c&ðpOf& xñfEñfiH ( , ' , m;)oñ Al'bmomOif a, m\*blawmpifsm; \ avñuixm; yellum;csuft& yXrc&ðtqifwif Oib&muawmfrbçifjzplon? beaumufav, mOfuifolw jrefmpbawmfçef av;em&ðwif q&maxwmb&B;BuðES fitzloni pðeifvilygvaom av, mOfzihi acsmarmpñ qñuab&much allumif? avqñy tar&uejyni bm&urçmeçXmers rpiwm \*sufuf zM(')oni beaumufwif &ufowã wpyw&uwifab&muñ&vsuf , ' , m;jynñ& jrefmAl'bmomrsm;? 'um' umrsm;ES fitwl Orçyefwom q&maxwmb&B;Buðtm; eubqñzajrmi ueawmñuygon/ pol beaumuf eubqñrsm;txñwif t'uttm;jzihi q&maxwmb&B;Buðtmob? ObymOb? Ob'rñeEES hi ausni'umbuð çkrEçg&Ameçi (Khun Thamanon Sin Gharavanich)? \*sufuf zM(')? Obx&eort? a':araryk orbq, MñwygOimui vñtyaom pðOtypha&wñ uñtm;wuba&mqmiñ&umayon? avqñySwçef beaumufñawmñuñ jzwbeçi rñi 50-çef uñvçf aom ]çlefb&ð ùñ&ð Obtmob Obpðbaqmifw&m;jyo& urçmeçXme? omoem&çyomç (OðOutmpñr) (Viveka Asom)ol ça&muawmfrñyðvçif q&maxwmb&B;Buðwyni &[ efoçmawmñrsm;ES hi a, m\*ð y&ðwñwñtm; ñbOg' ay;oem;awmfrçavon/

\*syet&ðES hr [ mpñ\ arwñ&piç

rvueOðu \*syEES hi Eñvñol ça&muçef r&nñ&ç çay? o&mwif a'opm&ðxçubçñ vñf twif \*syEñfiH , uñqum;ùñ rçZifçbeçawmBuð ]uif, lq'Zm;uð} (Rev: Kenyu Sugizaki) trçiyaom \*syebçefawmBuðrsm;? wñuñ&ð jrefmOñ&Oeçrf ñbm;prsm;ES hi tjcm;jrefmtrçom; Al'bmomOifsm;u q&maxwmb&B;Buðtm; tar&uejyni ça&muçñrç&ðpOfwif wñuñ c&ðwaxmuDiç&muç &yem;awmfr ñyðvçif arwñuñ&Pmaxwmb&B;Buðtm; çajrmiueawmççiyg&eES hi w&m;a&at;tinçuabq; wñuñ&awmfrlyg&ef pmjzihi avñuixm;çbnif ñinçawmfrçvsuf rðO;baO; wñfwyg;wif a&muñ&elluonhi yñ&wftsm; \ tust uñt&ifçh&ñ&çiyawmfrum c&ðpOfwif xñbçfapí \*syebñ Oib&muçñrç [ kvñuavçawmfrçayon/

{ñyð 2-&uñeç

tñPqçf bðçay;awmfrñyðaemuf eçuf 10;30 em&ð tççf beaumufç a[ miçamifol xçubççef av, mOfççef owfçvçsuñ&omvñf xçelu aeçv, jñf 2;15 em&ð tççfçrçav, mOfçubççon? nae 5-06 em&ð a[ miçamifol a&muon? 6;30 em&ð a[ miçamifç xçubç xñfem&çzihi 8;30 em&ð wñDrav, mOfçme a&muon? \*syebñ n 11-em&ðtwif a&muEñrñr [ kwjzihi av, mOfu xçmeü &ywçef azmfrçmuçef? ]ref&if} a[ mñw, f (Mandarin Hotel)wif avallumifurçPñ p&ñvçzihi wpñOh wñ wñfçawmfrçmuçon? xç [ mñw, ù rñwñumrsm;vñf ñ&eaomallumif o[ ao, stmywñç uifvçwif ap&ef q&maxwmb&B;Buðwññ eobZçwif aqmuçwñvçsuf tççf, may:wif vavsmifçyçifçrçyçl xñvçsuf om olwifçawmfrçmuçon/ aemuçemuçurçsm;wifvñf xçençtwyif nOfççef vavsmifçyçifçrçyçl aexçmuçonfñ wñuñ ypçzwa [ mñw, ù wñOñ qççZmçvçjyni Zçpá [ mñw, ù wñOñ twvçjyni \*çurçti , ñ&ð \*grçvð çac: ç&pf, eçXmea [ miçf 3-nOñ taemuççmçPjyni beçurç wñfç&Xmeü wñOñ jyiçpçjyni yg&ñ wñfç&Xmeü 3-nOñ tçvçü aemuçqñwñOfçtm;jzihi 10-nOñ ñ&çmumif, Mm;o&\ /

### {Nyv 3-&uæy

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 t&@m&@mv&@vao;r½&@ay? rif&@ausmifwif obwifolvsuf ½&@awmirlybaom Ob&@Oym; Ob"r&@pm&@c; Ob&@acr&@Ewltm;  
 q&@mawmi b&@m;Bud u bOg' ay;awmirlyv&@oif omoema&@; qif&@mrs;uif aq&@E&@G&@Mumif? x&@pOf&@tcg q&@mawmi  
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### {Nyv 4-&uæy

eþuif rif&@ur&@at;b&@m; ziflybaemuf um;ES h p&@eifv&@lygawmirb&@m ul&@m&@mir&@b&@wmol aey 12:45 em&@  
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### {Nyv 5-&uæy

t½&@P&@q&@fufuf wifust&@ jrefm&@HRS Obwif&@ES Zef? Ob&@sp&@x&@G? Ob&@ausmif Obwif&@armi-f&@rpy, f a' :Munwif  
 ponh yf&@v rsm;u q&@mawmi b&@m;BudES hitz&@tm; r&@f&@rw&@om pm;zg&@omuz&@g&@fsm;jzih quifuy&@awmirly  
 onf xheþuif (8-30)em&@wif t&@xt; r&@x;m;w&@zih, ul&@qlum;ol p&@eifv&@lyg&@b&@m (10:25)em&@tceþwif  
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 ({Nyv 5-&@u&@eyif j&@p&@ob&@on) eþuif(8:35) em&@tceþ q&@ub&@muawmirlybaon? av, mOfay;wifvntf  
 q&@mawmi b&@m;Budtm; &@o p&@b&@jzih ou&@low&@w&@wif t½&@P&@ quifuy&@awmirlybaon? h&@us;Zif&@wi&@ayrnf

[ Oif, lufef? [ &@M wif  
 O&@y&@o emw&@m;rs&@ap&@c&@ay;awmirlybaon?

[ &@M&@b&@ Oif&@muawmi r&@j&@c&@f&@r&@vntf bm&@ur&@met&@Xmers ' umrsm;ES h [ &@M&@rth&@e jrefm  
 'g, um 'g, lumrsm;\ v&@m;awmi h&@v yif&@w&@j&@f&@Mumif yif j&@p&@ayonf

[ Oif, lufef [ &@M&@rth&@ avqywf tar&@uejynf bm&@rth&@ O&@y&@o emur&@met&@Xmers rpivm  
 \*½&@vpwefES h Al&@bmomou&@dif, Munol tar&@uev&@r&@st&@rsm;? [ Oif, lufef&@ a&@mu&@½&@ell&@u&@om O&@Mun&@wif?  
 Obwif&@at? Ob&@ausmif r&@pivm v&@, mifponh Al&@bmom&@oifsm;u ur&@x&@iyif q&@mawmi b&@m;BudES hitz&@tm;  
 eud&@m&@lyv&@oif t&@x&@olwifol&@e&@f j&@yif&@qif&@x&@m;om taqmuftOb&@ol ausmif&@tr&@wif obwifol&@e&@f yif&@v&@nub&@  
 onf xheþausmif&@yif aelq&@f quifuyv<sup>2</sup> geflybaemuf naeyif&@wif tar&@uejynf&@rs vma&@mub&@uonh



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orsm;yg vma&muZt;ajrmi ueawmhuif q&mawmib&m;BuDu Al' \ tjrwiqhw&m;awmhuif wlvfacjizih zifjy  
jcif,ES h uif awmhuif t\*fvymva [ majymjicif iyvlyawmrlayon/

{Nyv 6-&uaf}

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vrsdaygipwv ½&bojizihvni; w&m;emlum;½&ru w&m;xifjcifsm; iyMuojzih xixtulu tustsm;vay  
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pfi uyv&m tm;usp&mjzpayon/ jrefmtrsdom; 60-cev&vni; w&m;yfni; pnium;Orfajrmuzc; &m  
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allumih q&mawmib&m;BuDES hitzoni aeomxif lom½&lyu omoemyvlyief twuf pvlvqE½&ba½& avsmuf  
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naecrfwvfi wbu&usmif's yibojizih ua&mutlyvfi wbu&ufBuDES h tvmy ovmy  
ajymly&aemuf ]Zi} (Zen Centre)ol q&mawmib&m;BuDu uif awmhuif ua&muif Olyó emtusofcstyul a [ m  
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BuDu ajzlm;awmrlayon/ , ifol a [ mlum;aq&Egjcif uif 1-em&usmicef iyvlyvfi em&Dulmrl  
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{Nyv 7-&uaf}

t½&PES h aelqfhuif ' um Obwibat;ES h nom;pkvlu o'gw&m; xubeipjizih vmiDef, lqufuyif  
obvayjcif; qf'tElam'emw&m; a [ mlum;jcif iyawmrlallumif? x&emur's a, m\*ly&bowi wpe&usm  
cef Olyó emw&m; yfni;tm;xwvjcifiyMuallumif? q&mawmib&m;BuDri refvf'syif acwa tem;, lawmrlay  
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[ E&vMtrsdom; rpivm qlem, E& m& (Mr. Suna Nuyabara)ES h ur'pmeten;jyq&m tufui½& (Ait  
Ken Roshi)wlu q&mawmib&m;BuDtm; vma&muZt;ajrmi ueawmhuif q&mawmib&m;BuDu 8-yg;obvul  
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w&m;xifluallumif/

{Nyv 8-&uaf}

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tar&uef taemuyif (umvzle), m;) jyne, wvfi  
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(u) avmpfte's, (v) v(p) (Los Angeles) ES h, yumbvvl(Yucca Valley) 7-&uf pcef/

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q&mawmib&m;BuDES hitzib qub&mu& nae 5-em&usmivfi qez&epvul e, la, mu? vDZi) E&ir'sm;rs  
a' :wiv? a' :cipr Obc&pir wES h Xmae telywDef;usi ½& tar&ueES h jrefmtrsm;tjym; c&DOb eublu  
allumif? x&elhaewvfi avmpfte's, (v)v(p)½&]Zi}omoemya& pcefwvfi wvni;lawmrlayon/



### {Ny 14-&u&el

, ci&u&ism; tw&f w&m; tm; xkw&u&apjci&ES h w&m; ppjci&fw&u&u& i&y&ly&baemuf q&mawmib&m; Budu  
owdy|me&w&m; awmi'kw& y&f&u&lpw&ia[ m&u&m; awmir&ygon/

### {Ny 15-&u&el

twmobu&e&u&ism; ES h e&u&u&u&u& avm&pt&e&f's, (v)&v&(p)&r&S jrefm&rbm; p&w&u& qu&uy& v' get&e&f  
jrefm&tpm pm; o&h&b&g & m&tj&mj&zm&w&u&u& q&mawmib&m; Budu o&w&if& o&awm&r&e&m , y&u&mb&v&M&t&&y&io&u& , la&q&mi&f  
um vma&m&ud&u&ayon? o' g&w&m; [ bn&r&f&n t&h&g &i&y&i&w&um;/ x&h&e&w&f v&r&e&p&ism; play&gi&f&i a&e&q&f&f  
qu&uy& v' get&j&ci&f? y&O&ib&v&ch Jci&f&ES h a&p&u&b&sc&j&ci&f&w&u&u&y&um ub&w&v&w&m; y&g&r&m; Mu&e&lon? r&e&f&v&f 2-em&&  
t&cs&u&um; a, m\* &y&&b&w&f tay&gi&f&t&m; q&mawmib&Ze&u&-u em&&D&u&e&f w&m; a[ m&u&m; awmir&al&u&mi&f/

### {Ny 16-&u&el

x&h&e&f e&le&u&b&e&cg0, f ob&m&O&ic&i&f&ism; u&u& q&mawmib&m; Budu ES hit&zu& v&f&n&v&n&f&pm; awmir&lon? nae  
3:00 em&&f&S 3:30 t&cs&e&f&x&d O&bt \*&f&r&@&u w&m; a&&t; t&r&u&la&q; w&u&u&au&R&awmir&lon? n&O&D&D, m&r&f t&cs&e&f 7-  
em&&f&S 8-em&&D&w&f q&mawmib&m; Budu u&u& f&awm&v&w&f w&m; a' oem&ES p&y&v&s O&f&on&h tar; y&pb& av&u&u&x&m; c&u&f  
r&m; u&u& 1/2&f v&i&f&aj&zm&u&m; awmir&al&u&mi&f/

### {Ny 17-&u&el

t&f&P&q&f&f b&O&f&ay; awmir&ly&baemuf w&m; tm; xkw&a&om a, m\* &f&ism; ES h t&z&O&ir&ism; u q&f&fav&mi&f&w&u&i  
&y&ome, h&irt&w&f y&@&y&gw&f q&f&f&ch&u&awmir&e&m a, m\* &f&ism; u q&f&f&ES h y&q&e&f c&h&e&S&O&e&m&tj&mj&zm&w&f&zi&h v' get  
qu&uy&Mu&e&lon/

p&ol ]], y&u&mb&v&M& ur&f&me&f&X&mew&f 7-&u&p&ce&f ly&pb&e&ly&baemuf (17-4-79) a&e&f e&le&u&f 9-em&&f&S  
t&cs&e&f av, m&O&u&f&f&f&ma' o y&r&py&&i&f (\*) (Palm Spring) o&u& jref&awmir&lon? av, m&O&u&f&f&w&f y&i&f  
]], y&u&mb&v&M&f&S v' get&a&om q&f&f&u&f&f&ism; u&u& b&O&f&ay; awmir&Mu&ly&baemuf q&e&z&&e&ppi&u&rb&ol x&u&b&e&g&lon?  
r&e&f&v&f 1-em&&f&S u&sm&w&f f&av, m&O&lon&f&aj&r&ji&f&ol&ji i&f&om&pb& ou&q&i&f q&u&la&&m&ub&lon/

### (c) q&e&z&&e&ppi&u&rb&ol o' g&w&m;

r[mpnf&q&mawmib&m; q&e&z&&e&ppi&u&rb&ol av&q&y&f q&i&f&v&u&lon&ES h av, m&O&i&q&i&f&v&r&f&w&av&u&u&f y&e&ci&f  
xm; Mu&on&u&u& jri&Mu&&on&f&tj&y&i&f c&f&o&ib&f&r&w&ol&u&u& m&un&E&f&p&h&u&m; &y&g&avon? to&u&v&m&&mo& v&f&ar&u&M&un&h  
on&f&t&cg r&w&q&w&f us&i&f&g ES h o&g f&ism; a&om u&u& e&Em&f&ol tar&&u&e&w&O&u& o' g&w&e&x&f; 1/2&f j&r&l; Or&f&aj&r&mu&pb&h  
\*f&f&ay&e&j&ci&f&u&u&w&t&h&w&b& aw&f&r&i&Mu&&avon/

q&e&z&&e&ppi&u&rb&ol av&q&y&w&f a' gu&f&v&m&&e&m&q&m&u&m; (Dr. Rina Sircar)? O&b&cp&x&e&f&w&ES h jrefm&t&r&f&om;  
t&r&f&or&b& aj&r&mu&ism; p&h&w&u&v&n&f v&u&u&pb&h e&u&q&u&u&on? c&w&v&av&u&u&f ap&mi&e&f&u&e&v&n&f b&m&&ur&f&me&f  
X&m&e&f&S u&u& f&pm; v&f& f&awm&f ]&n&u&u, M&ju r[mpn&f&z&ES h wy&g&w&n&f&v&u&ly&g&v&mi {n&D&w&ap&mi&D&w&f aus&y&e&f&v&S  
ayon? q&e&z&&e&ppi&u&rb&ol q&u&la&&m&ub&e&f&n& a&e&f 1-em&&f&S u&sm&w&f f&av&ly&D& a&m&u&f&u&on&e&f (17-4-79) r&h jrefm  
r&om; p&ism; t&z&u& ob&u&e&f&t&ly&D& E&p&iq&e&f&w&u&ae&f&z&p&on&f&u& ub&w&v&f&tae&ES h jrefm&f&e&m& tm[ m&& r&e&f[ i&f&cg; c  
r&e&f&w&D&pon&f&w&u&u&la, m\* &D {n&ly&&b&w&f&ism; tm; tm; y&g; w& au&R&ar&g&v' get&Mu&on&f&h& ird&f&rd&f&q&f&f& 1/2&f&v&ayon/

q&e&z&&e&ppi&u&rb&ol f&f&v&v&w&v&ly&u&f&f (Lita Lipat) t&r&n&f&z&D&w&ly&E&h (Phillipino) ' um&r&B&u&u& f&i&fy&f&f&f&f&f  
wp&v&u&u&f&f& aus&mi&f&tr&sw&f ob&w&if& o&awm&r&ly&g&e&f aus&Z&f&f&f q&mawmib&m; Budu tm; av&u&u&x&m; v&f&ty&lon?  
nc&r&f&t&cs&e&f (7)em&&D&w&f (Cultural Integration Fellowship) w&n&e&m&X&me&ol q&mawmib&m; Budu ES h t&z&ol

ua&muawmirMuly) Elwcef,quireceay;awmirjci? y&dw&m;awmi %&vzwlo&Zln, fi c&jsr&awmirjci frsm; iymuygon/

jrefmES h tar&duelvr&pk y&bowaygi? 100-ausmir0 emlum;Muallumi f? x&tjcm:csufwp&ylonium; rsu&E&ijzl Al'bmomOifrm;u jrefmp&x uf y&frsm;jym;jci fyi f jz pavon? x&y&bowxw&f tar&duel tom;rj r&om;prsm;vnt; ygOifly) w&m;emy&bowftaeES hve&pw&nli&f or&ar0, O&aus;Muallumi f/

qez&eppiun e&ubifaerifjyjp t&Pftc&onium; (4;30) em&D jzplon? ES fr&e&uav;rs;jzi h rv&w&v&h yulz&ef z&v&f&xm;vsuf %&ayao;on? aeOic&onium; (7;15) em&Dt c&ejzpl& i&rl&awmirw&ct&ae ES hrom, mv&y %&armb&g &m jzpa&Lumi f aw&ayon/

### {Ny& 18-&u&ae}

e&uf t&P&q&f b&Ofay;ly&on&emuf q&mawmirb&m;BudES h tz&loni (Space Centre)O&ll acwa& ob&ra&mu&f M&un&awmirly&v&f tar&duel tr&om; awmi f&v&q&mawmirN wyn&jzpl&ol rp&w&mb&1/2p&f (Mr. Bruce)\ quluyv' get&aom ael&q&f&u&ll b&Ofay;awmir&Lumi f? x&hel&q&f&ES hitwl jrefmy&bow&f taygi&fu vnt; olx&u&f g tm;yg;w& apwemo' g&w&m;jzi h r&efrwa&om pm;aomuz&g &m tjzm&jm&u&ll 'gety&Mu&ue&lon? x&hel wp&ae&ue&lv&ly&f i&y&a0; &y&e&rs jrefm{ nly&bow&frsm; tawmir&ow&f v&ma&mu&f q&mawmirb&m;Bud&tm; z&aj&mi&ue&awmir&Luygon? n (7)em&D t&c&e&u (Cultural Integration Fellowship) p&ce&f&Xmew&f q&mawmir b&m;Bud&u t&\*f&v&ly&bmom&jzi h ow&y&|me&f y&Xry&ll f&u&ll a [ m&Lum;awmir&lon? p&oll w&m;a&at; w&lu&a&ur&awmir rly&ba&emuf a, m&\*y&bow&f 120-ausmir&v&lu em&D&ufr&0 w&m;x&ll Mu&ue&lon/

### {Ny& 19-&u&ae}

t&P&q&f b&Ofay;awmirly&ba&emuf a' o&E&A [ bk&w t&v&ll g qez&eppiun e&\*b&bm0tv&S&ci&f&u&ll v&sn&lv&nM&un&awmir&Lumi f x&hel&w&f jrefm&t&aj&mu&frsm;ES h tar&duel&frsm; v&ma&mu&ly& q&mawmirb&m; Bud&tm; tm;&1/2i&f&e&f y&lv&v&of;vsuf ue&awmir&Mu&ue&lon? x&fr&swy&g; y&d w& y&#&y&w& w&m;awmir&t&csuf&t&v&uf t&c&e&ES h y&w&ou&f ar;jref&q&n&f&y&jci&f i&y&Mu&ayon? nO&by&ll f&w&f tx&u&az&m&jy&g&p&ce&f&u& av&ln&u&f&x&m;y&ell&um; csuf& q&mawmirb&m;Bud&u ow&y&|me&f 'kw&d y&ll f&u&ll jrefm t&\*f&v&ly&f bmom&y&f 2-&y&f pv&ljzi h apwemo&f um a [ m&Lum;jci&f i&y&awmir&ly&gon? x&hel&emuf em&D&ufr&0 y&bow&f - 120 ausmir&v&lu w&m;x&ll Mu&ygon/

### t&1/2s f&ov&me&ES h t&1/2s f&au&vmo E&f&y&g&w&ll t&aw&ot&Bu&ll

qez&eppiunES h tar&duel&yn&f ta&emuy&ll fa' o umv&ll&e&e&e, m; jyn&e, 1/2& Al'bmom&jrefm ol&awmir&pi&f rsm;\ v&lv&m;awmir&fv&csuf& aus;Zi&1/2s f [ mpnfr&q&mawmirb&m;Bud&on&f wyn& [ e&frsm;jzpl&u&on&h O&ov&vm e&ES h O&ba&uv&mo&w&ll&tm; qez&eppiun&w&f teni&q&ll wp&E&f&w&mr&0 ax&O&g' Al'omo&em&ya& ;tw&uf ae&p&f Mu&ef lb&O&g' ay;awmir&v&on? t&du&ft&w&ell&tm;jzi h tar&duel&yn&w&f omo&em&yc&dp&O&ft&w&f t&q&ly&g q&mawmir 2-y&g;pv&ll r [ mpnfr&t&Z&ES h v&lu&y&g&ap&ly&v&O&f i&emuy&ll e, fa, mu&ft&x&d c&dp&O&ny&dq&ly&gr&S qez&eppiun&oll jyel&v&n&ku&Mu&ef r&el&awmir&lon? , i&f&oll O&by&O&f 2-y&g; jyel&v&n&r&un&umv tawmir&t&w&f jrefm&E&ll fi&awmir t&pl&x&fr&f&f&f; tar&duel&t&pl&x&fr&f&f&f; v&ll&ty&aom o&ab&mw&ll c&f&ly&csu&w&ll&u&ll&e&f pp&O&jci&f&y&ay on/

p&ae&mw&f tv&S&of&oi&fi omo&ema&;u&p&ES h py&v&S&of&ly& w&ly&y&gr&ll tar&duel&w&f ta&emuy&ll fa' or&S ta&1/2&yl&f O&g&1/2s f&ve&ES h e, fa, mu&fr&frsm;t&x&d \*sy&ef&jyn&fr&ub&ll Al'bmom t, 'O&g' jzpa&om&v&n&f r [ m, me ta&e&ES h tj&rp&w&g f&vsu&ll&on&u&ll M&um;o&ayon? ]Zi&f } \*P&frsm;vnt; tv&e&frsm;v&allumi f? tjcm;\*P&f&frsm; vnt; trsm;tpm; %&ayao;allumi f o&on/ p&oll jyel&E&ll&aj&cp&lu&E&ll&jci&f&fr&S tx&lo&jzi h \*sy&el&v&fr&w&ll Z&ES h v&lv&O&e&d w&ll&umi h jzpayon? \*sy&ef&jyn&N rsu&py&g&fr&w&ll&umi&v&n&f , i&f&w&ll v&ll&st&jyel&E&ll&mw&f bmom&ES h pm&ay&y&g&w&z&ub&on&h ac&w&fr&en&f&u&ll usi&f&ll&jci&f&jzpayon? qez&eppiun&w&f \*sy&epi&fv&m(Xme) w&ll&z&yl& z&w&1/2

av[ h[ m[ b[ g[ & m[ p[ m[ t[ y[ p[ m[ w[ r[ f[ r[ s[ t[ p[ p[ m[ ; b[ g[ & o[ m[ u[ l[ b[ g[ E[ s[ h[ v[ l[ o[ u[ e[ l[ y[ p[ i[ n[ t[ y[ p[ o[ r[ d[ i[ p[ h[ a[ & m[ i[ f[ c[ s[ q[ i[ l[ i[ r[ s[ m[ ; ½ & y[ o[ n[ ?  
r[ m[ , m[ e[ x[ e[ t[ u[ m[ ; i[ a[ u[ s[ m[ i[ f[ a[ w[ m[ i[ r[ s[ m[ ; v[ n[ t[ w[ i[ t[ a[ w[ m[ i[ l[ w[ i[ l[ w[ , f[ ½ & u[ a[ y[ o[ n[ /

ax & Og' u[ s[ i[ b[ o[ n[ h[ E[ l[ i[ f[ i[ r[ s[ m[ ; t[ e[ u[ f[ o[ d[ W[ e[ l[ i[ e[ s[ h[ , l[ , m[ ; E[ l[ i[ f[ i[ r[ s[ m[ ; r[ s[ & [ e[ f[ a[ w[ m[ i[ r[ s[ m[ ; o[ m[ v[ o[ i[ f[  
t[ a[ r[ & u[ e[ f[ y[ n[ i[ r[ u[ b[ u[ w[ i[ f[ v[ l[ u[ e[ m[ i[ f[ t[ m[ ; r[ m[ e[ f[ t[ j[ y[ n[ h[ t[ O[ j[ z[ i[ h[ o[ m[ o[ e[ m[ i[ y[ v[ s[ u[ f[ ½ & u[ a[ y[ o[ n[ /

ax & Og' a[ u[ s[ i[ f[ t[ a[ & t[ w[ u[ l[ i[ r[ s[ m[ ; r[ m[ , m[ e[ E[ s[ h[ E[ l[ i[ f[ p[ m[ y[ g[ u[ t[ e[ n[ f[ i[ , h[ o[ m[ ½ & o[ ; a[ l[ l[ u[ m[ i[ f[ ? ax & Og'  
E[ l[ i[ f[ j[ z[ p[ o[ n[ h[ j[ r[ e[ m[ i[ j[ y[ n[ u[ o[ m[ o[ e[ m[ i[ z[ e[ f[ z[ l[ ; & m[ u[ i[ a[ e[ m[ u[ l[ u[ s[ a[ o[ ; o[ n[ i[ u[ m[ ; r[ e[ & y[ o[ n[ ? o[ & m[ w[ i[ f[ o[ v[ u[ i[ t[ a[ j[ c[ d[  
x[ m[ ; o[ n[ h[ a[ x[ & O[ g[ ' t[ z[ i[ t[ a[ r[ & u[ e[ f[ y[ n[ i[ w[ i[ f[ v[ g[ f[ u[ l[ a[ o[ m[ t[ , O[ g[ ' u[ l[ O[ b[ p[ o[ n[ v[ u[ c[ h[ y[ o[ m[ ; j[ z[ p[ u[ o[ n[ h[ y[ k[ w[ i[ r[ s[ m[ ; t[ m[ ;  
a[ [ m[ a[ j[ y[ m[ & m[ u[ i[ t[ v[ g[ f[ w[ u[ l[ v[ u[ b[ i[ c[ i[ f[ u[ l[ i[ y[ l[ u[ a[ l[ l[ u[ m[ i[ f[ l[ u[ m[ ; o[ & i[ t[ a[ u[ m[ i[ f[ b[ u[ i[ f[ ½ v[ s[ u[ f[ a[ u[ s[ e[ y[ & y[ o[ n[ / t[ u[ s[ i[ h[  
o[ v[ E[ s[ h[ y[ w[ i[ o[ u[ i[ f[ a[ x[ & O[ g[ ' r[ e[ f[ (5) y[ g[ ; o[ v[ ? (10) y[ g[ ; o[ v[ p[ o[ n[ i[ f[ ½ & e[ l[ u[ j[ i[ f[ a[ l[ l[ u[ m[ i[ h[ t[ a[ e[ m[ u[ i[ w[ i[ f[ t[ z[ i[ ½ k[ w[ i[ v[ & u[ f[  
v[ l[ u[ e[ m[ & e[ f[ O[ e[ a[ v[ ; a[ y[ r[ n[ ? o[ v[ u[ m[ ; ' g[ e[ x[ u[ b[ i[ O[ f[ a[ l[ l[ u[ m[ i[ f[ t[ | u[ x[ m[ i[ r[ s[ m[ ; u[ v[ n[ t[ z[ o[ j[ y[ c[ u[ s[ u[ & y[ o[ n[ ? t[ a[ e[ m[ u[ i[  
w[ i[ f[ o[ m[ ; r[ s[ m[ ; t[ a[ e[ s[ h[ o[ v[ a[ p[ m[ i[ p[ n[ f[ & e[ f[ d[ i[ b[ s[ u[ x[ m[ ; ½ v[ i[ f[ t[ r[ e[ w[ u[ , f[ a[ v[ ; a[ v[ ; p[ m[ ; p[ m[ ; a[ p[ m[ i[ k[ e[ f[ m[ u[ r[ n[ i[ r[ s[ i[  
, h[ i[ r[ s[ ; b[ g[ & m[ r[ ½ & c[ ? , d[ a[ x[ & O[ g[ ' O[ y[ o[ e[ m[ e[ n[ f[ e[ f[ u[ l[ v[ u[ b[ i[ g[ ; r[ s[ m[ ; M[ u[ u[ e[ a[ o[ m[ t[ a[ e[ m[ u[ i[ w[ i[ f[ o[ l[ w[ i[ f[ o[ m[ ; r[ s[ m[ ; w[ i[  
o[ n[ i[ p[ o[ n[ i[ h[ i[ p[ n[ f[ ; u[ r[ f[ u[ s[ i[ p[ o[ r[ s[ m[ ; u[ l[ i[ j[ y[ n[ i[ r[ s[ m[ ; v[ l[ u[ e[ m[ u[ s[ i[ b[ u[ l[ u[ a[ l[ l[ u[ m[ i[ f[ a[ w[ i[ r[ i[ l[ u[ & o[ n[ /

r[ l[ u[ m[ i[ r[ e[ p[ t[ w[ o[ f[ u[ t[ a[ e[ m[ u[ i[ w[ i[ f[ w[ p[ c[ i[ w[ i[ f[ A[ d[ u[ e[ r[ f[ u[ a[ r[ t[ i[ , m[ ; & v[ m[ t[ i[ s[ p[ p[ a[ j[ y[ ; ' l[ u[ e[ o[ n[ i[ r[ s[ m[ ;  
a[ & m[ u[ i[ f[ d[ i[ v[ i[ m[ d[ i[ u[ j[ i[ f[ a[ l[ l[ u[ m[ i[ h[ a[ x[ & O[ g[ ' A[ l[ l[ b[ o[ m[ o[ i[ r[ s[ m[ ; j[ z[ p[ o[ n[ h[ t[ m[ ; a[ v[ s[ m[ p[ o[ n[ i[ j[ r[ e[ m[ i[ E[ l[ i[ f[ i[ s[ o[ m[ o[ e[ m[ i[ y[ & e[ f[ w[ m[ O[ e[ f[  
a[ y[ ; t[ y[ x[ m[ ; o[ n[ h[ r[ m[ p[ n[ f[ t[ z[ i[ O[ i[ f[ O[ b[ y[ O[ i[ f[ E[ s[ p[ y[ g[ ; w[ i[ t[ z[ i[ t[ a[ r[ & u[ e[ f[ y[ n[ i[ w[ i[ f[ x[ i[ b[ a[ o[ m[ w[ i[ f[ & i[ f[ o[ m[ ; w[ i[ l[ M[ u[ n[ i[ r[ i[ l[  
a[ v[ ; p[ m[ ; t[ m[ ; a[ y[ ; r[ l[ u[ y[ g[ & ½ E[ l[ i[ v[ i[ r[ n[ i[ k[ a[ r[ t[ i[ v[ i[ & y[ o[ n[ ? t[ a[ r[ & u[ e[ f[ y[ n[ i[ w[ i[ f[ j[ r[ e[ m[ b[ e[ f[ b[ u[ b[ a[ u[ s[ i[ f[ [ i[ r[ ½ & h[  
a[ o[ ; ? o[ w[ i[ f[ t[ & q[ e[ z[ & e[ p[ p[ i[ u[ l[ i[ a[ x[ & O[ g[ ' a[ u[ s[ i[ f[ w[ c[ k[ j[ z[ p[ a[ j[ r[ m[ u[ a[ & ; t[ w[ u[ l[ p[ w[ i[ p[ n[ f[ ½ v[ s[ u[ f[ ½ & m[ u[ m[ i[ f[ ?  
q[ & m[ a[ w[ m[ i[ O[ b[ o[ v[ m[ e[ E[ E[ s[ h[ O[ b[ a[ u[ v[ m[ o[ w[ u[ l[ u[ p[ u[ b[ i[ j[ z[ p[ a[ j[ r[ m[ u[ a[ & ; u[ l[ & n[ p[ i[ w[ & m[ ; a[ [ m[ a[ j[ y[ m[ , i[ f[ o[ m[ o[ e[ m[ i[ y[  
v[ s[ u[ f[ ½ & u[ a[ y[ o[ n[ /

q[ e[ z[ & e[ p[ p[ i[ u[ l[ i[ w[ i[ f[ v[ e[ c[ h[ o[ m[ O[ g[ q[ l[ j[ y[ n[ h[ e[ l[ (Z[ m[ i[ f[ 8- & u[ a[ e[ l[ ) u[ v[ n[ t[ a[ x[ & O[ g[ ' A[ l[ l[ b[ o[ m[ o[ i[ r[ s[ m[ ; p[ l[ k[ i[  
i[ u[ r[ t[ y[ g[ v[ o[ j[ z[ i[ h[ " r[ e[ m[ u[ m[ o[ k[ w[ e[ i[ u[ l[ ½ v[ z[ w[ i[ o[ & Z[ i[ n[ , j[ c[ i[ f[ E[ s[ h[ t[ ½ s[ o[ v[ m[ e[ E[ u[ w[ e[ m[ & a[ u[ s[ m[ i[ r[ o[ t[ \* v[ d[ i[ o[ m[ o[ m[ j[ z[ i[ h[  
a[ [ m[ a[ j[ y[ m[ i[ c[ i[ f[ ? x[ i[ t[ j[ y[ i[ f[ q[ e[ z[ & e[ p[ p[ i[ u[ E[ s[ h[ i[ r[ i[ f[ 50 y[ w[ O[ e[ f[ u[ s[ i[ f[ z[ i[ u[ r[ t[ i[ a' o[ r[ s[ m[ ; r[ s[ w[ & m[ ; e[ m[ y[ & o[ w[ a[ y[ g[ i[ f[ (60) a[ u[ s[ m[ i[  
w[ i[ l[ u[ w[ u[ a[ & m[ u[ e[ m[ l[ u[ m[ ; i[ q[ i[ f[ e[ c[ o[ b[ g[ & ; a[ b[ m[ Z[ O[ i[ r[ s[ m[ ; q[ u[ l[ u[ y[ v[ ? g[ e[ f[ l[ u[ o[ n[ i[ f[ k[ l[ u[ m[ ; o[ & o[ j[ z[ i[ f[ v[ n[ t[ O[ r[ f[ a[ j[ r[ m[ u[ i[  
l[ u[ & y[ o[ n[ /

Og's iweES homoemiykvlyfi ef&yfism;  
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x[ e[ l[ e[ t[ u[ y[ i[ f[ t[ x[ d[ a[ u[ s[ z[ i[ f[ r[ m[ p[ n[ i[ q[ & m[ a[ w[ m[ i[ b[ & m[ ; B[ u[ D[ E[ s[ h[ w[ y[ n[ h[ o[ l[ C[ m[ a[ w[ m[ i[ r[ s[ m[ ; o[ n[ i[ q[ e[ z[ & e[ f[  
p[ p[ i[ u[ l[ i[ w[ i[ f[ ½ & e[ v[ s[ u[ f[ y[ i[ f[

e[ l[ e[ u[ i[ f[ ½ P[ i[ q[ i[ f[ b[ o[ f[ a[ y[ l[ y[ d[ a[ e[ m[ u[ i[ r[ s[ t[ a[ r[ & u[ e[ f[ t[ a[ ½ & y[ i[ f[ O[ g[ ½ s[ i[ w[ e[ l[ ' D[ - p[ d[ (Washington D.C.) i[ r[ i[ t[ a[ w[ m[ i[ o[ l[  
(8:45) e[ m[ & d[ t[ c[ o[ e[ f[ x[ l[ u[ b[ g[ a[ w[ m[ i[ r[ c[ o[ j[ z[ i[ h[ n[ a[ e[ (4:30) e[ m[ & d[ (Og's iwe l[ p[ l[ a[ w[ m[ i[ c[ o[ e[ f[ ) w[ i[ f[ q[ u[ l[ a[ & m[ u[ a[ w[ m[ i[ r[ a[ v[ o[ n[ ?  
O[ g[ ½ s[ i[ w[ e[ l[ i[ y[ i[ f[ ' g[ v[ i[ v[ p[ i[ (Dullas) a[ v[ q[ u[ i[ l[ u[ r[ m[ p[ n[ i[ a[ , m[ \* & [ m[ i[ t[ j[ z[ p[ o[ n[ h[ O[ b[ c[ p[ i[ r[ i[ d[ e[ ; O[ b[ a[ q[ w[ i[ e[ ; O[ b[ x[ e[ f[ a[ o[ c[ ;  
a' ; j[ r[ p[ e[ f[ j[ r[ e[ m[ o[ l[ k[ i[ y[ X[ r[ t[ w[ o[ f[ o[ e[ f[ a' g[ u[ l[ v[ m[ w[ i[ l[ w[ i[ G[ E[ s[ h[ t[ j[ c[ m[ ; j[ r[ e[ m[ i[ j[ y[ n[ b[ l[ j[ y[ n[ b[ o[ m[ ; r[ s[ m[ ; u[ t[ o[ i[ t[ a[ p[ m[ i[ b[ u[ d[ v[ s[ u[ f[  
½ & u[ o[ n[ i[ f[ t[ j[ y[ i[ f[ O[ g[ ½ s[ i[ w[ e[ l[ A[ l[ l[ b[ o[ m[ o[ i[ f[ (Washington Buddhist Society) O[ u[ i[ l[ t[ ½ s[ i[ a' g[ u[ l[ v[ m[ y[ @ l[ v[  
' p[ a[ O[ v[ y[ n[ m[ e[ ' r[ [ m[ a[ x[ & E[ s[ h[ O[ g[ ½ s[ i[ w[ e[ l[ A[ l[ l[ O[ d[ m[ & r[ s[ u[ l[ i[ p[ m[ ; v[ n[ i[ r[ s[ m[ ; & j[ r[ e[ m[ o[ l[ k[ i[ t[ r[ i[ x[ r[ f[ r[ s[ m[ ; E[ s[ h[ A[ l[ l[ b[ o[ m[ o[ i[ f[  
t[ a[ r[ & u[ e[ f[ j[ r[ e[ m[ i[ r[ o[ m[ ; p[ l[ r[ s[ m[ ; y[ g[ v[ l[ u[ m[ p[ o[ n[ i[ e[ u[ l[ q[ u[ a[ y[ o[ n[ ? O[ g[ ½ s[ i[ w[ e[ l[ (Washington Buddhist Vihara) w[ i[ f[  
a[ e[ l[ o[ f[ O[ y[ o[ e[ m[ t[ v[ l[ y[ a[ y[ ; w[ & m[ ; t[ m[ ; x[ i[ k[ v[ a[ & ; E[ s[ h[ t[ z[ i[ O[ i[ r[ s[ m[ ; t[ m[ ; w[ & m[ ; " r[ ® a[ [ m[ l[ u[ m[ ; a[ & ; w[ i[ t[ w[ u[ l[ v[ e[ c[ h[ o[ m[ 2- v[  
a[ u[ s[ m[ i[ c[ e[ l[ u[ y[ i[ f[ p[ w[ i[ f[ O[ b[ c[ p[ i[ r[ i[ d[ f[ t[ r[ ; i[ y[ o[ n[ h[ j[ r[ e[ m[ i[ r[ s[ m[ ; u[ t[ p[ i[ t[ p[ o[ f[ a[ & ; q[ i[ y[ v[ l[ y[ x[ m[ ; ½ & y[ o[ n[ /



tallumifei tustel qubpylyd jzpaewmull odw, ? topitopjzplyd csujciyif ysufaymubn;wmull  
ul iyil OPjzi lawlyd jzplysuf jzplysubn;wmull odw, ? tlawmh cPrpl jzpayw, mll nrlwmcstnyml  
odw, ? b, itcserqil aoEil Mqif&bsnfy/ ul fitvtwll rjzpmll tewicsnfyqllwmull xi 1/2n; o&  
w, ? tllmll odvmawll m Odyo emOPawlb? tllmll Odyo emOPi jynpmlt cgrn tllzode, iifrn eAnef  
ulawll rilm t&d mr\*Zll OPfsm; jzpay:vmw, ? atmuxplqll aomwmywll r\*Zll OP&mu&if tyg, f  
av;yg;rs tpOixmO& vllwuiifygw, ? vllb0 ewlb0rsm;rn txuifefusml csrfomvll b0csnfrnsm jzp&  
w, ? tllmll csrfomvll b0eif jzpa&eif (7) b0twll frnbl t&[ wll\*fi t&[ wllzll&amullyd &[ Ehljzp&  
w, ? tllawmh aemuqll y&eAnefilyd aemuumvrn b0opll 1/2yemrqif&awg vllOuiiflyd tllwrf csrfom  
obn;&wmb? 'gallumih tm;vll azmif 1/2yef&yr&plyd ay:vmor 1/2yemr&awll rjywll rsmi tm;xkwluaomtm;  
jzih 1/2yemrtjzplytysuf tepo' lue' tewa ll k r&pn&om Odyo emOPiull jzplyg;apll uvsuf t&d mr\*Zll eAnef  
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xllumityimoff tar&duel jyellum;a&;owifwll quvull r [ mpnfrq&mawmf oillum;onh  
twllf Odyo em urpmeifw&m; tm;xkventrn r [ mpnfrq&mawmf ta/2staemuell fi ltrsm;rs wynlrm;  
eudyrtjzih taemuell fi buoll a&mut&vmlavon? q&mawmf\ vl 'g, umrsm;twll wllwES h tm;xkwl  
entc; tjyiftxel tm;xkventrsm;ull , ifwynlrm;u vllufemusi llaelluayon}} [ li azmjygg&allumif  
awll rllzllayon/

owly|meifw&m;rn eulebll rlonES ftrll vllwll twll twlltzi xllwef&allumifES h em;vnl  
oabmayguell allumif;ull Og/2s lweel Al Odll m& vllaxmuftwll fa&;r; a' guivm u&if\*a&; (Dr. Karen  
Gray)\ } Al 'oillum;om pentrn ppr&om um, pwlac jynp&; twll aomcsufzpaallumif}} [ aom  
azmjycsufzih xi 1/2n;pbll oell ayon/

### {Nyl 22-&u&el

### wckwnfaom tusiivrll bonrn

aus;Zl;2s f r [ mpnfr q&mawmf&Bm;BuDES h aemuylg wynllcmawmf t/2s jrwlrm;onf Og/2s lweelae  
'um 'umrsm;\ rlvtpptpOftwllf Og/2s lweel Al Odll m&ausnifwllf owly|meifw&m;awmull t\*Myll jrehrm  
bmomEpl&yjzih y&owll Epr&Eppm; tustig a [ mllum;awmrllygon? pol owly|meifw&m; 4-yg;ull  
a [ mllum;onftcg q&mawmf&Bm;BuDu owly|meifusi pOrn wckwnfaomvrlljzpaallumif? wckwnfaom  
vrll bonrn xllwvrfwnf;ubm qlu&allumif? t\*Myll bmomyepum;jzih (The Only Way)omjzpl  
allumif? owOgawfrn pwltnpftallu;awES h u&vomawg pi ll u, hatmif usi Zll tlyallumif? xll&om  
u&vom tnpftallu;rm; uifap&ef xllwvrfwnf;om&allumif? tjcm;entvrll&allumif? , ifvrfjzihom  
avmbc a' goç arm [ [ aom pwltnpftallu;awgpi ll u, bon;ell allumif/

ull qif&jcifc pll&ryaqgrt; illu;rawll ausmif&ell apzll 'lowly|meif tusiivrll&allumif? xll  
qif&tpkull cskyll rfpazll uifpiazll twll owly|meifvrll wclly&allumif? t&d mr\*&bG &mut  
vnf owly|meifvrll wckwnfyll&allumif? eAneull rsubarhuill wllf awll&elvnf xllowly|meif tusi h  
vrll wckwnfyll&allumif ponjzih 1/2s fviitn&y a [ mllum;awmrllygon? xll&emul a, m\*lvynlrm;tm;  
aviusi &ef w&m;xll apawmrllygon/

### offorkwji fES h½s jyk & [ etçjci f

ausZi½s f q&mawmb&m;Budtm; Al jrwpñ omoemawmbud pnyijyelyñ;Eñ tapci f t usñi ði f? omoemDefxrf & [ efawmfrsm; \ ulubuh , ftoç boç iud crfcrfomomES h NyðapEñ &efi f. Og½s kwefted wOluf obwif;okawmfrvsuf ½Nuuëaom tEd ç Od [ Wç uarñ' ð , m;ç , ð' , m;ç jrefm 5-Eñ fi h'Sax&Og' befaawmbudrsm; 13-yg;wES h wuG Al Od [ m& (Buddhist Vihara of Washington)ausni f wLu wLf offorkw awmi rlygon? aelvnñyñ f wñ f s & [ etç h ½s ty tcrf tem; ul aqmi ½Lu awmfrbavon? w&m;a&at;vñf wLu au rawmi rlygao;on? pol ' kb& [ ef (1)yg; ½s fomraP (4)yg;wñtm; omoenabmi fol obwof ç; jrs lawmfronh yA Z E \*fv mç Oyorñ r \*fv m tcrf tem; wñ f t½s bD meE-u ½s ty w&m;awmi ul ç say;awmfr on? offorkw onh tç u vñf t½s bD meE-u Odñ offorkw jci f; taMumi f; ul t \*fv ð bomon jzi h a [ mLum;awmfrlygon/

pol aumfrubm f t&y&ywñtwuf aqmi ½Lu ay;awmfrbojzi h y&bwftaygifrñ vëpñ ylv aomreó jzpl Eðaxmi f tm; & v ð u ygon? y&bwix wñ f tar&uefta½sawmi zavm&ð ga' or ð i f? ta½ð ajrmuf e, t t \*fv eES h t [ ð f, ð jyné, frsm; r ð i f? jrefmrbm; pñrsm; vñf ygOimuygon? y&bwñ ta& twurñ Eð&u&usñ f x d ½s lygon/

### {Nyðv 23-&uf ES h 24-&u&eñ

xhe&uñrsm; wñ vñf ausZi½s f q&mawmb&m;BudES h wuG wynh okCmawmfrsm; jzpl u aom t½s f obmeEç; OdZeuç; OdauvmoES h Od t \*¾ r wñ onñ tvñ h us wmoef, lum ur ð mef w&m; ul jyoa [ mLum; awmfrlygon? q&mawmi OdZeues h Od t \*¾ r wñ u eñ u wñ wbuñf naewñ wbuñf a, m \*ð t ayg i f tm; w&m; xñ entç; w&m; tm; xkwñ entç; Olyó em yg; rsm; en f rsm; ul a [ mLum;awmfronñ f t jyi? w&m; ppaq; rluñ vñf iyvlyawmfrlygon/

{Nyðv(23)&uf naewñ f t½s bD meE-u jrefmjynñ s Al bñomOñ frsm; w&m; usñ f oñyñ obv aqmuñ wñ mlyñ ur ð mef tm; xkwñ mlyñ befaawmbudrsm; ynmoimLum; yñ bñoma&; pmar; yñ rsm; usñ fyyES h bñx; t \*Pñ f rsm; ay; tyñ wñ uñ a [ mLum;awmfrlygon/

Olyó em tvlyay; w&m;awmi ul jrefmES h t \*fv ð bomon pum; Eð&yzi h q&mawmi OdZe-u a [ mLum;awmfrlygon? a [ mLum; yñ twñ s yñ ½yemñ ul t r eñ twñ f roñ jri jci faMumi h vñsi wñ r uñ rsm; jzpl aMumi? vñsi wñ r uñ Eð bou wñ; kmñ rsm; aMumi h qñ f ç i f jzpyç; & aMumi? xñ aMumi h qñ f ç i f ckyñ ð f Nyð crfomvñ wñ f vñsi wñ r uñ ul z, ½ñ; vñ wñ uñ f Eñ onñ toñ f t jri f rsm; & ½ð&ef owñ | meñ ul aelñ rjyñ yg; rsm; tm; xkwñ oñ faMumi f yñ f jzpygon? xñ a [ mLum; Nyð aemurñ a, m \*ð y&bwñ rsm; tm; w&m; xñ apy on/

Og½s kweñ wñ f ausZi½s f q&mawmb&m;BudES h wynh okCmawmfrsm; obwif;okaeawmfrpOf twñ f ael pO&ael wñ f qñ f ç; ç bç; f abmZOf uyñ mlyñ ol ' um ' um rsm; aygrsm; vñ yon/ jrefmolt r wbuð Odv ð ½z ES Zedwñ vñf q&mawmb&m;Bud obwif;okawmfr&m Od [ m&obñ; a&muñ qñ f ç i f quñ yñ v' getjci f iyyg on/

Ad-tñ-atç tar&uef toñ vñ kme jrefm Al bñomOñ frsm; ES h t buð tr² wñ q&mawmb&m;Bud xñ obñ; a&muñ u eñ awmñyñ obv bñ wñ ul ajcawmOd wñ ul avñ uñ x m; ojzi h ajzLum; jci f i y&mü tar&uef ynñ ol ra&muñ f Al bñomw&m;awmi jyelyñ; rñ entao; onñ [ k x i r aom vñf , çk a&muñ vñyñ ð aemuf Al \ arwñ w&m;awmES h Olyó em w&m;awmi ul av; av; eueñ vñ uñ em usñ f oñyñ jci f; ul xñ f vñ x uñyñ awñ r i & ojzi h tm; &awmfr aMumi? quñ uñ tar&uef y&bwñ tway; wñ rñ obñ q&mawmb&m;Bud u , lq aMumi f ar; jref avñ uñ x m; &m tar&uef a, m \*ð y&bwñ taeES h t jci f ç; emjci f; aojci f uñ f aprñ h owñ | meñ w&m; 4-yg; ul yñ; rsm; tm; xkwñ vñ f t usñ rsm; vñ rñ ni [ k arñ vñ h lq aMumi f r eñ u awmfrlygon? w&m;awmi ul vñ vñ si f ci f tm; xkwñ eonñ ol tawmfrsm; rsm; awñ vñ vñf a useyñ galumi f; ajymLum;awmfrbñ/



q&mawmb&m;Buð uli fawmivif ua&muif vni, cðjrs fawmivijzi h tar&ueftoM/TKme jrefm Oefx rism;u Oyo em/2enf xli enf uli , xmbwusepñ Mum;emLu&onftwuf ylvæomreó jzpf \*IFi, lygaMumif avonuxm;duayon/

{Nyð 25-&uæf

uarfñ' ð, m;ausmif (Cambodian Buddhist Temple)rs yi lzdvojzi h rëfvitcæwif q&mawmb&m; BuðES fitzlu xlausmifawmbolli ua&muifvif o&P\*ñ ig;yg;ovES h y&dvw&m;awmirm; ½&vzwlyðæmuf q&mawmb&m;Buðu w&m;cðjrs fawmiviyon/

{Nyð 26-&uæf

r [ mpnif a, m\*ð [ mifwOjzpbol Oicpñrd ES h rðm;plwlu ðifwñ ættrboll yi lzdvojzi h q&mawmb&m; ES h tzDIRsm;u ua&muafawmivif? Og/2S iwevif ½pOf q&mawmb&m;Buðu a' oE&A [ bk w tizpf xi/2ñ;ausmapmaom taqmuftOðrsm;ul vñhvñMun/2cho;&m vurñc&ðpOðqmi ½cuaom tmumo jywluvni tygtOijzpvon/

{Nyð 27-&uæf

q&mawmb&m;BuðES h tzlvbnf euf 9-em&bevwif æ/2se, Ævqyoll u jrefawmiviyð ruqmccl;qujyné, f abmpwæf (Boston)oll euf (11;15) em&dtcæli av, mOjzi h xlvfcawmivif? abmpwæfoll qvæ&muafawmivif rëfvitcæf (1;30) em&wif rpiwm\*ñ vpwef tr'iyonh bm&ðri Oyo em urfmeFXmers tzlvbn;sm;u um;Buðum;i, f toG bG jzi h eufvsvuf ½duayoni xlvæmuf abmpwæfS wqihbm&ð (Barre) irboll c&ðqu&jyævon/

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ygb? olu plv&a&m\*gulq&mOefjzplvll olwll fjyni jyeobn;ly0 wmlOefzllwllwllf nEllum;ubay;aww, ? 'gey  
jrefmjynlu plv&a&m\*gulq&mOef vli, lwa, muifu obewEil fih t\*fvell ynmqnf;ylzll a&muobn;awmh  
aq;½&lludwllfn wmlOelusvll oelawllclw, ? vbsifroilluygb? olu plv&a&m\*g½&wll a0' em½&lawll azmif  
w, f yelw, ll trsvllclfaewm awll&w, llwll 'lawmh jrefmq&mOeftopluav;u t!l q&mOelluull ]' llwll  
tm;xkwll tm;xkwllent;uill b, lu&vmowef}}vll ar;Munllw, ? olu r [ mpn&lyomrln w&m;tm;xkwll  
allumi fajymly0awmh ]' l&ent [ m w&m;tm;xkwllwll oabmyl jzplysufwmuav;awll awllae, if oylfaumifw  
b}}vll ajmygowll vllwllfvllwllf ½&rsvae, if oylfaumifrnblwll ajmygowll 'g [ m t!l q&mOelluull tav;  
teulyly0 ajmqlylygb? t!Mll tm;xkwllobn;, if plvrcrfomrllwllEil lw, ? Nil rfat;riullw, /

eehajymcsi lygao;w, ? blefBudwll nEllum;wllwllwllf w&m;tm;xkwllwll yk'k'lawllfrn tm;xkwllwll  
a&m\*ga0' emawg aysmuobn;clwm ½&lygw, ? b&m;½&sfy&Eilheptgedrnyif tBulltus, f a0' emjzplclw, ? t!l gull  
b&m;uil lawmllwllf Oly0 em½&rsvllwll a&m\*ga0' emqbm;rl r½&awmllol aysmuobn;w, ? bmalumih aysmuobn;  
ovllqll if plv&llumi jzplwll plv&½&lyqllwll [ m ½&llw, ? ½&rsvae, if ½&rsvllwllplwllu tllrwepillu, lw, ?  
tllrwelamifw, ? 'Dv&umifjrwllwllwll oel½&spillu, llwll plv&awllumih oel½&spillu, llwll ½&lyfaumif  
awll wull llwll jyeEilwllawmh ½&lyllawll uifaysmully0 usefmluwmy? t!Mll uifaysmully0 usefmluyll  
uil lawlltm;jzih qilcilmunh if oEil ygw, ? plwll aysmllzllawllwllcg ½&lyll MunMunlvllwll oel  
½&sf½&sf jzpaewmrslygy? wclllawllfn ent;trsvllclwll a&m\*gulvll raysmuayrll w&m;tm;xkwllwllwll wcgxll  
aysmuobn;wmvl ½&lygw, ? 'Dv&aysmuobn;w, f qlwllwllawll tclw&m;pmtlyxfrn blefBudwll azmlyxm;yg  
w, / ]]wllwllwll Oly0 emw&m;awm}} pmtly? ]]½&lyzmr\*½&EilheDi}} pmtlylawllfrnvl tcllygygw, ? t!l pmtly  
awll t\*fvllwllbomijely0, ifawmif, lluzlygy/

pdv&am\*gawG aysuobn;wmvl 1/2ygw, ? wcdw 1/21/2da&m\*gc wcdw jreirmtac:ta0:el ya, m\*vM ac:w, ? jreirmtEi fi h&isawmh ewq&wM raumif;qhOg;wMq&wmu zrfpm;www, fMvl t, 1/2uw, ? wcdw/vitcsi fcsif iypm;c&vM a&m\*gjzpaew, fMvl ajymLuw, ? tJfMvl a&m\*gjzpwitcg blefBud\wynh q&awmfi Budwpyg;xh&fi o&u;ukvM a&m\*gaysuobw, fMvl ajymLuygw, ? tJfMvl q&awmfi oluM wMvl wifwif&f &f (8) em&D&S (12) em&Mumatmif wquxl tm;xwEi ygw, ? rwlwy&ylybjzpac xh&lybjzpac vuMvl ajcvlyawmif r1/2b;wM olu tjc;obawG aq;jzi hukM&w&am\*guM ulay;w, ? wcdw b, fMaysuobn; r&e;frob;v&awmif ajymLuw, ? oluMawmh owy|me&nf t& ay:wmawG trsvcl faewmygy/ rvyap& b;wM oluM wMvl 1/2rsvae, if te&tem;rnyif &yly&tm;ay;aew, ? wcdw fi 1/2rsvM 4-5-6-em&avmuf el a&m\*gaysuobw, fMvl ajymygw, } ponfzi fia [ mLum;awmifcuygon/

, ifolw&m;tm;xwjcifjzifia&m\*ga0' em aysuufi fEi ly&entulyg xnobfa [ mLum;jcifuygon/

oly nmi&srsm;ES h aq&ae&gcifc; urfbomoma&; avhvma&qh&m [ m;AwXmeu w&m;a [ mjcifsm;c a, m\*D (100) ausmp&om &lyom 2-cluvnf w&m;jycifc; te, e, ft&y&yü Olyó emw&m;ul n&Eum;jyo jcifsm; iyvlyaeonh t&seftawmtwGf Og/2s wef; tar&uel toM&T&KmeS owifsm;ul tqurjywí eudpm;&, lum toM&T&Kwifjzef&ay;clavon/

### arv 10-&u&el

#### uq&lvjynhixlon&eD, f

x&elbnfum; uq&lvjynh aelx&aelrwi jzplonhitavsuif bm&ur&mefXme &lyomwif tm;vM aom a, m\*Dsm;ul e&euyf (8) em&dt&seü r [ mpnq&awmfi Obaqmifaom o&Cmawmfi 6-yg;wlu a, m\*D rsm;tm; (8)yg; obvayjicifc; obvw&m;awmfi w&m;a [ mjcifES h taeuZmwi jcifsm; iyawmifMuygon/

tar&uel& a, m\*Dy&bwifsm;onf ta&swifw&m;ulbm usibonbomru ta&swif\ bmoma&; 1/2y&w& bmoma&;yef;c& bmoma&; tvES&Mu;pnf acgifavmitc; armifc; q&v& ykw&wlu ESfouclri&pb x&elortjyifqif r&f&rc, bi \*Pf, Muavon? bm&Xmew&vnt ta&swif;bmoma&; to&ftjyifawlu om Oidifum;um; jyifqixm;Muygon/

uq&lvjyn&elbnf aeBud &u&ub&bjzplí a, m\*Dtm;vlu q&f&favmifvMuyebon/ x&elumi h e&euf (9) em&dt&seü tz&ha&2& vrfwv&unuf q&awmfiBudyrusef o&Cmawmiftm;vM q&f&f&cl&u&awmifMu&ay on/ a, m\*Dsm;tzi e&u&awmif e&u&ejzplonirM o' gy&v&v&f&v&suif q&f&f&c; opib&c; r&ely/ &omp&h pm;b&G faomuf b&G f&wlu v' gefMu&m oyv&awmifsm; jynivM o&h;clayon? x&el e&euyfES h r&efv&ly&f&w&f O&ZeuES h O&t\*4&r&wlu a, m\*Dsm;tm; w&m;pply& r&efv& 2-em&dt&se&w&f q&awmifb&M;Bud\ t&ref&t& O&Zeu-u Al&aelv&m;awmif a [ mLum;ygon/ nae(3)em&D&S(4)em&dt&x&da, m\*Dsm;u q&awmifb&M;Budtm; tv&sh&us ue&awmif o&v&omtar;y&parsm;ul av&u&ixm;Muygon? q&awmifb&M;Bud\ ajzLum;csuifsm;ul O&ob&v meEES h O&a&Ow"r&wlu bomjyefq&ay;awmifluon? n(7)em&D t&se&w&f q&awmifb&M;Bud u ]]csrf&oma&; w&m;awmif (The way to Happiness)ul a [ mLum;awmifayon? w&m;a [ mLum;lydon&emuf a [ mLum;awmif raom Xme"r&wlyyif o&Cmawmifsm; tm;vM Oyl&of&awmifluon/

### arv 11-&u&el

qu&vuf , cib&elutwif yif q&awmifO&ZeuES h O&t\*4&r&wlu a, m\*Dsm;tm; e&eufES ina&c; aygif 2-Bur&f w&m;pp&aq;jcif iyawmifMuly&daemuf q&awmifb&M;Budx&h a, m\*Dsm;u tv&sh&usvma&muif ue&awmifluon? x&el ue&awmifv&v&f v&tyionwlu av&u&ixm;Muí O&ob&v meEES h O&a&Ow"r&wlu bomjyefq&awmifbn? nO&D, m&ru ausZi&2&si q&awmifb&M;Bud u ]]csrf&oma&;w&m;}}ul qu&vuf a [ mLum;awmifayon/

arv 12-&uæf

w&m;xil fonh ceFraqmi bol bm&ur fmeFXmetzlrS yifedwojzi h oCmawmf m;vkwES h uyd rsm; yg u&mu&w&mlulLulyv&vif bm&Dyó em ur fmeftzDofrsm;ES h a, m\*btaygifwN v&G ypinf; tr&tr&w&ljzi h v&gefyaZmjcif;ul ch lawmrluon? pol r&ejrw&om v&G Dwkypinf&tr&plul apwemokweES ftnD ay;vjcif;tw&uf om''ktElarm'em w&m;awm&ul 'ge/2s frsm;tm; q&mawmib&m;Bud u ygVjzih w&lay;ly&v&vif trlay:aOmuygon/ xlyif y&v&w&m;awmrlsm;jzihvnt; c&jr&S lawmrlao;on? tcgwl&fublyif e&uES h naey&f&ü q&mawmODZeuES h Ot t \*%r&v&lu a, m\*trsm;tm; w&m;pp&ajcifiy&don/ ny&f&w&vif q&mawmib&m;Bud ul lawmrlw&f]]AR òmoemw&m;awm]]ula [ m&lum;awmrl&Mumif/

arv 13-&uES h14-&uæf

x&ulrsm;w&vif w&m;pp&ajcif& w&m;a [ mjcif&sm; iyawmrluuygon/ x&uemul arv 14-&uæf e&u(9) em&ce&w&vif a, m\*trsm;tm; ÓPpO&w&m;a [ mjy&ef q&mawmib&m;Bud u ODZeu&tm;re&Mum;í ODZeu-u wem&ce&f ÓPpO&w&m;a [ m&lum;&ygon? taem&w&vif&rs t&ce&la, m\*trsm;rs& pl&v&uav;li d&fi orm''d tawm t&we&jz&ly&D c&rfomrl tenfi, r&æ&eon&ul w&m;ly&D q&woavm&ul xi&rs&v&æ&mu&ojzi & if&w&ul w&m;v&rf q&h ra&m&u&ao;al&umif ow&ul w&vif o&æ&f q&mawmib&m;Bud u ÓPpO&w&m;a [ m&lum;&ef re&lawmrl jcif&Xjz&ly&gon/ bm&D ur fmeFXmers jre&rlmjynbol & [ ef&owES h&om&fif? v&D&wES h&om&fif v&ma&mul&f &e&uf&er&f r [ mpn&om&oen&ly&omü w&m;tm;x&kw&v&brsm;ES h r [ mpn&ftzD&if&w&lu tav;teuf n&f&w&lyif M&uygon/ o&moem&ya&w&vif tav;xm;í tm;ay;aqmi ½&u&awmrl&uov& r [ mpn&om&oen&ytz&N t&j&ef c&D&w&vif & [ e&ft&jz&pc&h lí v&ly&v&vib 3-a, mu&ES h rp&w&mt&ve&prp(o) (Mr. Alan Smith)w&v&ce&luon? t&j&cm; 5-a, mu&f 6-a, mu&f ce&w&lv&vnt; a&v&v&mr&nat&mu&w&v&ES h ED&bf&v&tw&vif &e&uf&er&f bol v&ma&mu&lv&v&ojzi h jre&rl&er&f h bol jyn&Di&ce&h AZ&mes h yw&v&ou&ly&D tajyt&v&ni aq&æ&e&ce&luon? bm&D ur fmeFX&ly&om&tz&N ax&mu&cl&f&v&ow&lt&tm; q&mawmib&m;Bud t&æ&ES h ax&mu&cl&f& O&æ&v&rn&f [ kv&al&umif re&Mum; awmrlon? w&ce&f &e&uf&er&f r [ mpn&om&oen&ly&om& ol&ra&m&u&v&brsm;½&ce&rlm jre&rlm&v&tr&sw&qi&hav&v&u&v&n rsm;ul ay;y&v&km;cl&ly&jz&plí (Stay Permit)ac: , m, ð&ex&il&ce&h ol& [ kv&f AZ&m (Visa)&on&ft&cg &e&uf&er&f ol&ra&m&u&ef&z&pl&umif aj&ym&lum;cl&on? re&f&v&it&ce&w&vif bm&D&ce&f ur fme&ent&jy&q&mrsm;u r [ mpn&i q&mawmib&m;Bud&x&li Mb&Og' ch M&uygon/

, if&od&bol r&f&ul &n&h&er&fí a [ m&lum;ay;oem;awmrl&om Mb&Og'awm&N tu&so&f&cl&y&rs& ur fme&f&q&m rsm;t&æ&ES h c&pc&il&og & Mun&rl&og &m \*f&P&ly&v&al&umif? & [ e&f&f [ kv&f om&re&lv&rs&jz&pl&vif&vnt; om&re&lv& usi&D&wES h jyn&pl&ef v&lt&ty&al&umif? i&g;y&g;ol&v r&v&rn&jz&pl&umif? w&w&E&ll&av&mul ½&ly&g;ol&v x&ef&E&ll&vif&f aumif&al&umif? qu&f&q&v&w&lvnt; ar&w&ES h u&½&P&mul a&v&x&m;í qu&f&q&v&al&umif? x&ly&yn&pl&v&rs tav;\*½&ly&x&lu&om \*f&P&ly&bn&rl&al&umif? v&rf&jyn&E&lum;&mu& aj&ymo&i&h aj&ym&x&lu&om y&f&v&ul& aj&ym&lum;jcif; ul&vnt; iy&rn&jz&pl&umif? ur fme&f&w&m; tm;x&lv&on&rs& u&v&om&li&rf&ap&ef&tm;x&lv&jcif&jz&plí u&v&om jz&pl&ap&E&ll&om ta&lumif&t&mrsm;ES h uif&E&ll&or&uif&at&mf n&E&lum;&e&v&al&umif? jr&w&pl&b&m; tv&lawm&us ur fme&f&x&il&e&ft&ce&f&ES h p&bu&ef&ol&oi&ly&ent? on&f&cl&f&w&m; jyn&pl&pa&? w&m;pp&mv&vif rn&ol&rn&ly& aqmi ½&u&bi&al&umif&ES h , cl&vnt; jyn&yn&pl&v&v& Or&f&jr&mu&ly&ga&umif& pon&tw&lyif jz&pl&ay&on/ ny&f&w&vif q&mawmib&m;Bud u ]]AR òmoemw&m;awm]] y&Xr&yl&f&ul a [ m&lum;awmrl&al&umif? q&mawmib&m;Bud w&m; c&jr&S lawmrl&ly&aem&ul q&mawm& ODZeu-u a, m\*trsm;ol&v&br&D ar;jre&f&cs&ulrsm;ul n 9-em&D&S 10-em&D&ce&ft&x&d aj&z&lum;ay;ygon/ ar;c&e&f&rs&r&v& vu&aw&v&usi&bu&lt&tm;x&lv&ES h py&æ&om ar;c&e&f& r&v&z&vif e&A&ne&ES h py&æ&om ar;c&e&f& w&rv&ef ul&v&w&m;w&ES h py&æ&om ar;c&e&f&rs&jz&pl&ay&on/

bm&urqmeFXme enfyq&mrsm; tm;  
r [ mpnifq&mawmlb&m;BuDu tottrsvfykawmrfjci f

arv 15-&u&ael

eluyifwif bm& urqmeFXme ½tztioif a0, smOp&aqmi½uol (18)a, muftm; aus;Zi½s f  
q&mawmlb&m;BuDES fitzhu tv½s frsm; v<sup>a</sup> gefi &½&cm;clom rsuEñowlyDgc qyfyrstp ypinfrsm;ul  
jyefvnp&awmrygon? elu(8;30)tc&wif (I.M.S.)tztioifsm;ES h a, m\*Dt m;vhwu q&mawmlb&m;Bu  
tm; Obñiwue&awmh Muonlitcg q&mawmlb&m;BuDu ñifwñ omoemjrs lvi&;vlyi efES h &dyompcef  
Budyg;&m Budyg;allumi f;ull tywvukwf eudpm;aqmi ½Muonlitwuf c&ud;pum; rellum;awmrygon/

x&emuf bm&pccef Otyó emurqmeFentjy q&mrsm; tm; r [ mpnñf&bsñfES fitnd vluemaom  
urqmeFXme&mrsm;tjzpf tottrsvyoiygalumi f; q&mawmf Oba&ow"re av&uixm;ojzi h q&mawmlb&m;  
BuDu \*stZuf; \*suf; \*sufuvifES h ½ñi½&vluur [ mpnifurqmeFXme; q&mrsm;tjzpf tottrsvyallumi f; vufsv  
wp&pmif ay;awmrygon/ q&mawmlb&m;ES h wuf omoemjtz&wzv&wtwuf &euletrrs tar&uefvef ef  
tx&bf;vm&m ueluv<sup>a</sup> gefonp&dvfrsm;twuf a&pucstr&aOvsuf q&mawmlb&m;BuDu t&arm' emw&m;  
a [ mllum;awmrygon? p&ob [ majym&mwif ul &;ul fwmtwuf rñb&f& allumi&urpluy) aqmi ½&uae  
onlitw&allumi f; f;? tpp&t&m&mv&f olwyg; Munfñb& &mjzpp&ef aqmi ½&uv&su½& tv&e&ud; b& f  
&m aumif&allumi f;ulyg axmremiyawmrygon/ x&emuf eluqf& b&of ay;ly& } }O;pwm;}} (Worcester)avqly  
ol &jrefawmryly&v&of q&mawmlb&m;BuDES h tztionf re&v& (12;45) em&Dt c&eü e, la, mufrñol  
av, m&ofzi h v&ulyg x&uc&gawmry&uayon/

e, la, muES h omoemc&dwaxmuf

} }O;pwm;}}rs x&uc&gvmaom av, m&ofonf ael (1;30) em&Dt c&eü f e, la, mufrñawmfol q&u&amuch  
on? bm&urqmeFXme&rp&vm \*, &bwf(u) (Mr. Gary Buck) q&btztioif wp&vñf apmi&½&u&ef  
v&ulygv&allumi f; e, la, mufrñawmfol a&mu&v&qt&eü rñonf;xepñ ½&io&f vsu½&acsonf e, la, mu  
avqlywif Obv&az (a' :wifmñci fye)? ukor\*½& Obay:Ob? Ob&pmv&ES h Ob&oefwñ&om;pk ponf&u  
apmi&ar&ñf eudq&vsuf ½&uallumi f;/

e, la, mu½& Obv&azwñ aetfñ q&mawmlb&m;BuDES h tztwlu acw&yem;awmry&uf naeyf f  
wif ukor\*½& &m tñwrf jrefm&otr&w&ud Ob&armi&armi&Bu& r&om;pES h ½&om;rs m;? Ob&armf a' :usi&v&f  
wñ om;rs m;? Bu&jri&armf Bu&wi&armf Ob&ausm&ñ N Z& a' :ci&OB&un? ci&ci&Bu&? a' gu&v&m Ob&atmi&ob&ef  
tp&½&om jrefm&tr&or&? tr&om;trsm; vma&mu&f q&mawmlb&m;Bu&tm; z&ajrñf\*g&Oiy&lygon/Obv&az  
a' :wifmñwlu ñifwñ aetfñulyi&ausñf tr&sv olvif&awmry&g&ef q&mawmlb&m;Bu&tm; av&uixm;  
v&fity&ci&fyon? q&mawmrysm;tm; o [ ao, s t&yp&uif&p&ef a' :wifmñu t&jm; olrñw&aq&f&tr&ñu ob&ñ  
n&ofit&ly&ly&vsuf q&mawmrywltm; tx&tav;iyon? x&allumi h q&mawmrysm;rñ n&ofit&güvñf c&rt&ompñ  
a&ellu&ayon/



### arv 16-&uðel

t½Piqf'fuH Obváz Zeba' :wiMl ES hitwl Budjri farm? Budwi farmwlu qufuyv<sup>a</sup> gefMuallumi f? euf (8)-em&ðtceþi q&mavmObZeu-u tvlyay:w&m;awmf tuOfcstyul a[ mLUm;awmirlyð tar&duel trðom;trðorð 8-Obwlu w&m;xll Muon? xhebeuqf'fuH Obay:Obu q&mavmlo&m;BudES hitzðtm; ðif\ætrfoll yi tziwi qufuylygon/ q&mavmlo&m;Bud u tElarm'emw&m; a[ mLUm;awmirlyðæmuf y&ðwobvbnh w&m;tar; yþairsm;ull ajzLUm;awmirlygon/ naeyll fwi f ukor\*taqmuftObrrsm; wn&mXmeol u&amuLunh&awmirlyð n(7)-em&ðtceþi tm½stzð (Asian Society)wif q&mavmlo&m;Bud u owly|mettuOfcstyul a[ mLUm;awmirlyðumi f? w&m;emy&ðwif (120)cel½lyð tar&dueltrðom; trðorð trsm;ygOif tçðrñ w½kw? tEd ? ol WES h jrefmvrðrsm; jzpluygon/ bmomijyelqjci f;ul q&mavmf ObZeu-u aqmi½ul rēptenti, Lum tar;tajz iyvlyMuallumi f/

### arv 17-&uðel

xhef t½Piqf'f' ge½s rñ Obváz-a' :wiMl lwl jzplygon? euf 9-em&ðtceþi Ob t\*¾rēu tvly ay:w&m;awmf tuOfcstyul a[ mLUm;lyðvðif tar&duel trðom; trðorð 5-a, muES h jrefm 2-a, muwlu u (1)em&ðumcel w&m;xll Muygon? euf (10;30)em&ðtceþwif Obœfwl rðom;plwlu yitziwçif iyozih q&mavmlo&m;BudES hitzðonif ðif\ætrfoll u&muif ælqf'f;Obay;awmirlygon? xttceþwif tçm; jrefmtrðom;rsn; vma&muif ztjrmLU&m? ðifwiteuf a' gufw ci farmi fwi (&elufirll a' gufw Obboif a' :pēpēw\N om;)ES h Zebwvnt; a&mu½ælluon/ 'um Obœfwlu (Video Tape) ac: ½kyri bLUm; ½luif, bayon/ qf'f; tElarm'em a[ mLUm;lyð w&m;ar;çefrsm;ull ajzLUm;awmirlyðæmuf q&mavmlo&m;Bud ES hitzðonif a' gufwci farmi fwi yitziwvðnuixm;çuft& ðifaexll &ma' o e, la, muif 75-rll hO; uhaom avmif(e) tll fvef (Long Island)½ ætrfoll u&muifçjrs hawmirlon? xhe' ors æðe f;tvif a&miçnraymuif) e, la, muob jyelvni a&mu½awmirlyðæmuf n (8)em&ð tceþ (International Zen Centre of New York)trn½ð tjynjynqll &m ]Zi ]Xmepçef;oll q&mavmlo&m;Bud u&muifawmirli Objó emtvlyay:w&m;awmf tuOfcstyul a[ mLUm;çlygon? xkmewif w&m;emy&ðwif 60-cel½lyðvðif tar&duel w½kw? tEd ? jrefmvrðaygi f;pl ygOif alumi f? q&mavmObZeu-u bmomijyel u&muifmLU aom w&m;em y&ðwifsm;u 1-em&ðumrð w&m;xll LU&m n(11)em&ðçelr½lyofçjci f;iyayon/

### arv 18-&uðel

euf t½Piqf'fuH q&mavmlo&m;BudES h tziðonif a' :cip\N om; a' gufw ausmjri f-&i &i fãt;ES h aqf'f;wplw\ ætrfoll u&muifObay;awmirlon/ xhemuf euf(8)em&ðrS (9)em&ðt xd u&muifmaom y&ðwifsm;u w&m;xll lyðvðif ObZeu-u w&m;ppawmirlon/ xhef ælqf'f;uyvlybzi h euf (11)em&ð tceþwif ObbvOrf;qif (Mr. Balwan Singh) ætrfoll yitziwçjzi h u&muifawmirlyðlygon/ xhsvzef acwã olwif;ollawmir&mausif (Obváz\tr)oll jyelvnuawmirlyðumi f? nae (6;30)em&ðtceþwif ulwlo&m;mwuoblv (Columbia University) pēbayg(v) b&m; ½çhausifawmlo u&muifawmirlyðvðif q&mavmf b&m;Bud u ]AR òmoemw&m;awmf} (t\*¾vlyul a[ mLUm;awmirlon? y&ðwifñ vrsðaygi f;pl 100-cel½lumi f? n 10-em&ð tceþcelwif rS w&m;yçlyðqkavon/

### arv 19-&u&ael

e&uft 1/2Pq&f,ulljre&rmukvor\*3/4o&trw&h& t&z&om;rs;u playgi&f&i tv& geiy&Mu&mc; o&trw&Bu&D  
 O&armi&armi&Bu&D \ aet&f&u q&amawm&ob&m;Bu&DES h&t&z&w&u <ua&mu&ub&D&ay;awm&ir&Mu&on? x&h&el ael&q&f&u&h&l  
 jre&f&rm&sm; tr&sm;aumi&f&r&j&zi&h O&v&az-a':wi&M&il&w&N t&f&u&yif v& ge&f&qu&iy&Mu&on&f arv 19-&u&ael&on&f  
 um; q&amawm&f O&bo&v&me&E&ES h& O&au&vmow&it&z&il ob&j&cm;wm&O&ef&u&il p&D p&w&il, la&w&mir&Mu&on&h ael&ay&wn&f/  
 =ifa&el e&h&u&f(8;30)em&D t&c&e&f&u&p&i q&amawm&ob&m;Bu&DES f&c&e&g&v&suf e, la, mu&f&ir&h&s tar&du&e&f&y&n&f taem&u&y&il f  
 qe&f&e&pp&u&h&il (San Francisco) o&h& av, m&O&j&zi&h x&u&cb&awm&ir&Mu&on? nae&y&il f&u e, la, mu&f&w&il b&m&D&S  
 t&v&e&f&u&v&ri&f&il (Alan Clements) \ 1/2&f&yr\*fv&my&h&el jz&p&oj&zi&h (I.M.S.)rs t&z&D&ir&sm;v&n&f v&ma&mu&u&u  
 a&Mu&mi&f? t&v&e&f&u&v&ri&f&u&il q&amawm&f O&Z&eu-u 1/2&f&om&ra&P&iy&ay;yg&on? w&ael&v&h&v&v&yl&f e, la, mu&N  
 ob&m&O &mo&lt&w&il f, r&h&w&z&E&S hap&v&suf&il f

### arv 20-&u&ael

O&ap&mv&G&fa':ci&b&e&f&j&ri&f&w&u v& gef&aom t&1/2Pq&f&u&il r [ mpn&f&t&z&D&ir&sm;u b&D&ay;awm&ir&Mu&ly&D  
 ael&q&f&u&h&l tr&sm; \ aumi&f&r&j&zi&h O&v&az-a':wi&M&il&w&N t&f&u& qu&iy&Mu&ay&on? x&h&el r&e&f&v&G 1;30em&D t&c&e&f&u  
 (Temple of Enlightenment)ac: w&1/2&w&il r, b&v&1/2&f&aus&ni&f&o&il q&amawm&ob&m;Bu&DES h&t&z&w&u <ua&mu&f  
 awm&ir&ly&v&G&f ow&ly | me&f&us&Of&cs&y&u&il a [ m&Mu&mi&ly&D w&m; tar; taj&z&sm;u&il iy&v&ly&Mu&u&mi&f? nae(4)em&D t&c&e&f  
 w&il r [ mpn&f&omo&em&iy&t&z&D&on&f \ A&v&e&ES h& Oa&my c&D&p&O&f&t&w&il f qu&v&u&f a' op&m&D j&ze&cb&awm&ir&e&f&t&w&il f  
 ]]uae' &D av&q&v&il <ua&mu&f&awm&ir&Mu&ay&on&f e, la, mu&f&ir&h& ]]uae' &D av&q&v&il r&S tar&du&e&f&ava&Mu&mi&f&u&il P&D  
 (Pan-Am) av, m&O&j&zi&h n 7-em&D r&e&f&40 t&c&e&f&w&il v&e&f&e&f&il b&il x&u&cb&awm&ir&Mu&yg&on&f tar&du&e&f  
 j&y&n&w&il f r [ mpn&f&omo&em&iy v&ly&f e&f&y&on&f um; ae&p&cb&u&on&h o&mo&em&Z&men&f & [ e&f&awm&ir&sm; jz&p&Mu&aom  
 t&1/2&f&ob&v&me&E&ES h&t&1/2&f&au&vmow&N y&cl&x&u&D, b&il u&sa&mu&f&suf 1/2&f&av&ly&D

qe&f&e&pp&u&h&mu&f t&1/2&f&ob&v&me&E&ES h&t&1/2&f&au&vmow& Ep&ly&g;p&v&h 'um&Bu&D O&bc&sp&x&e&f& \ w&il u& , m, D  
 aus&ni&f&t&j&z&p&f ac&w&il b&v&il f&o&h&awm&ir&Mu&ly&v&G&f qe&f&e&pp&u&h&il b&il 'kw&D t&Bu&f&f j&ye&f&n&a&mu&f&awm&ir&on&h (19-  
 5-79)ael&up&w&il f w&m; 1/2&f&sv&e&f v&ma&mu&u&u&aom 'um? 'um&r&rs&m;tm; r&q&il f&r&w&g w&m;jyov&suf 1/2&f&u&av  
 on&f x&B& [ e&f&awm&ir& Ep&ly&g;t&z&il tar&du&e&f&y&n&f u&il v&lap&h&u&aph&a&e&u&f t&v&ly&v&Mu&on&h E&il f&w&G f&O, f&u&y&il  
 j&y&ó em&u&v&n&f wz&u&f o&mo&em&iy&r&n&h wm&O&ef&u&w&z&w&u&il a&j&y&v&n&aus&y&e&at&mi&f p&f&f&t&m;ow&at&j&y&n&it&O&j&zi&h  
 v&ly&a&q&mi&Mu&ay&O&D&r&n&f qu&v&u&f x&e&f&of&f&Mu&ay&O&D&r&n&f

### tar&uewif omoemiyk aqmi %&utsurfm; t ajcjt

wpvcbettwif tar&uejyni ta%&taemua' orsm;ü r [ mpniq&mawmib&m;Bud\ Ogyó em w&m;yf usi fyjci fES h tjc;omoemiyaqmi %&utsurfm;ull qefppmunfygvif atmfygtwif tMurf;tm;jzi h awjri &ayrn/

a' o	w&m;emolw&m;yf	ar;-ajz	Oylofyk	qf fch	& [ efch
avmpft e's, (v) v(p)	150	1	-	-	-
, yfumbvXme	140(a, m*)	9	14	1	2
qez&eppiull	100	3	-	-	-
Og%&si wef	200 <sup>Ä</sup>	8	4	1	-
b, &D	80(a, m*)	20	14	1	1
e, ta, muf	15(a, m*)	5	-	-	-

Ä w&m;emy&bwf w&m;xif(40)ceV

xif yif Og%&si wefvnt orforwawmib&o;on/ tar&uewif q&mawmib&m;Bud u o%&si f (tr%&oromraP) iyay;cbnrfi (5)a, muxurenfay/ qez&eppiull acwaeawmirpOitcguvnf w&m;Xnewif npOf r [ mpniq&mawmif w&m;a [ m&ef <uawmifwif acgifavmifw) jrnbitpy? w&m;a [ m&ef piay;a&munftxd Mm;&onyimif ]txl toku ylvvifawG wjzetjzetxvmljyð omoemawmf twuf tv&ftm;wurygw, } [ li tzDifwpD\ ay;pmulzw%&ojzifvnt ylv&omreo jzp&ayon/

e, ta, muf uae' &avqywfivnf q&mawmib&m;BudES fitzDtm; Elwquyib&aqmi Muolrm; pnifum; v&ayon/ jAw&ES Da&mywlvwpcGf omoemiy a' opm&D c&DpOiwav&nuifwif vLuyg&ef e, ta, muf r [ mpni a, m\* & [ mi f O&v&azES Z&eð a':wimifwlvvnt; aemux&ubnh av, mO&wpijzih vef ebof p&eifvLuyg&nuon? q&mawmib&m;Bud jynfyomoemiy&rnh a%&B&DpOiwav&nuifwif OwBud Owfi , fy&ef p&rbn t"qmejzihvLuygvnjci f jzpayon/

afwif o' gw&m;rfi Budrm;avp& prO omoema&;ull p&wfygOipm; tm;ay;c&Djrs&om apwemo' g w&m; jynDol x&Z&armi EE&pa, muftm; c&Dus;vsuf om"ac:q&ayrn? cEmO&eul %&ub&aqmi fvsuf omoem iyEifjci f onlvnt twlvbO\ yg&rnub&vquyif jzpayon/

t \*fveES hpaum(w)vef  
omoemij/c&ð  
(u) vef eES hw&m;Oð y&ðwif

arv 21-&uðel

eþu(7)em&ðtceþwif t\*fvejyni vef eþvqþioll q&mawmlo&m;BuðES fitzð qilub&muþonlitcg  
q&mawmOð&Ow"r® OðpðOðaqmifum jrefmollðrs 'kwð twifOef OðwiðarmiOð? urðta&allumifXmeckýf  
(ukvor\*)rs Oðpðexðfatmi? qðZmvefs 'um rpávmrðful z&ðAg (Mr. Mirko Fryba)ES h t\*fvyt, ð', m;ç  
oð [ Wf oðCmawmáygif (8)yg;celwlu eudqþsui ½ðuayon/ Oð&Ow"r® tar&uðejyni abmpwef  
(Boston)rs arv 12-&uðeluyif q&mawmlo&m;xðs cððiclyð eudwifjyifqifrs; iyvlyxm;½ðef t\*fveðoll  
xðcðivmðif vef eþwif a&muES þeawmrjçif jzþlygon? avqþrs vef eþray:½ð, ð', m;ausnif Ak'y'ly  
(Buddhapadipa)oll <ujrefc&m eþuf (9;30)em&ðceftceþu a&muþawmrlygon? xðþemuf aelqðfufri  
r [ mpnðomoemiytzeES h, ð', m;ausnif oðCmulei pþlaygif(30)ausnifellul Oðpðexðfatmi ES h Zeda':vsvs  
wlu quíuyv' gefygon/ reþvlyð fú jrefmtajrmuþtrsm;vma&muþif q&mawmlo&m;Buðtm; zþajrmf  
ueþawmrlygon? nylfwðri (8) em&ðtceþu t\*fvyES jrefm {nly&ðwif (60)celwðtm; q&mawmlo&m;Buð  
u Oðyó emw&m; tusOðcýES h tvlyay;w&m;awmull a [ mllum;çðjrs þawmrþavon? q&mawmif OðZeu-u  
t\*fvyðbomonjyekþçif iyavmrðallumif/

arv 22-&uðel

t½Pqðfufull ausnifawmrlyyif bðfay;awmrlyð 'um OðoðexðefES h Zeda':jrjriðfwlu? ðifwðN  
aetðoll aelqðfyifzðwv' gefojzi h q&mawmlo&m;BuðES fitzðu <a&muþcðjrs þawmrlyygon/ naeyðf  
tceþwif eudwifzðwllum; avðnuþxm;csuft& q&mawmlo&m;Buðonf rsuþð prfoypþaq;ççifíy&ef  
a'guíwma':MunMunðif (&eufirþe Ek\*½ tzeçsýN \*Pðtaqmif traqmifwpOðjzþol OðOðci Nord)  
N aq;cefol <a&muþawmrlygon/ ntcgü jrefmtrsm;pk ygðifaom w&m;emyððwif(30)celwðtm; em&ð  
Ouçel w&m;rxðifð q&mawmOðZeu u reþif 30-cel w&m;ay;awmrlyon/

arv 23-&uðel

t½Pqðfuf bðfay;awmrlyðaemu? Oðatmiðriðxðef-a':cððwlu q&mawmlo&m;Buðtm; aelqðfufull  
ðifwðbetriú quíuyvif zðwllum;yiþvðnuþojzi h <a&muþawmrlyygon/ xðþerðefvð (1)em&ðtceþu  
a&qðxm;½ðonf c&ðpOftwif vef eþrið ]], þweð] ac: (Euston) blwm½ðoll oð;a&muþlyðvðif rð&xm;jzi h  
paum(w)veðoll (1;45)em&ð tceþwif <ujrefc&m paum(w)vef (Scotland)½ð avmllum;bð (Lockerbie)oll  
nae (6)em&ð quíub&muþawmrlygon/ xðcððrið ríif 400-cel½ygon? q&mawmlo&m;BuðES fitwll Oðt \*¼r®  
Oðjroðeç; tar&uðejynif vlyygvmonh OðvðzES h a':wifwif; a':jrjriðfwlu rð&xm;jzi h pðeifvlyy  
Mulyðvðif q&mawmOðZeuç; Oðpðexðfatmiç; a':vsvs OðatmiçspES Zedç; armið½xðefausmES h ðifwðN rçif  
wlu armawmif, Of 2-pðjzi h xðcðçollumif? t½s þ&Ow"rES h tazmívpá, muþwllur wp&uþeudwif  
bmriðeþf (Birmingham) irðs um;jzi h xðcðçawmrlyð paum(w)veðoll a&muþæedif ]]avmllum;bð  
blwm½ðs eudqþsui½ayon/ avmllum;bðwif armiðarmiðxðefES h a'guíwmcððxðefwlu a&muES h  
q&mawmlo&m;Buðtm; zþajrmfueþawmrlyygon/

(c) paum(w)vefwbuiweqajrvif 6-&upcef

arv 24-&uæf

ObpæxæfatmiESh tZwU r [ mpnftzltm; t½PESææqfuit uyvMuMumif/ eæuf (8;30)  
 tcæli q&mawmib&m;BudESftzD wnfcdwif;okawmihuaom wbuibefBudausmif (Samye Ling)\  
 cefraqmiwif aus;Zt½sf q&mawmib&m;Bud u o&P\*IESfwug (10)yg;olvc (8)yg;olvc (5)yg;olwUul  
 y&bwftolob tm;ay;awmirclon/ xltjcm;csulw&yirñ vefefirñS vluYgvmdob a':jrjrdiu olv½sf  
 tjzpcñ lí q&mawmib&m;Bud u ]lynmPpm&Dblay;í cðjrsæawmirjci; jzplygon/ xæemuf owy|me  
 w&m;awmiesh tvlyay;w&m;awmif tuOfcylul a [ mUm;awmirclon/ q&mawmib&m;BudZe-u jrefmESh  
 rsm;ygOiaom w&m;emy&bwf (30)celul t\*Myibomom jyeqñ [ mUm;lyb? ræfvb (2;30) em&Dtcæli  
 Obpæxæfatmit; ObatmicpESh armi b½xæfausmivltm; omraPtjzpf omoembomifol olwof;cðjrs  
 ay;awmirlygon/ pol ½s bmræP (u&i) t jzpf çñ Mulyæemuf q&mawmib&m;Bud u 'lvb& [ efcay;  
 awmir&m nae (4;30)em&Drs & [ efclybplygon/ w&m;emy&bwvnr;rpay? xñ (7;30)em&Drs (8;30)em&D  
 txdr [ mpnq&mawmib&m;Bud u Al'omoemw&m;awmif (The Noble Teaching of the Buddha)ul t\*Myif  
 vlla [ mUm;awmirlygon/

arv 25-&uæf

xæli xltjcm;aomtawDteulvp&yirñ vef efeb rlvæfæf(p) (Milton Keynes)rs paum(w)vef  
 jynf \*vmyf (p)\*ñ (Glasgow)irñ rñf 600-cel a0;uñom t&yftxd ajcvsiæv(ulif tEjrlvæfæf  
 uelulæ&ESh urññi rfcra&;twuf qEiyonh \*syebæfBud acgifaqmiæom tZDif 13-ObwU  
 aus;Zt½sf r [ mpnq&mawmib&m;Bud xñ vma&mulif ueæwmlujci;fyif jzplygon? , ifol urññi rfcra&;  
 ul vlv;awmirwonh acgifaqmi;f&vrs;ESh at;ñi rfr&Muap&ef ]craoma&;w&m;}} a [ mUm;onh  
 r [ mpnomoenit zDifrs; rarðvifyl wluwluqñ qñf awlqMu&onum; tñp&m aumifayp/ tcæfñ  
 um; ræfvb (2)em&Dcæfzplon? , rææu & [ efcyltalmumif;ul Eññijcm;om; a, m\*rs; em;vnEñ &ef ½sf jyzñ  
 ObZeutm; q&mawmib&m;Bud ræm;ojziñ ObZe-u owy|mev&m; a [ mUm;&mwixnib&f  
 ½sfvifajymjygon/ lybvf a, m\*rs;ul w&m;ppaq;ygol xæñ (7;30) em&Drs (8;15) em&Dtxd  
 q&mawmib&m;Bud u owy|mev xryñf (wpDu)ul t\*Myibomomjziñ a [ mUm;awmirlygon/ xæemurS  
 Oyloiyawmiralmumif/

arv 26-&uæf

wbuif ]qajrvif}aumif;uyif olwifokvsuf t½PEShææqf;rs;ul 'um 'umrrsm;u quifuyf  
 í bDfay;awmirclon/ ræfvb (2)em&Dtcæfwi Ob [ kvpæNorb a'gulvm cifarpæf; æif\ci;fæf a'gulvm  
 ObjraomifESh orðrs;u ausmifawmib&m;Bud u q&mawmib&m;Budtm; ztjrmifæawmihuaumif/ æf(2)  
 em&Dvif ObZe-u w&m;a [ m w&m;pplygon? nae(4)em&Dli a, m\*(3)ObwU q&mawmib&m;Budtm; ueæwmlu  
 vñf w&m;tar;tajzrs; iylygon/ xæñ ar;ajz&mwif Ob t\*¼r®u bomijyeltjzpf aqmi ½lygon/  
 xæwvif paum(w)vefjynf q&mawmib&m;Bud acwobwifokawmir&ma' ou eæuf (4;50) em&Dvif t½Pvm  
 í ntcæf (9)em&Dsyifæoibon/ &modwññ om, mvsvif ½ayon/

### arv 27-&u&ael

jrefma, m\*0rsm;u q&mawmib&m;Bu0ES fitz0tm; t½Pqfif quiuyMulyaemuf w&m;yp0rsm;u0 ar;jrefav0nuixm;Mu0i q&mawmib&m;Bu0u ajz0Mum;awmihon? ae(2)em&0w0i 00Zeu-u w&m;a[ mly0 w&m;ppygon? wzef nae(3)em&0t0c0e0u t\*fvya, m\*(3)00 vma&mu0i q&mawmib&m;Bu0tm; 0w0yMuly0 v0i f w&m;ar;-ajz iyvlyMu&m 00t\*¾r@u bmomijeyqlygon? n (8;15)em&0s (9;15)em&0t0x0d q&mawmib&m;Bu0onf ]]owly|me0f w&m;awm0f; yXry0f0u0 tly0 a[ m0Mum;awmih0v0i f 'kw0 y0f yXrw0u0u0v0nf a[ mawmih0Mumi f? x0be0w0i x0t0q0e0p0n e0e0uf (2;30)em&0t0c0e0w0i f tvifa&mi0j0cnf , 0ub0e0fj0z0mv0uf n (11) em&0s0r0n0i f0iy0av0on/ 0w0kt0j0ct0a0er0n r0½0w0v0h0a0ey0w0v0h0y0i f

### arv 28-&u&ael

e0e0uf 9-em&0t0c0e0u t\*fvya, m\*(4)00w0u q&mawmib&m;Bu0tm; ½0e0ue0aw0m0u0ly0v0i f tar;tajz rsm; iyvlyMu&m 00t\*¾r@u bmomijeytjzpf aqmi ½0u0on/ x0be0f a0e0q0f0f0b00f0ay;awmih0y0a0em0uf t0i f0m&m (Edinburgh)0r0b0l 0ujref0i a' oE&A[ b0kw0tv0l 0n v0h0lv0n½0p0m;awmih0Mumi f? naey0f w0v0i f jye0lv0n0a&mu0f ½0awmih0y0a0em0uf n (7;15)em&0s (8;15)em&0t0x0d q&mawmib&m;Bu0u ow0y|me0w0m; 'kw0 y0f0u0 tly0 ow0a[ m0Mum;awmih0ay0on/

### arv 29-&u&ael

e0e0uf(9) em&0t0c0e0u t\*fvya, m\*0 2-a, mu0f vma&mu0i q&mawmib&m;Bu0tm;z0aw0y0a0em0uf w&m;"r0ES 0py0v00f0i 0v0b0n0w0u0l ar;jref0ygon/ q&mawmib&m;Bu0u ajz0Mum;awmih0y0 00t\*¾r@u ar; ajz0w0u0f bmomijey0ci0iy0gon? ae0v, f (2)em&0w0i f a, m\*0rsm; r0r0w0l w&m;taj0ct0a0e0u0 r0r0w0b00½0y0 qu0v0u00d0p0m; tm;x0k0w0E0l 0ef q&mawmib&m;Bu0\ tref0t& 00Zeu-u t\*fv0y jref0m E0p0bmomij0zi0h 0P0p00w0m;awmih0u0 a[ m0Mum;ygon/ n 7-em&0t0c0e0w0i f q&mawmib&m;Bu0u ]]c0r0f0o0ma&w&m;awm0f; (The way to Happiness.)u0l a[ m0Mum;awmih0on/ , i0f0l a[ m0Mum;awmih0y0a0em0uf w0b0u0a0smi0f t0B00 tu0j0z0p0l ]]tu0k0i0y0c0e0 (Akong Rimpoche)u t0c0r0f0t0em;w0y0f usi0fy0ly0 w&m;p0c0e0f0r0fy0f E0w0c0e0f0qu0f pum; ajym0Mum;a0Mumi f/ qu0v0u0f jref0mE0S h t\*fv0y a, m\*0awmih0p0i0rsm;u v0b0g 0yp0n0f0t000w0u0l qu0iy0f v\* gef0Muygon? q&mawmib&m;Bu0u aumi0frit&y0y0w0t0w0u0f a&p0u0c0&mu0 a' :v0s0v0 a' :v0 a' :jrci0E0S h w0b0u0a0smi0f0s w0b0u0f 0v0½0f i (t\*fv0y/tr0r00r0) ]] [ 0v0m&0w0u0 r [ mpnfrfz0 pwi0a&mu0awmih0on0a0e0s aem0u0q0a0e0t0x0d q0f0f0c0 u0f0f0c0 a0, sm0p00 vly0ftm;ay; aqmi ½0u0a0om ub0l0awmih0rsm;u0lyg x0n0b00f a&p0u0c0 t0r0ay;a0ygon/ p0c0e0f0r0fy0f n(9)em&0t0c0e0w0i f ly0p0b0a0v0on/

### arv 30-&u&ael

]qajrvif; w0b0u0p0c0e0u t½Pqfif quiuy0ci0f0u0l 0h0 awmih0y0a0em0uf e0e0uf (7;30) em&0t0c0e0f arm0awm0f, m00rsm;jzi0h r [ mpn0b0mo0emiy0t0z0u x0u0b000d0u&m 125-r0l0b0e0a0;on0h ]]v0b0u0y0t0v0j0r0l (Blackpool)0l e0e0uf(10;30)em&0t0c0e0f a&mu0f0awmih0Mun0? x0b0w0i f a' qu0v0m00b0at0mi0f0r0i0E0S h a' :0e0f0o0e0f w0u0 0i0f0w0N t0r0u0 a0e0q0f0f0quiuy0ci0f0y0Mual0Mumi f? x0r0Sw0z0ef r0e0f0v0g (2;30)em&0t0c0e0w0i f x0u0b00awmih0b0u &m r0l0f (110-c0e0) u0b0v0f0on0h q&mawm0f 00a00w"r@ t0r0b0w0i f00h0&X0mej0z0p0a0om t\*fv0E0l0f0H0bm0r0i0\*0e0(r) (Birmingham) 0r0b0l qu0b0a&mu0awmih0av0on? qu0b0a&mu0b0n0h nae 5-em&0t0c0e0w0i f r0l0b0h0½00e0f vsu0½00Mumi f/ n 8-em&0t0c0e0u q&mawmib&m;Bu0u bm0r0i0\*0e0(r) 0r0b0awmih0c0r0f0r0l 0u0a&mu0f ow0y|me0f w&m;awmih0u0 tu00f0c0y0f a[ m0Mum;awmih0ygon/ q&mawm0f 00Zeu-u bmomijey0ygon? w&m;em0n0ly00b0w0i (100)c0e0½0 jref0m0c; t0E0 0c; t\*fv0y0rsm; jz0p0Mun0/ n (10;30) em&0t0c0e0w0i f bm0r0i0\*0e0(r)0r0l yw00e0f;usi0ft0y0f w0i f a0x0l0Mun0h0jref0m0rsm;vma&mu0i q&mawmib&m;Bu0tm; z0aj0rmi0ue0awmih0u0on/

### arv 31-&uðael

bmri\*ef (r)Oð [ m&ü t½Pqfif bDfay;lyðvüi f aelqfif;uñ emrnáusmf (**Boots**) bl;wf (pl) aq;Og; xkwv;ya&;uñPñS t&m½ð Oðarmi ãarmi boefES Zeð a' :{oefwlu quiuyi v' gefc;ygón? ré;v(2;45)em&ð tceü bmri\*ef(r)rs ve' eiriból xúcbawmírbóu&m nae(4;45) em&ðelwif a&mutólygon/ xðel nOðð, mritceüwif aemuíwael pwiðxúcbgrñh Oa&my a' opm&ð c&ðpOES pyv;ðfí tpltpOírm; nEí f a&;qfcif; iyçluavon/

### jyi bopjynfwð f yXr omoemjyc&ð

#### Zêlv 1-&uðael

acwá oðwifóðawmírb&m ]]Añ y' by}} , ð' , m;ausmifwðf eðeuf t½Pí qfif bDfay;awmírbóu&muí ve' ef [ bðð (Heathrow) avqyíóð u&a&mutóðn/ avqyírs eðeuf (10;30)em&ðtceü jyi bopf (**France**) jynbóð xúcbónh av, mOjzi h vlu;ygawmírbóu&? vð ðef (**Lyon**)úñtt eðð av, mOúg;fóð ré;v(1;30) em&ðtceü qúba&muíawmírbavon? tqlygavqyíóð ]]wEð]ac: (**Toumon**) úñðð aAm"ÓPm&mrasmusif (**Wat Bodhinyanarama**)rs 'g, um? 'g, ðmrrsm;u toifvma&muí eúqúv;su/ðlyð armáwmí, mOírm;jzi h q&maxmíob&m;BuðES fit zðtm; ]]wEð]ausmifóð yib&qmírbóu&muí? ]]wEð]úñES h avqyí\ tuñtaO;rsñ rñ f (70)ceüðomívnf; oñ; & m um;vrf usðfajmífojzi h nae (4;20)em&ðrs wEðfóð a&muíawmírbavon/

#### Zêlv 2-&uðael

eðeuf (9;30)em&ðtceü jyi bopfvíðð 13-Oðwíñ tem\*g&ðu (zðobawmí) Owyfúð usifjci fúyon/ ðif;f&v;rs;u q&maxmíob&m;BuðxñS (8)yg; oðuñ wzef çñ awmírbóu&muí aelqfif;twúf ausmif;ðPí twifóð r [ mpnftzðOírm;u qfif;çkúba&muírbóu&rs qfif; bDfay;awmírbóu&muí xðelnae (3;30)em&ð tceü q&maxmíob&m;Buðu t\*lyðbomjzi h tv;ay; w&m;awmíuñ a [ mlu&muí;awmírbón/ w&m;yúwif y&ðwí (60)ceüðlyð jyi bopES h vmtñ (avm) vñðrm;jzplu&muí? a [ mlu&muí;awmírbom w&m;awmíuñ aAm"ÓPm&mrasmusifrs vmtñbeíawmíbuð ]]ÓP"ma&muí]u jyi bopbomjzi h jyeqúawmírbón? xðausmif\ wñðe&mrñ úññ tpeí awmíulefay;újzpi oplyi buðí, fwjzi h tñttqúf; qúf; awm&ausmif;ozg; í qúwí ðf v&ayon/ ausmifwif oðwifóðawmírbom & [ ef;wyg;om ½lyðvüi f paeES h we\*ðEðel;sm;ü teðwOúlyð jyi bopES h vmtñvñðrm; vma&muí w&m;tm;xwluuðebón/ waelvüi ysrf;rtm;jzi h a, m\*ly&ðwí 20-ceü ½ðavon? n (8)em&ðvüi q&maxmí OðZeu-u Olyó emw&m;a [ mlu&muí;ygón/

#### Zêlv 3-&uðael

wEðrúyif oðwifóðawmírbóu&muí wEðrúñ taetx;m;rsñ awmí bOftxyb;yi Oef&lywv;suí ½&um;? &modtvúf plúyðx;m;aom oðEðif;rs;jzi h úññ ywOef;usi f;ri fúç;frñ obmOtv;suí yef;çç, b x;m;ouðbóð ½ðayon? ajrñðxkt&yü aumuybðEES h ajmif;yi;rs; plúyðmuí o;AplðES h cs, &ððrm; vñfaygrsm;alúmi f/ eðeuf (10)em&ðtceüwif vmtES h Að uérf;trðom;(80)ceü vma&muí q&maxmíob&m; Buðtm; vðg; Owktrðrðw;zi h uyv;yaZmí aelqfif;quiuyílu&muí? ausmifawmírbón yílv, ð&jyif;rs rðvm 300-ceüf;ri bónh uéíaj;ri;ay;wif wñðe;ç;í;falúmi h Owktaejzi h rðwayon/ xðelnae (3;30)em&ð tceüwif q&maxmíob&m;Buðu a, m\*ly&ðwívmt; csr;foma&; w&m;awmí (**The way to Happiness**)uñ a [ mlu&muí;í vmtñ (avm) beíbuðu jyi boppum;jzi h jyeqúawmírbón/

qfZmvec&DES h c&DES harmi (w)qlav; 10-&uf pcef

Zelv 4-&uael

eleu(6;30)em&dt c&euf t½Pqfif; bDfay;awmrllybaemuf wEE(Tourmon)rs qfZmvefyniol a½a½ vsuf ulvrlvm 20-cel a0;aom Am;viP(Valance)iribol eleuf (8;20)em&dt c&euf armawmi, mOf c&Djzi h xUc&awmrllybaemuf xrlbol eleucif; 9-em&delvwi a&muawmrllyb? wqih rD&xm;jzi h uiAm&rlbol c&Dqellu&on/ wzef uiAm&rs ae(12;15)em&dwif qufvufi pbeifvLufygdLU&m &xm;rfi auDwcd aumufwvrlES fjrLaqmitonh awmiwef toG loG iulywvufi \*seAm (Geneva)iribol ae(1;35)em&dt c&euf qLUa&mucllygon/ blwm½rs wem&delc&etwif rfiyif &xm;ajymif;pbjci fiyi c&DwwequbLU&m ]b) e]jiribol nae(4;15)em&dt c&euf a&mucllyvon/ xrlsvqih &xm;ajymif;v] pbeifvLufygvmdLUjye&m ]peltir) m]]ol (4;50) em&dt c&euf qLUa&mucllygon/ , if;blwm½a' guivm r&LU&Am (Dr. Mirko Freba)ES h ODefta tmi ES h rlbm;pk(jrefrmolr)ES fitjcm; jrefmrblm;prsm; vma&mucllyvufi ½LUayon/

xla' owif qfZmvefynl obm0½arOnci fjzplonh awmi ftqi lqi ES h ueljriri frsm; aygu, mS on/ peltir) mblwmES h rebra0; rlvm(1200)jri frsm; onh ]armi lwqlav;}(Mount Soleil) t&y½a [ mlw, f i, lwclwif q&mawmlb&m;BuDES fitzbu wnfclLU&ygon/ xla [ mlw, frbi i, loni [ k q&aomlvnf; oHxyftaqmuitO]zplyb? a [ mlw, lwclwul r [ mpnibmoemiytzDtwuf ' umrsm;u eudwif ig;&rfxm;cl LUayon/ q&mawmlb&m;BuDES fitzbu tay:qHxyfu olwifolri? tv, lxywifrl trslom; a, m\*frsm;tm; ae&mcsxm;clayon/ atmucllyxylul w&m;xll jci? w&m;a [ mjci ftwuf owrlsvxm;½&LUmif? trslord a, m\*frsm;twuf rlvu pa [ mlw, luyif pDlxm;aomlvnf; a' guivm t½sa&ow"r reLUm;csuft& q&mawmlrsm;rfi o [ ao, s tjpluifap&eES h vavsmif c&fompn uel;puEl hap&ef wmoelqmi yk&v rsm;u xrltrslorba, m\*frsm;ul tel½dtjcm;a [ mlw, bol a½ajymifay;on? xlaLUmih x&meu (7)&ulywvml c&fompn olwifollawmrlLU&ygon/

p ]armi lwqlav;})t&y½ 10-&uf pcefzli w&m;a [ mlum;jyojci? bmOempjzef tm;xkwapjci f rsm;iyclLU&m? trslom;-trslorba, m\*D pplaygi(30) w&m;OimUygon? aifwltm;vrlri Oa&mywLUom; csnfjzplLUlyvdi? o&P\*Wolyg;ul , rfrbi;uifpbn qnfuyftm;xm;orsm; jzplLUayon/ xpcef;u tar&duel rsvLufygvmluol ODezES ha' :wifml lwlvnf; tCG fitcgrvyfapyl w&m;xll jci f iylUon/

Zelv 5-&uael

xlael rlaomuf tcefrsi eleucif wavsmulvl ES frsm;jzi h rlril f jzmaOvsul½ojzi h wrsl LUneL p&myif eleuf (7;30)em&d tcefrs (9)em&dt xd Odt\*¾rOnlvnf; a, m\*frsm;ES fitwl w&m;xll bon/ r&fv&wifa, m\*Dtaygifu qufvufi ul plul fiS bmOemurpmef qufvupjzefclLUmif/ aelv, lwif ODeu-u w&m;a [ m w&m;pplygon/ yZerlonlvnf; rlril fum ½roelvsuf ½acon? n(7;30)em&d tcefrs rlp&omlvnf; w&m;olUm; rpbao;ay/ q&mawmlb&m;BuDu owly|mevw&m; (yXrylf)ul t\*fvlyvl a [ majymawmlrclm n (8;30)em&d tcefvwifsw&m;y½yofrjci f iyclayon/

Zelv 6-&uael

xlaelwifrl t½Pqfif;ul(5)em&dt c&euf bDfay;awmrllyb? a, m\*frsm;ES fitwl Odt\*¾ryg(5;45)em&rs (6;15)em&dt xd wbur? eleufyf(7;30)rs (8;15)em&dt xlvburf w&m;xll jci fiylUif? r&fv&et c&euf a, m\*D rsm;u qufvufi w&m;tm;xklLUulebn? aelv, f 2-em&dwif ODeu-u Odyó emvw&m; c&jrš lygon? aielztzl rlr½bjim;vnf; tmumowcd D, f wrlclwrlhai Orsm;jzi h rlril fvsuf aea&mi jcnf tvsOfazmuclG f El jci f r½clay/ nae (4) em&dwif ODeu-u w&m;pplygon? nyllfwif (7;30)em&dt c&efrs (8;30)em&d tceft xd q&mawmlb&m;BuDu owly|mev' kwj ylf;ul t\*fvlyvlomompum;jzi ha [ mlum; c&jrš lawmrlayon/





cef:poniwni 1/2ygon/ ajrnkywofrl tcef:tawmirm;rm;1/20jzih tzDES hitwl vluvgvmluol  
Obotfaz? ObpES h Oba&Ow"r\ uyt ]riliu, }wll aexll MUYGALUMI? ]'lui} irV2huav;\ &modfi  
yaE6vsuf 1/2ygon/

### Zêv 10-&uâel

xheltwluqfifull ebu(5;30)em&dtcsebu bOfay;awmirMuygon/ ebu(10;30)em&dtcsewif ted  
ywDefusi 1/2 Al 'bmomOif 'um 'umrrsm; 20-cef vma&mulif q&mawmib&m;Budtm; ztjarmueawmilyg  
on/ rpivm tefuifu y&bowul pm; q&mawmib&m;Budtm; rlvqubonitaeES h Elwcef:qubum;  
ajymMum;lyvif q&mawmib&m;Bud u o&P\*ES h ig;yg;ovul ay;awmirum tenti, Mumr0 w&m;a[ mMum;  
awmirayon/ (11;30)em&dtcsebu talvg 'um 'umrrsm; quuyMuonh aelqfifull bOfay;awmirygon/  
refv(2;30)em&dtcsewif q&mawmib&m;Bud y&bowtm; owy|mei tvkyay;w&m;awmiul tusOf:ck  
a[ mMum;awmirlydi ObZeu-u bmonjyeqfawmiron/ xhemuf 15-repf w&m;xll aplyvif ia&puks tr0  
ay;aOjicifull iyygon/ nae(4)em&du w&m;ybortlyvif eucifu &ylomoll a&mulvmaom rpivm r&ulu  
z&Am;u Oba&Ow"rES hitwl twvjynDici AZm, &eftwlu }beif} (Berne)oll ofi:ollu&on/ 'um  
Obotfazurl \*EAm;oll jyelvnb;cbn? n(9;30)em&dyifaeOef:uG baysul tarfiob&amublygon/

### Zêv 11-&uâel

xhebeu(2;30) em&dtcsewif wrlvtrjreESf uifpifi tvifa&mi;cnf jzmvsv2bn/ t1/2Pqfif  
uif ebu(5;30)em&dtcsef:ysif a' otvluif taemufwifom;wll pm;ollaom"avES hitnd vbun&nt; ulv  
rel; axmyw; tkwpi (Oats)ES h aygihelrsm;jzih tx&wtjrw quuyv" gefMuon/ ebu(7;30) tcebu  
q&mawmib&m;Bud ]pi fv} awmi xlyob "mw&xm;jzih ujrefawmirlygon/ xhe&mol&mutmi acwa  
wnf:cbwifoll&mausmifrs ulvtrvm(30)cef um;jzih ofi:a&mut&allumi? aelqfif tr0 &ylomausmifawmib  
jyelvni &a&mutawmirlyd (11;30)em&dtcsebu oubwlvwif aelqfif v" gefjicifull ch lbOfay;awmiron/  
xhel ebuylf wif beomvsuf refvltcsef ttrifum;2&ayrih nylfwifrl tmumowcG MunMunvivif  
lu, & v; rsm;ulyifjri&awyon/

### Zêv 12-&uâel

t1/2Pftcsef v&ajrmulydonhemuf q&mawmib&m;BudES hitzlonf ebu(8;55)em&dtcsewif Zt; &ptirll  
oll ]'lui}rs armawmi, mOirm;jzih x&ub&awmirclunon/ q&mawmib&m;BudES hitwl ObZeu; Ob t\*1/4rES h  
rpivmtluifu um;wpljzif:if; rpivmrmwif; riliu, ES h Objroef:wlu tjom;um;wpljzif:if? pbeifvluylgch  
Mu&m ]Zt; &p} (Zurich)irboll ebu(9;50)em&dtcsef q&la&mut&allumi? Zt; &plwif ]Zt; &plow} trn1/2  
a[ mlw, li acwavnf:lygon/ ebu(11;50)em&dtcsef qfifpm; tcehd Oba&Ow"rES h r&uluwlvnf  
jyeb&mulvmluayon? xttcsebu Zt; &plwuobwifrs ygarmu°][ eluif]u q&mawmib&m;Bud vma&mulif  
ztjarmueawmilygon/ refv(2)em&dtcsebu irvlwifoll ujrefawmirum a' oE&A[ lbwtjzpi Mun&awmirlyd  
aemuf nae 5-em&dtcsewif jyelvni a&mut&lygon/ xhelh(7)em&dtcsebu ygarmu° eluif xyif  
vma&mulif Zt; &plwuobwif &a&mut&sjrs lyg&ef avonuxm; yibz&vojzih q&mawmib&m;Bud vlu&avsm  
awmirlygon? tqlygwuobwif w&m;emy&bwif 150-a, mutceV&elyd ygarmu° eluifu Obpfi  
rlvqubum; tenti, fajymMum; ygon? xhemuf q&mawmib&m;Bud o&P\*ES fivug ig;yg;ovul  
ay;awmirlyd owy|meiw&m;awmi tusOf:ckylul a[ mMum;csjrs&awmirayon? a[ mMum;onh w&m;awmiul  
ObZeu-u t\*fylylomomyeqlf rpivm r&ulu \*srepum;jzih jyellum;ay;ygon/ bmonESpqi jye&f  
tceMumojzih (15)repavmubom q&mawmib&m;Bud csjrs fi ObZeuul quvula[ mapygon? y&bowi  
taygifu quvul (15)repcef w&m;xll lydrS w&m;yul 1/2lyobtonlitcg tcehfi n(9;30)em&dx&cllyd  
jzphvlyd

### tWwEh iH (Italy) oMujrefawmijci f

#### Zêv 13-&uâel

xhêbeuf t½Pqf bDfawmilybaemuf q&awmb&m;BuD&ES h tZwU avqyfol qifawmily on/ n&u rmuies h nlu, wlu vluvyluaMumi/ avqywf ppawmif; pulipurs ubefOif&ES h uk&fatmifwtm; awlqho;ojzi q&awmb&m;tm; ublvxi ueawmif&cluyon/ euf (7:30)em&dtcsêf a&mr(Rome)teb jzlr&Eh) avqyfol av, mOjzifvlygc&m xlvqyfol (8:40)em&dtcsêf qU&amuchavon/ avqywf tWwlyngl&m jrefmoltwbuD Odcifamiâv? 'kw tWfOef ODPVif&ES h tWvrs a, m\*Jarmfjywu vma&uf êuqvsu½luon/ xlvqih \*stir, ½g]grf vD] ac:ur&meFXmeol um;jzimulygc&m euf(10:45) em&dtcsêf a&mutchumi? aelqfuf (11:15)em&dtcsêf ü quiyu&m cêf cOê &om rlep&ES h opobtr&skjizh z& &mv&on/ aelyfwg rnavOotajctærn omom, m, m½vsuf naewif rñ tenfi, ½no&edon? n(7)em&dtcsêf q&awmb&m;BuDu owly|mf yXrylfu t\*fvylomomjizih a[ mUm;awmily rpvwm arm½lu tWwvvl bomjyftjzpf aqmi½cubon? jyjlop&ES h tWwvvrst y&bowaygif (20)celvyl tar&uêrs O&pevnf w&m;em&efvma&muvsu½ayon? n (8)em&wvfw&m;yf½yfol&clumi f/

#### Zêv 14-&uâel

tcgwifublyif euf (5:30)em&dtcsêf t½Pqf uyv&wvvnf renfay/ (9)em&rs (11)em&d twwf w&m;tm;xwvola, m\*rs;tm; q&awmf O&Zeu-u w&m;ay;jci&ES h w&m;ppaq;jcifrs; iyawmily on/ aelqfuf oltwbuD Odcifamiâv;ES h trfoltrom;rsn? o&ztzOif Z&armi&Ersn? (FAO) pm:ey&uf&zt&rs O&x&ei&ES Z&? O&x&ejrw&ES Z&vlu vma&umulyv&f o'gw&xufrup&izih v\*gefquiyjci& iyMuygon/ q&awmb&m;BuDu o&P\*ES h (5)yg;ovay;awmily q&f;te&arm'em w&m; a[ mUm;awmily a&pubs c&jrs&awmilygon/ x&emuf O&a&ow"r&ES h O&Zeu&pyg;wlu a&mrñol x&uc&awmilygon/ n (7:30)em&dtcsêf aus;Zi½si q&awmb&m;BuDu owly|mf 'kw ylfu t\*fvyl a[ mUm;awmily rpvwm arm½lu tWwvvl bom&ypum;jzih jyelgyon/ w&m;ort;onlitcg tcs&rn n (8:30)em&jzpygon/

#### Zêv 15-&uâel

xhêwif aelqf;bDfay;awmilybaemu? ael (1)em&dtcsêf jrefmoltw O&xrftc&ES h rpvwmarm½ wlyg twlwug arm&awmily, mOrsn;jzih 9-u&v&wmc&aO;aom jrefmEh i&awmb&ol &jrefawmily& ael(2)em&awmily a&mut&ayon/ xhêl r&evs (3)em&dtcsêf wif ylv&[ efrif&uba&umif&ES h tjcm; Mun½b& &mae&mrsm;ol o&ri;a&muvs&vni Mun½&awmilyv&f nae(5)em&dtcsêf j&v&Zmuyv&]½ jrefm-tlvvD, O&us;robibol &awmily y&garmu& &iZ&umr&em&u y&owvrs;ES h rlvqu&ay;lyv&f av;q'l'mvly& a½v&wp&awmilyon/ pvluf (Slide)um;rs;jzih x&ijum ½sfvif&jymUm;o&ri;yon? x&emuf q&awmb&m;BuDu c&foma&w&m;awmily t\*fvylomom pum;jzih a[ mUm;i 'D&ye, wlu tWwvvl bomjyftjzpf aqmi½cubon/ w&m;ort;onli n(7)em&dtcsêf wnf&clm jref&wlv& a[ mlv, boljyelv&nkua&mut&ayon/

t \*fvebllyeVnfvuc&awmrfjci f
vef eES ha, m\*Brsm; \ apwemr&f

Z&fV 16-&u&el

wnfcdonh j]re&Lumv] a[ mfw, f (Monte Carlo Hotel)rs el&u(5)em&dtc&elwif ohtrowBuð
Ob&cf&mi&av:ES h Ob&OPvi? xlyif rp&ivmarm]Mvlu ul pl&um;rs;jzih q&maxwmb&B&u&tm; vma&mu&f
yi&aqmitum j]p&ry&E] (Ciampino) avq&yo&ll y&buon? avq&yo&ll r&epf 40-c&eltwif a&mu&f&B&m (FAO)
rs Ob&x&f&i&ES Z&elw&uvnf vma&mu&f Elw&qu&ue&awm&Luygon/ a&m&r&r&u acw&æx&ll p&Oftwif
a[ mfw, wif wnf&cb&wf u&el&uf&on&ll avm&pt&e&f's, (v)l(v)rs vma&mu&cl&om Ob&pe&u o'gy&g;vsuf
v? gef&j&ci&f&i&yo&j&zi&h om" k ac:q&B&ayon/ av, mOb&onfvnf el&uf (7;45)em&dtc&el x&uf&cl&cl&B&m &mo&B&umif
vsuf v&ef e&f (Yatwich) avq&yo&ll el&uf (9;50)em&dtc&el&u a&mu&ubon/ v&ef e&lavq&y&f&wif v&ef e&f wif
owif&pmw&Lur&S Ob&pe&x&f&fatmi ES fitw& Ob&a&Ow" r&ES h uyl rp&ivm r&e&f&Mvlu toi&apmi&B&u&vsuf avq&yr&S
q&maxwmb&B&u&tm; yi&aqmitum&cl&u&B&m Ob&pe&x&f&fatmi\ a&et&r&fo&ll (11;50)em&dtc&el q&lu&a&mu&cl&y&g
on/ Ob&pe&x&f&fatmi ES h Z&el a' :v&S&w&lu Ow&kaif&sm;ul q&maxwmb&B&u&\ e&O&ur&e&tm; v? gef&cl&oj&zi&h
tO&O&aumif&r&ub&llv&tz&u&ll a&p&ub&e&f&cs w&m;t&El&arm' em iyawm&r&cl&Mumif/ r&e&f&v&yl&f&wif v&ef e&fir&ll
, l' , m; a&usmif&f&ll u&a&mu&f&awm&r&cl&ly&aemuf n(7;30)em&dtc&el&u q&maxwmb&B&u&u w&m;t&en&f&i, b[ m
ajym&cl&y&gon/ qu&v&uf q&maxwmb& Ob&Z&eu-u tv&ly&f&ay;w&m;awm&f&ul a, m\*ly&B&w&f jre&r&m(15)a, mu&fw&ll
tm; a[ m&Lum;awm&r&ly&ð w&m;x&ll jci&f iy&apy&gon/

1/2s jyk & [ etcl&aqmi 1/2&uf&ay;awmrfjci f

Z&fV 17-&u&el

x&el t 1/2P&q&f&f&tv&1/2s ir&h v&ef e&fir&be Ob&av&armi ES h' a' :t&el&j&r&i&f&w&ll j&zp&ly&gon/ a&el&q&f&f&u&r&ll
a' gu&f&vmOb&v&r&f& ES h Z&el a' gu&f&vm a' :o&el&j&r&i&f&w&ll uyv&Muygon/ x&el&f& a&el&v&n&yl&fu 'kv&b& [ e&f&cl&r&n&fo&ll
4-Ob&t&w&uf jyi&qi&r&h&sm; iyv&ly&M&ly&ð&v&Cl&f q&maxwmb&B&u&ES h, l' , m; b&e&f&B&u&B&sm; p&pl&ay&gi&f yi&fo&Cm (10)y&g;w&ll
j&zi&h & [ e&f&t&iz&pf r&cl&B&r&f& r&D Ob&a&Ow" r&e&u y&A&Z&ES&f&om&r&P&t&iz&pf iy&ay;awm&r&lon/ & [ e&f&cl&y&f&ly&ð&q&lon&B&emuf
a&p&ubs t&El&arm' emw&m;awm&f&ul q&maxwmb&B&u& a[ m&Lum;awm&r&ly&ð nae 4-em&B&f&pi w&em&B&e&f
q&maxwmb& Ob&Z&eu-u tv&ly&f&ay;w&m;awm&f& a[ majym&cl&y&gon/ x&B&emuf em&D&u&cl&e&f&ð jre&r&f&m&ha, m\*ly&B&w&f&w&lu
w&m;x&ll jci&f iy&Muygon/ n 7-em&dtc&el&u q&maxwmb&B&u&loni v&ef e&fir&ll r[ ma&Am" dt&oi&fo&ll u&a&mu&f
awm&r&ly&ð Ar& w&m;awm&f&ul t\*fv&ly&v&ll a[ m&Lum;don/ x&B&emuf&S w&m;x&ll jci&f&iy&M&ly&ð n (8;30)em&B&v&f&rs
ly&ð&cl&ay&on/ w&m;emy&B&ow&r&sm;\ Ob&a&r&h(100)c&el&ly&ð t\*fv&ly&? t&E&f? jre&r&f&r&sm;yg yg&oi&B&uon/
j], l' , m; a&usmif&f&ll q&maxwmb&B&u& jye&v&n&f u&jre&f&awm&r&cl&on&llt&cg Ob&a&Ow" r&e&u Ob&t \*1/4r&ES h Ob&pe&w&lu
a&t&mu&pz( ' f ) (Oxford)oll a&1/2&aj&ay;awm&r&M&ly&ð p&ce&f&t&w&uf p&p&Or&f&w&ll&aqmi 1/2&u&ES&Luy&ay&on/

Z&fV 18-&u&el

el&uf 6-em&dtc&el&u jre&r&f&mo&1/2&r&S Ob&armi&f&mi Ob&ES h a' :ci&Mun&r&B&m;pl&w&lu t 1/2P&q&f&f&uyv&M&uon?
el&uf (10)em&dtc&el q&maxwmb&B&u&u a' :Mun&Mun&cl&N yi&tz&w&v&on&uf&x&m;csu&f&ul v&lu&B&v&sm&awm&r&f&
a&el&q&f&f&B&D&f&ay; &e&f& r&if&w&ll& a&et&r&fo&ll u&a&mu&f&awm&r&f&y&gon/ a' :Mun&Mun&cl&fu q&maxwmb&B&u&tm; r&if&?
Ob&Z&eut&M; r&if&? Ob&t \*1/4r&e&tm; r&if&? rsur&f&r&sm; qu&f&uy&v? gef&j&ci&f&iy&gon/ x&B&e&t&r&st&jye&f (London
Planetaryium) ES h (Madams Tussands)oll u&a&mu&cl&o;on/ nae(5)em&dtc&el&u ausmif&awm&O&cl& m&oll
jye&v&n&B&mu&f&awm&r&ly&aemuf n (8)em&B&f&(10)em&B&w&f (St. John Baptist Church, Surrey)wif ow&ly&|m&ef
w&m;awm&f&ul q&maxwmb&B&u&u u&a&mu&f&ll& m&Lum;awm&r&cl&B&m q&maxwmb& Ob&Z&eu-u B&om&jy&e&f&t&iz&pf a&qmif
1/2&u&awm&r&f&y&gon/

xlv&m;a[ m&m Xmeoll rpiwm 1/2Sfawm(u) (Vice-Admiral Shattock)vntf vma&muiv&m;emyg onf/ w&m;emy&bw(40)ce1/2bllumi f/rpivm-1/2Sfawm(u)qbrfn r [ mpnifq&mawmlb&m;Bud\ owly|mef w&m; tm;xlv&entwllf usi buhftm;xlv&aeol wp0b)zplyb/vif "An Experiment in Mindfulness" trnf 1/2 pmtlyul iypla&om;chom yf\* /zplygon/ aifu q&mawmlb&m;Bud trel/bonftwllf tm;xlv&vif ui wllawd r&pb&allumifvnt ajymob;avonf/ q&mawmlb&m;Budonf xlv&h(11)em&del's ausnif awmlb)jyelvna&mu&awmlrayonf/

Zelv 19-&u&ael

xlv&el t1/2Piq&ftv1/2Sfrfn Obarmi&armiES h' :at;jri h n&om;plw)zplygon/ aelq&ftu&thum; u& M&el o&bat;\ 'umra':tjri h n&om;plu aifuw\ aetru q&mawmlb&m;BudES hitz&tm; quiyv' getMuyg onf/ r&v&ylfwif a'oE&A[ bkwtvll g \A&wbywluftp1/2bom ae&ma' orsm;oll ob;a&mu&clly& ausnif awmlb) jyelvni <jrefawmluon/ nylftc&f (7;30)em&del's (8;30)em&del'xd q&mawmlb&m;Bud u owly|mef w&m;awmlu& t\*fv&yl a[ m&um;awmlly& Ob t\* r&u tvlyay;w&m;awml tusofc&yl a[ majym ygonf/ xlv&emuf w&m;xlv&fi w&m;tar;tajzsm;ull iyvly&ayonf/ (9;30) em&del'c&fpi w&m;xlv&luonh jrelm t\*fv&yl&bwfrfn 25-a, mu&1/2ygonf/

Zelv 20-&u&ael

vef e&ol m&wif olwifolaeqjzpon? t1/2Piq&ft tv1/2Sfrfn (Mrs. Margaret Fraser) ES h Obx&efo&f a' jrjri&fw)zplygon/ q&mawmlb&m;Budtm; aelq&ftw&uf b&b&pb&rs Ob&icu aifu\ aetru& yizw&ojzi h <a&mu&b&ofay;awmllygon/ w&m;tenfi, f a[ m&um;clly&aemurs ausnifawmlb) jyelv&u&von? xlv&h (7;30) em&del's (8;30) em&del' t&st&xd r [ mpnif q&mawmlb&m;Bud u owly|mef w&m;awmlu& t\*fv&yl a[ m&um;ly& ObZeuurl tvlyay;w&m; tusofc&yl a[ majmygonf/ xlv&emurs w&m;xlv&jci fES h w&m;tar;tajzwl u&lyvly&u&n(9;30) em&del'sly&pblygonf/

Zelv 21-&u&ael

t1/2Piq&ft\ 'umrsm;rfn xlv&eltzll Obp&x&efatmi ES h Ob&efx&efwll jzplygon? t1/2Piq&ft b&of ay;ly&aemuf e&u(6;30)em&del' t&f&u (86)nl f u&ha0;aom ]jaqmu&brfwe} (Southampton)oll xlv&cb&awml r&clly&vif (Isle of Wight) oll a&, mo&jzi h <a&mu&b&allumi f? , ifa' ool e&uf (9;30) em&del'wif a&mu&1/2clly& (Little Dartmoor Vihara) rs t\*fv&ylbu& acr"arf vma&mu&ud&on? xlv&h tqly&od m&wif yif olwifolawmllygon? nOb(7)em&del'wif irh&cefraqmi&oll <a&mu&llly& q&mawmlb&m;Bud u owly|mef w&m;ull a[ m&um;awmllygon? q&mawmlObZeu-u b&omjyelq&jci fuy& w&m;tar;tajzsm;ullyg iyvly& luonhitw&uf ausnifawmlb) n(11)em&del's jyelvna&mu&awmlb)lygonf/ w&m;emy&bwOb&arfn t\*fv&yl v&rcsnf 40-ce1/2bllumi f/

Zelv 22-&u&ael

xlv&el e&uf t1/2Piq&ft b&ofay;ly&aemuf (6;30)em&del' t&f&wif ulw&ly&oll qif&f ]jaqmu&brfwe} (Southampton) oll jyelv&u&bnf/ xlv&sv&el v&el e&in&olujref&ly&aemuf a' :o&efo&fat;\ t&ru aelq&ftuy&ojzi h b&ofay;awmllygon/ nylftwif (7;30)em&del' t&st&fpiy' wp&em&umr& q&mawmlb&m;Bud u v&el e&ol m&u& owly|me&w&m; a[ m&um;awmlly& Ob t\* r&u tvlyay;w&m;ull tusofc&f a[ mygonf/ xlv&emurs <a&mu&v&mlu&aom y&bw& 25-Obw&u w&m;xlv&jci fES h tar;tajzsm;iyvly&u&n(9;30)em&del' r&sw&m;orfc&ayonf/

### Zêv 23-&uâel

vef efrwuf olwifoklawmircluf 'geç olvç ublvâwmi yâr; rsm; olrsm; vnf arôvifonx uirsm; ayon! xhêl t½Pqfuf\ 'ge½s frsm; rñi Obarmi farmi (George) nôm; pES h rppïrm\* &uf za&Zm (Mrs. Margaret Fraser) wll jzpluygon! xhêmu f Obpêx êfatmi ES h Obobêx êfwl\ b&m; qifwlawmirsm; tae uzM wifawmirygon! aelqfufufl jrefmolkü quiyuuojzih jrefmy&bowf 100-celtm; w&m; a&at; jzih wluâuk çjîrj fawmî rclayon! q&awmib&m; Budoni rêfvb (1;30) tçêwuf 47-nif uha0; aom (Maidstone Kent) ½ð (Friendship Society) toifol u&amuf owy|mevw&m; awmifull a [ majymawmir on! xttôifü t\*fvyl-jrefm w&m; emyk\ wîrsm; (15) Obçel vma&muçbn! naeyll fwif ausmifawmirolk jyelvni çjrefclÿdaemuf n(8;15) em&dtçêü q&awmib&m; Budu (Oaken Holt) t&yoll çjref&rñjzpl onlitwuf , ' , m; belfBud rsm; tm; Elwçêf quif lbOg' pum; ulrêllum; awmirygon!

xhêln(9) em&dtçêü Od [ m&rs q&awmib&m; BudES fitzlvbnî armîawmî, mOlrm; jzih xlvçhîawmî rclmu&m noefacgîl, mrl tçêfÿif (Oaken Holt) oll a&muawmirMuayon!

### atmu(p)z( ' ) ½ð]] tkwufi [ lw] AK 'bmom urçmef XmeES hyk\ wîf (13) Odwll 'lvb & [ efljzpl çh jci f

purçmef Xmetm; Obpwnâxmi bñi jrefmEfl h bñ; Objrwâpm jzplygon! , if Xmeoll aus; Zl awmî½s f r [ mpnif q&awmib&m; Bud u&amuf w&m; çjîrj fawmir lum (Intensive Meditation Retreat) ac: Olyó embmOem pljzef&ef pçefzî h& ; twuf tpttpOf t&y&ywll eulwif iyvlyx m; çhllumif/ 10-&uf pçefjzplon ES fit rû Zêf (24) &uâel s Zvll v (3) &uâelwll f aepOf aelwll f twuf tpttpOull a& ; qbwîrsvî ausnmxm; ½ð&m eêuf (4) em&rs pí aelhrvyf w&m; tm; xlvEfl &ef pþOçsuf (Programme) rñi wlu s tuçuplvâyon!

### Zêv 24-&uâel

xhêl t½Pqfufull ObjrwâpmES h nôm; plwlu v' gef quiyuuojzih aelqfufufl Objrwâpm nôm; pES lwuç trsm; \ aumi rñi jzih q&awmib&m; BudES h tzd tm; quiyuuarç v' gef Muayon! ðif ael eêuf (9) em&dtçêf txl; tpttpOf w&yftjzpjzih & [ efbuEtyg; (30) wlu playgîfî w&m; ½çlçlyð AK " omoemî tvâwmiull (Oaken Holt) urçmef Xmeü çum; çum; Oidih vî çxawmirMuon!

eêuf (9;15) em&dtçêü & [ efbuEtyg; (30) wlu Obaqmî fvsuf 'lvb & [ eflçh Murnh ½s lomraP avmîfwlbnî Owjzplî ll, lqjrefî " rñi ll uçrçraqmî boll Obpñ u&muçh ll uallumif/

xhêmu f eêuf (11;20) em&d txçd & [ efwmirsm; u y&dwlv&m; awmirsm; ul ½vçzwîo & Zln, f Mullyðvçif & [ eflçh tçrt; tem; pwif aqmi ½çlçMuon! & [ efljzpl çh lbrsm; rñi Objrwâpmç; Obazç; Obçifç; a' gufvw-vâzç (e, la, mur) nlausmîomif (Obausmîomif \ om;) ç; Obaz \ om; pwlvçezç; vifoeat; ç; o&rf oefat; ç; Obarmi farmi wlltjyif t\*fvylvîrçh(4) Odwll jzpluygon! ½s lomraP tjzpl çh lbrsm; vnf ½lûi xhêl ½s ty& [ eflçy fawmifull aus; Zl; ½s f r [ mpnif q&awmib&m; Bud ul fawmîwll f trçyçjîrj fawmirclbnî jzplî trsvw& ½çy ½s Zmwvlum; rsm; ½lûiut, bMuon!

rêfvb 2-em&d tçêwuf vef ef AK 'bmom Od [ m&rs q&awmî Obô' wld (Venerable H. Sadatissa) u twuif [ lw(w) urçmef Xme Oul tae ES h aus; Zl; ½s f r [ mpnif q&awmib&m; Bud tm; rlvqu Elwçêf ajym lum; wîlvubbn!

nae(2;15) rs (4) em&dtçêü q&awmib&m; Budu w&m; a' oema [ mlum; awmirî? q&awmî ObZeu- u t\*fvylomomjyettjzpl aqmi ½çlçawmirbnî/ n 8-em&d tçêwuf q&awmib&m; Budu o&P\*ES lwuç

½þlyg;obvullay;lyðvðif tvlyay:w&m;awmull t:rur0 a [ mLum;awmlygon/ xlaemuf q&mawmf ObZeu-  
u qulvufi tlyðwifa [ mLum;awmlyvon? xlaelwaelv rððirpl wobyi/

tkwui f [ M(x) 10-&upcef

Zêlv 25-&uâerSZMllv 3-&uâelt xl

Olyó emurðmeð (10)&upcef zifvðæom þ (Oaken Holt) &ðtomwif euvifab&;qf crsvixm;  
onh tðtpt0twwif Olyó emurðmeð tm;xwlluleðom a, m\*ðawmpif taygifwlu bmOemyð;rsn;jci fç  
pðjzejci f iyvsuf q&mawmbl&m;BuðES fit zðifrs; \ nÈMum;jyoawmlyðom w&m;"rðsm;ull rðvirok çh l  
usi blluygon? ' umObjrwæpmES h rðm;pwllu rarmEil fryfEil vðOwmoef, lum qfif uif rstp omoemh  
a0, smOpðOó ttvðpLull rqlvrepæomvðvES hapwem½ifrl; o' gxtjzi haxmulyðaqmi ½ðumuyayon/

ausZi½sf r [ mpnifq&mawmbl&m;Buðtm; aepOf a, m\*ðsm;u zlawðEil ðnftçðulvnt; eðuf  
(9;15)em&ðs (10;15) em&ðvBuðfç rðf;vð (4;30) em&ðs (5;30) em&ð wBuðf owirsvixm;½ðvðif q&mawmf  
ObZeu-u a, m\*ðsm;tm; w&m;pp&ef tçðulvnt; eðuf(6;45) em&ðs (10;45) em&ðt xlvBuðf rðf;vð  
(4;30)em&ðs n (7;45) em&ðt xlvBuðf jy|með;xm;½ðojzi h a, m\*ðsm;tæES h vðpðtm;&yðvðomreó  
jzpluygon? aep0(2)em&ðvifvnt; Olyó emv&m;rsn;ull a [ mLum;ygon? ZMllv 2-&uâel aelv, f 2-  
em&ðvif ÓPp0lv&m;awmulla [ mLum;&ygon/

Zêlv (25) &uâerS Zêlv (29) &uâerSm;wif npOf 8-em&ðtçðulv q&mawmbl&m;Buð ull ðawmlyðif  
rð½wæaqmi bçg f owly|meðw&m;jzi h r\*ZlvæAhef a&muðlumi f vrfull nÈMum;jyo ay;oem;awmlyay  
on/

Zêlv (29) &uâel aelqfifull q&mawmf bl&m;BuðES lwuð oðCmawmf 4-yg:wlu atmupz( ' )æ  
atmi f qeðpLunf (Alvçsytmi f qeð \ on) \ aetirbol yi zlvðojzi h ua&muð bðfay;awmlyuon/

Zêlv (30) &uâelwifrlum; aelqfifull Obwifarmif rðm;pwllu ' ge½ftjzpf çh lí ðifç; tçðvðwll  
t\*vebll acwá a&muð½æol a' :rðoðh (Obausmaomif \ Zeb) u wmoef, lí ðifç; q&mawmbl&m;BuðES fit zð  
a, m\*ðtaygifwlltm; qufuyáurarg v' geðjci f iygygon/

Zêlv (30) &uâeES h ZMllv (1)&uâerSm;wif q&mawmbl&m;Buðu crfoma&;w&m;awmullifif?  
ZMllv(2)&uâerSZMllv(3)&uâerSm;ü Al ðomoem w&m;awmullif; a [ mLum;çðjç ðawmlyðavon/

(Oaken Holt)urðmeðXmeull r [ mpnif &ðtomçft jzpf  
t oðtrsvifjlawmlyçif

ZMllv 3-&uâel

xlaelwif ' umbuð Objrwæpm ES h Zeb a' :peð&ð rðm;pwllu jreðmlyu&mrðef vubkwpull aelqfif  
tjzpf qufuyv' geðlyðvif ausZi;awmlysf r [ mpnif q&mawmf bl&m;Buðtm; atmupz( ' )½ð (Oaken Holt)  
urðmeðXmeull r [ mpnifbomoeimijlc&ðpmwef t oðtrsvifjlawmlyçif tav; teuf yellum; avðnuixm;jci f iy  
í q&mawmbl&m;Buðu t oðtrsvifjlawmlyayon/ xlvurðmeðXmeðif rvu wbuðf r [ m, me? Zi fr, f  
ajrmulyðfenf twif usi blluy&m , çtçðpí aemifçg r [ mpnifent twif Olyó emurðmeð pðjzetlluy&  
rnjzplygon/ q&mawmbl&m;Buðu-urðmeðw&m; tm;xwlyð tm;xwðent wllvnt; nÈMum;çðnðomr  
u? jreðmAl ðmom toifjzpjarmuð&; tajççtt zðvðef q&mawmf ObZeu tm; aqmi ½çlay;apawmlyon/

, ifurðmeðXmeü oðCmawmlysm; rðvif aexll ðawmlyðef (26)yg;twluf ae&mES h va, m\*ðsm;tzll  
ae&mxll çif (80)a, muftwul tvðtavmuf ½ðygalumi f ullvnt; ½ððavðnuixm;çðn? ' umbuðObjrwæpm







### a [ mivefjyni wð' ða' opcef

#### ZMIV 9-&uðe!

wð' ð (Tidorp) trn1/2ð &ðjomurðmeipcefrs quifuyionh t1/2Piqfifull bOfay; oðaqmi ðawmirlyð aemuf eðu(6)em&ðtceðwif q&mawmb&m;Buðu owly|mei w&m;awmifull twiððif ðifç tvlyay;w&m;awmif tenti, iuðif a [ mLum;awmirlyð OðZeu-u quivuf tlyðowf-a [ mLum;ygon? tqlyg pcef \ xijcm; csufw&yfrñ awm&ðf awmi&ðf tmOgouðlum awm&aumifozç; f obmOzeðwðvsuf taqmuftOð [ lî r1/2ðy] oð;vm a1/2ðajymifEð ðaom arm&awmi, mO1/2ð (Caravan) ac: zsi Murfwðsm; pcefay:ü a, m\*ðsm;u aexiðlu jciifzplygon/ a&miðwifwðfrull Eðwðifvsuf vlyppf'mwðð rxm;1/2ðy] za, mifwðf tvifa&miðubm tm;xm;luon/ oð&aomub&uðvñf; a&wðfrs &, bolpçifiygon? Opü#ðñ usifi, ftwðf yvyf pwpfytull ajray:wðixm;vsuf usi Buðtwðf wðfi, fwí yðull twifüxnixm;allumif? tziðtumxm;1/2ð lyð waelvðifa, m\*ðsm;u apwemtavmuf 2-Buððwðif 1/2ðfvijciiyMuallumif? nae (6)em&ðtceðwif Oyloiylyð aemuf n(8)em&ð(9)em&ðtceðftxd a, m\*ðygif 20-celwðtm; q&mawmb&m;Buðu owly|mei w&m; a [ mLum; cðjrs ðawmirlygon/

#### ZMIV 10-&uðe!

a, m\*ðsm;quifuyionh t1/2Piqfifull q&mawmb&m;Buðu bOfay;awmirlyðvðif eðu(9)em&ð(11) em&ðtxda, m\*ðsm;\ zðajmifueðawmjciifull ç ðawmirlyðon/ xðl zðajmifueðawmifvsuf oð/ðom w&m;awmif Eðpyqifonh ar;çefrsm;ull ar;jreflu&m q&mawmb&m;Buðu 1/2ðfvif ajzluM;awmirlygon/ qifull bOfay;awmirlyðaemuf aelbeðifawmirlyðum nyðfwðfrl (8)em&ð(9)em&ðwðf owly|meiw&m;awmifull quif vuf a [ mLum;awmirlyðon/ OðZeuu aepOf w&m;a [ m w&m;ppaq;ygon/

#### ZMIV 11-&uðe!

(Tidorp) pcefwðf wñfçl oðwif oðawmirlyðonh &uðsm;twif &moðwðfrñ yaEðvsuf omom, m, m 1/2ðyon/ xðelwifvñf, çiaerñ;uðlyif w&m;a&at;wluðaurvsuyif rðfv(3)em&ðtceðü pwðAi prpf (o) (Mr. Steven Smith) ac: a, m\*ðvpOð vma&muðawðqñ zðajmiflyðvðif &efuleðomoem&ðjom All ðomoem Eðç tziçyfrs ay;vluðom q&mawmb&m;Buðu \ arçæf\*fv m zðlMum;pmrsm;ull quifuylygon/ ðifa, m\*ð rñ &efulef r [ mpn&ðjomwðf 7-&uðr ZMIVqef;txd w&m;Oiclyð a [ miveðl jyeðvñ&muðvmaom yðwzplygon/ n(8)em&ð(9)em&ðtxd q&mawmb&m;Buðu çrf;oma&w&m; a [ mLum;awmirlyðon/ xðel nwðfyif OðOpfrs & [ efawmif OðarwðOð m&ðwð-ua&muðvmçluayon/

### a [ miverfvzef jyi fopfxHa&mu&jyeðvlyð

#### ZMIV 12-&uðe!

&moðwk tajçtaerñ tat;tyrðwí az;uðef Owðwðwmtx;rvlyay? xðelbeðuf t1/2Piqfif bOfay;awmirlyðaemuf(8)em&ðtceðü q&mawmif arwðOð m&Eðh wða' g(y)rs 'wçðelawmBuð yñ"arwðlu um;ull pzihi vluaygvsuf q&mawmb&m;Buðtm; yifiaqmif (112) uðwðwv m aO;uðiaom J]Og;vDp(u) (Waalwijk) oð xðuðawmirlyðum eðu(10;15) em&ðtceðwif qðuð&muðlygon/ aelqifull arwð Oð m&aumifü bOfay;awmirlyðaemuf rðfv]1;50 em&ðtceð trpwm;' r (Amsterðam)oll quivuf uðjrefç avon? nae 3-em&ð tceðü (Holland International Rondvaart) \ ppOixm;csuftwðf trpwm;' rñ emrñausmum;aom ðrv, fa&umwv wðajrmif ç&ð wywðull arm&awmpuð&, mOf (Launch) jzihi vñfvñf 1/2pm;awmirlygon/ nae 5-em&ð&aumif (Schiphol) ac: avqðoll qifí jyi fopjyni yg&ðwðwzef av, mOfzihi xðuðçawmirlygon/ yg&ðwðwzef a&muðvbnftçg n 7-em&ð&wðvlyð

yg&ðvqyü jrefmolttrwBud Obapmvi ES h Oðoef x&ef ponhjrefmolttrw tztDifsm;u (Ky- Vien- Tu) ausmifrs Ad uerfblefawmBud a'gufvm cEð'arñ (Dr- Khanti Dhammo)ES h wyn& [ ef 'um 'umr sm;wlyg twlvma&muif eudqDwiyMuygon/ avqyfrs n(7;50)em&ð tarñiirvfrd xücbgdyðaemuf olttrwBud Obapmvi fu yifaqmifci füyojzi h yg&ðwv f 1/2 olttrw\* [ mol <ujrefclavon? olttrwBud Obapmvi fu ðif\ aetrfuü ausmiftrsvjzi h olwifolawmif&ef q&mawmlo&B;Budtm; avðmüxm;cl xü ttrw\* [ müyifwnfçcif iyçalmumif/

### ZMiv 13-&übel

ausZf;1/2 f q&mawmlo&B;Bud ES h tztDtm; jrefm olttrwBud Obapmvi f Zeð a' :jri jri ES h rbm;pkwü u t 1/2 PES ðebqf;fuü quiyv<sup>2</sup> gefMuygon? r&efv; 2-em&ðtçefwif h jyi lojynf irlawmlyg&ð obmO tvsçicifsm;uü a' oE&A [ bkwtvü g q&mawmlo&B;Bud ES fitzDwu vshvnmunðawmiflyð naeyü f wüf olttrw\* [ mol jyelvna&muifclavon/ n(9)em&ðtçefü q&mawmlo&B;Bud jrefmolttrwBudrbm;pk ES loolttrwifwttm; oP\*lyg;ES h 5-yg;olwüby;lyðaemuf owly|meiw&m;awmüü 10-r&epçef a [ m Mm;awmiflygon? xüaemufsw&m;xü fci füyMu&m n(10;30)em&ðtçefsw&m;orfclavon/

### ZMiv 14-&übel

eüü t 1/2 Piqf;fbðfay;awmiflyðaemuf eüü(8;15)em&ðtçef r [ m, meaumif (Mahayana Temple of Monastere Boudhque)ol um;jzi h q&mawmlo&B;BudtztDwu <ujrefawmifbon/ tqlygaumif;1/2 tçst trðom;sm;u q&mawmlo&B;Budxüwüf ig;yg;olwçh Muamumif/ c&ðOðeudqbl y&ðwftiftm;rfñ 30- a, mücellygon? y&ðwfttrsm;prñ Ad uerftrðom;sm; jzpmuayon/ xüaemuf tçstazmñ, rumrsm;uü quiyMulyvüf q&mawmlo&B;Budtm; ausmif\ taetxm;uü vülvH jyomuumumif/ xüausmifrs eüü (9;50) tçefü xücbðawmiflyð em&ðüçelhaO;aom (Ky- Vien- Tu) Ad uerfausmifol quivukua&muif awmifclayon? Ad uerfausmifwüf ta1/2awmifm1/2s pm;zç faomuzç f qfç [ ifvsm oploðrçpzi h tçlyç ygrusef quiyv<sup>2</sup> gefjçif iyMuayon? r&efv; 2;15 em&ðtçefwüf q&mawmlo&B;Budtm; Ad uerfq&m awmf a'gufvm cEð'arñ (Dr. Khanti Dhammo)u rlvquElwçef ajymMum; , if q&mawmlo&B;Bud\ ax 1/2lvüt usofçstyüü xñioçfum w&m;emy&ðwftm; wifjyob;amumif/ ðifaemuf q&mawmlo&B;Budü Elwqubum; jyellum;ajymqawmiflyð tvlyay;w&m;awmf tenfi, lüü t\*lvymü a [ majymclavon/ quivüf q&mawmf ObZeu-u a [ mMum;jçifüyawmiflygon/ xüa [ mMum;pOf y&ðwfrsm; 50-cellyð Ad uerf trðom;trðordrsm; jzpmuavon/ ðifwütxüwüf jri lüçerifom;Bud\ orðawmf a' :jz\ &ifaogjzponh a' :p&erid qülvnñ ygOiblygon? a' :p&eridloni rvu Ad uerEð h wüf aexü llyð Ad uerftrðom; ci fyeçon ES fitw orðrsm;ES h yg&ð (Paris)wüf tajçpüaexü fvsu1/2amumif oc&on/ q&mawmlo&B;Bud a [ mMum;awmifraom w&m;awmüü trðom;wOðu t\*lvylbomoms Ad uerfbomojzi h jyelqay;obn/ nae 5-em&ðçef w&m;orflyðaemuf xüausmifrs olwifolawmif&ef jrefmolttrw\* [ mol jyelvnuawmifclayon/ jrefmolttrwBudtrwüf n(9)em&ðtçef q&mawmlo&B;Budü owly|meiw&m; awmüü olttrwifwttm;vü rbm;pkwttm; a [ mMum;çjrs awmiflygon/ xüaemuf olttrwBudrbm;pES fvuç olttrwifsm;u vçç fypñf trðrçwlyzi h q&mawmlo&B;Budtm; quiyv<sup>2</sup> gefMu&m q&mawmlo&B;Bud u tElarm'emw&m; ay;oem;awmiflyð a&puçs trðOMuygon/ w&m;yüü n(10;45)em&ðs orfclav on/ yg&ðwvawmif &modwifñ aumifvsufyif/

yg&0S vef ef  
t qec&0

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xhebeuf (4)em&0tce&0lu jrefmolttrw&0bu&0 Obptvilt&0bom;plw&0N 'geublv&0jzplonh t&0Pq&0f&0ful  
bOfay;awmir&0luy&0v&0i f q&0mawmib&0&0m;bu&0ES fitzlonf e&0u&0f (5;10)em&0tce&0lw&0f yg&0&0r&0S arm&0awm&0um;jzi h  
jyif&0p&0ajrmul&0bu&0f urf&0&0p&0e&0f&0&0 }u, fav}} (Callais) ur&0bol x&0ub&0hawmir&0b&0luygon/ yg&0&0ES lu, favir&0r&0h  
ul&0&0r&0w&0m 299-uf&0a0;ojzi h e&0u&0f (8;25)em&0tce&0r&0s&0yif q&0u&0a&0m&0ub&0avon/ tq&0lyg (Callais) q&0y&0ur&0r&0s  
or&0he&0a&0, mOf (Hovereraft)jzi h e&0u&0f(9;20) em&0tce&0lu x&0ub&0hawmir&0b&0u&0&0 (English Channel) ac:  
yiv, b&0&0v&0u&0M&0um;ul jzw&0befi t&0\*fv&0ejyn&0&0 'Am (Dover) w&0bu&0f q&0y&0ur&0r&0bol r&0e&0p&0t&0enti, ftw&0f  
a&0m&0u&0f&0&0on? 'Amw&0i Ob&0p&0e&0x&0e&0f&0at&0mi&0t a'gu&0i&0wm-Ob&0oi&0armi&0t a'gu&0i&0wm a&0&0x&0e&0f&0a&0us&0ES h Ob&0o&0e&0f&0x&0e&0f&0w&0u  
vma&0m&0u&0f e&0ub&0&0v&0suf &0&0luygon/ x&0r&0sw&0qih um;vr&0f&0c&0&0jzi h vef e&0r&0bol qu&0b&0ye&0&0 Ob&0armi&0armi&0N  
t&0r&0bol r&0e&0r&0v&0f&0 (11;30) em&0tce&0lu a&0m&0u&0b&0i a&0e&0q&0f&0qu&0i&0y&0on&0ful bOfay;awmir&0luygon/ q&0f&0p&0m;ly&0  
r&0l&0umjri&0r&0 a':t&0e&0jri&0N&0e&0t&0r&0bol <u&0awmir&0lygon/ a':t&0e&0jri&0lu &0if&0\&0a&0e&0t&0r&0ful a&0us&0i&0tr&0sv&0t&0jz&0p&0zi h  
ob&0vif&0&0awmir&0&0e&0f av&0u&0x&0m;cl&0avon/ n(8;15)em&0&0 tce&0lw&0f a':t&0e&0jri&0f&0r&0uyif at&0m&0p&0z&0i f  
(Oxford)r&0s a&0m&0u&0f&0maom Ob&0jrw&0apm ty&0gt&0oif jrefm&0y&0&0bw&0f 50-c&0e&0l&0w&0tm; t&0E&0ba&0Epum; aj&0ym&0um;El&0w&0qu&0f  
ly&0 npr&0h, f&0awmir&0lygon/

vef e&0r&0be&0aum&0u&0f w&0ac&0u&0y&0e&0v&0nf  
omoemw&0v&0j&0ze&0&0&0awmir&0j&0ci f

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r&0laom&0u&0f, m&0rft&0ce&0lw&0f a':t&0e&0jri&0r&0bom;plw&0luyif o'j&0m&0un&0E&0abm&0Z&0f&0x&0l&0jzi h t&0Pq&0f&0uy&0v&0M&0u&0ay  
on/ e&0u&0f(7)em&0tce&0lw&0f r&0l aus&0Z&0f&0&0s f r [ mpn&0q&0&0mawmib&0&0m;bu&0ES fitzlonf [ b&0&0h (Heathrow)  
av, mOf&0u&0f&0f&0ol <u&0c&0awmir&0ly&0v&0i f vef e&0r&0r&0s av, mOb&0p&0e&0if&0v&0luygum x&0ub&0hawmir&0b&0avon/ tce&0&0on&0um;  
e&0u&0f(8;57)em&0&0&0v&0ly&0 , ifav, mON c&0&0vr&0fp&0Or&0h }j&0a&0mr&0ir&0} (Rome)r&0s }u&0l &0&0} (Cairo) ul &0&0r&0s  
}t&0bl a&0} (Abu Dabhai) x&0r&0sw&0qih t&0E&0jyni e, la'v&0r&0l (New Delhi)ol jz&0p&0lygon/ e, la'v&0w&0f  
acw&0&0y&0em;cl&0y&0? a&0em&0u&0f&0vae&0lw&0i t&0m&0&0sta&0&0&0awmi&0q&0bol Ob&0wn&0y&0st&0bef&0on&0hav, mOf&0zi h v&0luygv&0m&0luygon/

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av, mOfay;w&0i&0yif q&0mawmib&0&0m;bu&0onf xhebeuf t&0Pq&0f&0ul&0if&0; a&0e&0q&0f&0u&0if&0; bOfay;ol  
aq&0m&0i&0awm&0f r&0&0on/ p&0e&0if&0v&0luygv&0maom av, mOfonf, 'l', m;jynf be&0aum&0u&0r&0bol a&0e&0v, f (12;30) em&0&0  
tce&0lu qif&0oub&0avon/

be&0aum&0u&0f&0v, mOf&0u&0f&0f&0ol q&0u&0a&0m&0ub&0n&0it&0cg q&0mawm&0f Ob&0tmob&0c jrefm&0&0&0r&0s Ob&0o&0e&0f&0ES h t&0jm;  
t&0&0m&0&0&0sm;ç Ob&0x&0e&0f&0o&0e&0f&0ES f&0ze&0 a':arary&0t Ob&0aus&0mp&0i pon&0ly&0&0&0&0r&0sm;u vma&0m&0u&0f&0e&0ub&0&0v&0suf&0&0luygon/  
av&0q&0y&0r&0sw&0qih }cl&0e&0b&0&0} (Chonburi)ol x&0ub&0c&0&0u&0&0 nae (4) em&0&0ce&0lu a&0m&0ub&0avon/ nOf&0&0, H (7;30)  
em&0tce&0lw&0f q&0mawmib&0&0m;bu&0u a, m\*0y&0&0ow&0ftm; ow&0y&0|me&0f w&0&0m;ul a [ m&0l&0um;awmir&0lygon/ x&0r&0sw&0yg;  
w&0&0m;emy&0&0ow&0ftm; jrw&0p&0&0b&0&0m;a [ m&0l&0um;awmir&0aom w&0&0m;awm&0ul x&0n&0o&0i&0f 'lb&0Og' (3)r&0&0jzi h tq&0tr  
w&0&0m;ay;ob&0;awmir&0lygon/ , if&0ol wyn&0bom;ol&0mawmir&0sm;tm; &0&0s f&0awmir&0r&0w&0b&0&0m; ul f&0awmir&0v&0i f r&0e&0r&0u&0awm&0f  
r&0on&0h y&0g&0v&0&0g&0mawmir&0h-

oAlyó tu&P  
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optváy&á, m' ye  
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jzplygon/ xlgx mawmib&m;Bud u jrefm pum;ajyzi h-

- (1) raumi frl tublvf [ br0 riyygES
- (2) ublvf [ br0 u llyg?
- (3) rnpwul tnpitalu; r/2a tmif pi lu, lygap/

[ lí wlvusubomijelum; nēfyawmirayon/ xlv0g' awmiul twlváí vnf, rsvrnuap&ef atmuylg  
aqmi fvl' uav; jzi h xyqi c&rs; awmirchayon/

] tublvf rsm; a/2ni 1/2ni; y, fav?  
ublvf w&m; jzplyh; p&p/  
rnpwul' mwf q&wq&w/zlap?  
p&lyg; b&m; q&ray/}}

p&la [ mlum; suft p&tv iul q&mawmi 0&tmob-u , ' , m; bompum; &yjzi h jyeq&la [ majymch  
on/ w&m; yul n (9) em&D 1/2yiorf&mlumif/ , ' , m; \ &moDwktajctaerf xlt c&eftcgü tylc&ef 0' &D  
rñ rsm; vsu/2ayon/ , ' , m; olt jye&D w&f Oifa&mu&yem; &jcif rñ wynrsm; jzpluaom o&Cmawmirsm; ES h  
a, m\* rsm; \ rlvawmi y&av&nuix m; suft & jzpayon/

cl&lb&D O&Ou pce&ES h  
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Zvlv 18-&u&ael

cl&lb&D O&Outmp&rf ausmifw&f be&umu&tr&S twlvluylgvmluaom a': araryt; a': o&el&el wlu  
ul' fwl' ul' ius p&rc&su&f w&f q&mawmib&m;Bud ES h o&Cmawmirsm; tm; t 1/2P&q&f quifuyl v' getjci fuyyg  
on/ e&uf 8;30 em&D t&cl&u cl&lb&D r&S xlv&cbawmirchayon/ v&f be&umu&tr& (Wat Mahadart) Owfr [ mwyf  
ausmifol <ujref&lon? be&umu&f e&uf (10;30) em&D t&cl&u a&mu/2ly& a&el&f ul' b&Dfay; awmirlygon?  
t&lygausmifw&f w&m; em&ef y&bwf & [ ef/2&f v& pplaygif (500) cel a&mu/ vsu/2lu&m r&ef v&f (1;30) em&D  
t&cl&w&f aus; Zt/2&f q&mawmib&m;Bud u owly | melv&m; ul' nae (3;30) em&D w&f a [ mlum; awmirchayon/  
q&mawmib&m;Bud on/ w&m; y&f tly& acw&tem; , cl&ly&aemuf (Mahamakut) ac: o&Cmlwul&lv&ol <uawmir  
í owly | melv&m; ul' if twlv&ly&a [ mawmirch&mlumif/ xlv&la [ mlum; onh w&m; awmiul jrefmbom wwl  
ur&tonh , ' , m; (xlv&f) b&ef&ubw&y&g; u b&omijyeq&la [ majymyon/ , ifol w&m; a [ mlum; onftcg  
y&bwf (200) cel wu&a&mu&emlum; luon/ t&lygwu&lv&w&f o&Cmawmirsm; olwif&ol&ef ausmifw&f  
ausmif&f ig; xyfteu&v&xyw&f w&m; xlv&ef owfr&v&xm; 1/2ayon? w&m; y&f 1/2yiorf&cl&ef rñ (6) em&D jzplyg  
on? (7) em&D t&cl&w&f xlv&f (Thai) o&Cm&mZmES h q&mawmib&m;Bud u awlv&lon? xlv& o&Cm&mZm  
q&mawmi rñ aus; Zt/2&f r [ mpnrq&mawmib&m; xuf Ogawmibudon/ k o&cl&mlumif/ n (7;30) em&D t&cl&u  
o&Cmlwul&lv&ausmifawmir&S xlv&cbawmirchayon/ ] Owfr [ mwyf&ol (8) em&D t&cl&ef jye&vn&a&mu/2awmirchay  
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ausZi:½sf q&mawmlob&m;Budtm; ]]Owir[ mvy] ausmitwi f pm:aomuzg frsm; opobrs;ES h , ' , m;qlywqf;w]zih t½PquiyuLuon/ x&beuf (6;30) em&dtc&wif veyef (Lampang) oll oñ;a&mu&eftwuf av, mOfqyol <ujrefawmirygon/ , ' , m;jynwif av, mOfc&dpOft& euf(8)em&dt c&wif x&ucgaomav, mOfzih v&lygawmir&m (10;45)em&dtc&u veyefoll q&mu&ublon/ x&be& pOwif beaumurs O&aombeg&mawmivnf q&mawmlob&m;BudES h v&lygv&awmir&blumi f/ euf(10) em&dtc&u O"r&eE' olwif&awmir&m ]]Owxrt]]ausifoll q&mawmlob&m;Budtm; yif&aqmi &eftwuf avqy&wif q&mawmO"r&eE; q&mawm ObynmOb; O&omoeES h 'um 'umrrsm;u v&ma&mu&ESlon/ O"r&eE&ausifoll euf(11)em&dtc&wif a&mu&awmir&ly&aemuf aelqf;u q&mu&avon? aelqf;ri o'gx;vsuf w&w[ ifvsm p&ip&ES h c& c& r&st& opobrs& ygoiygon/ nae(4)em&dt c&u q&mawmlob&m;Bud u ausifawm] o&C&awmir&m;ç ol½sf frsm;ES h 'um 'umrrsm; ayg f(40)cellu tv&ay;w&awm tenfi, fa[ mlum;awmir&ly quvuf q&mawm O&Zeu-u a[ mlum;awmir&ly n (6;30)em&dtc&u w&m;y&bf;ci f iy&lygon/ x&lyif w&m;em&luol 'um' umrrsm;u o'g&unE; ypinfx; w]zihvnf q&mawmlob&m;Budtm; quiyv& get&uavon/

veyefrsZifr, boll  
a' opm&uc&awmir&ci f

ZMlv 20-&u&ael

x&be w&el&lyif nae (4;30) em&dtc&eft x& q&mawmlob&m;BudES fit zlonf veyef;uyi ½&ay on/ euf&apm& tom; , m\*ES h c& c& r&st& ponhi t½Pqf;f quiyuonuf ch lb&fay;awmir&ly& aemuf euf (8;15) em&dt&swif veyef;½& jref&be&Bud&ausi frsm;oll v&lyv&un&lygon/]]Owlygre} ausifü O&omoevni tw&lygawmirygon? O&pb ObynmOb&ausif ]]Ow&be}}oll <ua&mu&awmir&ly& x&ausifawm&wif aelqf;f quiyv& get&ci f u q&mawmlob&m;Bud u ch lb&fay;awmirygon/ ae&v, f t&u acw&atem; , awmir&ly&vif r&f;v& (2;15)em&dtc&wif owly|me&w&awm tw&ly&u a[ mlum;ch on/ x&beumrs &[ efa, m\*D va, m\*D y&bwf (60)ausicellu q&mawmlob&m;Budtm; z&ajr&me&awmir v&og fypinf&tr&st&w]zih quiyv& get&u&el&on/ q&mawmlob&m;Bud u w&m; t&Elarm'emiyi a&puf o&fcs tr&al&ly&vif nae(3;40)em&dt c&wif w&m;y&bf;ch&umi f/

nae (4)em&dtc&u ausifrs x&uc&gawmir&ly&aemuf Ogawm (60)Og½& veyef: \*P&f&ky&q&mawmBud \ausifoll oñ;a&mu& uf ue&awmir&luon/ x&rs&v&el q&mawmlob&m;onf tz&oi frsm;ES fitw veyefrs Zifr, f (Chiangmai)oll <ujref& (96) u&v&v&w&c&du&zw&o&f nae&apm&it&ce&f (6)em&dt&be&wif qu& u a&mu&ub&von? Zifr, f&wif (Wat Moug Mang) ausifü wni&ci f iy&ly& x&ausif&be&Bud O&ob&r\*fv& (Acam Thong)u tav;teuf Or&f&ajr&mu&Or&om Elw&qu&re&be&f ajym&ly&gon/ tq&ly&ausifü &[ ef (29)yg;? omraP (13)yg;ES h ol½sf (40)cel ½&on&z&pl& 'um 'umrrsm;jzih pnyif&ayon/ ausZi:½sf q&mawm b&m;Bud u jye&vni r&e&be&fajym&ly& veyef ]]Owlygre}}ausif q&mawm O&omoeu , ' , m;bmon&jzih jye&q&awmirygon/ n (8;30)em&dtc&u a, m\*ly&bwf &[ ef (50)celES h tr&st&om; tr&st&or&(120)celltm; q&mawmlob&m;Bud u o&P\*ly&yg;ES f&w&ig;yg;ol&v to&ob& ay;awmirygon/ q&mawmO&Zeu-u quvuf c&rf&oma&;w&awm (The Way to Happiness)ull t\*fv&ly& a[ mlum; awmir&ly& x&lyif&tr&st&or&w&ou , ' , m;bmon&jye&q&ay;gon/

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#### ZMlv 21-&ubel

Zitr, trnt ]Ow0omifref} ausmifawmü [ ifvsmrshpES h, m\*krusef pm:z6 faomutz6 frm:jzih t½Pfi qfif quluyMuavonf xhemuf eteuf (8)em&dtcseü q&mawmlb&m;Bu0u Zitr, N Xmedjzplonfi ]Ow0waygwm&mr} awmur0metausimifoll u&amufawmirlygon/ pausmitw6f &[ efa, m\*D (28)yg:0lv½s f(20)00ES h va, m\*D (26)a, mubel ½&Mumif/ aus:Zi½sf q&mawmlb&m;Bu0u a, m\*ly&0owwaygif (100)celftm; owdy|mevw&m;awmf tw6skylul a[ mLUm;c&m armivirdfw6f Bu0jiyifvmclom , W', m; trshom;a, m\*D 00om qblu jreirmpum; aumifp0wvurkfonhitavsmuf bmomjyefqjciif iyygon/ eteuf (10;30)em&ü w&m;ortfily0v0if aelqfifull x0ausimifrs quluyv' getygon/ aelrefv6 (1;15)em&0 tceüwif ausimifrs x0ub0hawmirly0 q&mawmlb&m;Bu0onfi ]Ow0usp0y} (Wat Kyt Vut)ausmit6 x0svzel ]Ow0zqi} (Wat Phasin)oll qulvukujrefc&m nae (3)em&lvif a&mu0awmirclon/ tqlyg ]Ow0zqi}ü q&mawmlb&m;Bu0u ]or\*getl wayg olacg} w&m;awmifull a[ mLUm;awmirclon/ q&mawm00Zeu-u jrefm befbu0ausimifrm;ü pmcsy0mcsentw0ul a[ mLUm;ygony/ x0hemuf0 Ou0armifrif (Wat Moug Mang)oll jyelvni uawmirclom nae (4;45)em&0 tceüwif q0u&amufawmirlygon/ nyllf (8;30) em&dtcseü &[ ef (40)cel va, m\*D (60)celv0 w&m;emy&0owftm; q&mawmlb&m;Bu0u csfoma&w&m;awmf (The Way to Happiness)jzih w0u0awmirclon/ q&mawm00omoe-u bmomjyefq00lumif/ a, m\*ly&0owfsm;u q&mawmlb&m;Bu0ES fitz0tm; vb6 ypinf trshw0ulvni v' gefcllumif w&m;y0tly0owf ½k0ortfonh tcg n (10)em&0avly0

#### ZMlv 22-&ubel

x0hel t½Piqfif b0fay;awmirly0aemu0 eteuf (8;30) em&dtcseüwif q&mawmlb&m;Bu0ES h wynh olCmawmirsm;u Zitr, rs (10)u0w0w0m u0a0;onh , W', m;jroyw0awmirclom;oll u&amufawmirclon/ , if jroyw0awmirclom;ausimifrs ur0met Xnewck jzplalumif? x0ausimifawmifoll ta&mu0w6f &[ efawmf (20)celES h olv½s ftygt0if va, m\*D (40)celw0u eu0q0vsui ½0u0alumif/ ael (11)em&dtcseü rejrw0aom cl6f f abmZ0w0jzih uyv0bnh aelqfifull b0fay;awmirclon/ refv6 (1;30)w6f q&mawmlb&m;Bu0u &[ efES h va, m\*D y&0owf(100)ausimifftm; owdy|mevw&m;tus0fckylul a[ mLUm;awmirayon/ ' um 00om -u , W', m;bmomjzih jyefqjciifuygon/ x0tceüwif r0tentfi, ½000efv0sui ½00on/ nae(3)em&0 tceü Zitr, b0l jyelvni uawmirclom? (4;15)em&dtcseüwif a&mu00alumif/ n(8;30)em&dtcseü q&mawmlb&m;Bu0u ausimifawmif0 &[ ef½s fvl y&0owf(100)ausimifftm; owdy|mevw&m; tentfi, fa[ mLUm; ly0 q&mawmf 00Zeu-u qulvu0a[ mLUm;awmirclom n (10)em&dtcseüwifrs w&m;ortfjciifuy0ygon/

### Zitr, f0sbeaumufjyelvna&muf

#### ZMlv 23-&ubel

eteuf t½Pwupcse0, f quiyonh , m\*kt p½&om c0ts0&omyg½0onh qfifull b0fay;awmirly0 aemu0/ eteuf(8;30)em&dtcseüwif Zitr, fte0½0 ]Ow0zmx}ausimifoll q&mawmlb&m;Bu0ES fitz0u x0ub0hawmirclon/ q&mawmlb&m;Bu0 aemu0awmirlyg;oll ]armi0yetausimifbefbu0} bebaumuf0s 00aombe ]Ow0zmez}rs 00omoe? r, fqlfirnt uryll befbu0000vmo (jreirmpmay wvurkfon)ES h ]Ow0pu0}rs 00ynmb00w0vnt v0lygyv0cl0uon/ tqlyg ]Ow0zmx}ausimifü &[ ef½s fvl a, m\*ly&0owf 85-00cel ½00alumif/ q&mawmlb&m;Bu0u owdy|mevw&m;tus0fckylul a[ mLUm;awmirly0 000vmoou bmomjyefq0awmirlygon/ x0hemuf a, m\*ly&0owftm; 10-repcel0 w&m;av0usi0k00apygon/ w&m;ortfonhitcseü aelqfif b0fay;ef (11)em&dtcseü a&mu000eojzih q&mawmlb&m;Bu0ES h tz0tm; aelqfif quiyul v' gefLU avon/ refv6 (1;15)em&0 tceü (Phra Buddhapatapha) trn½0 ausimifawmifoll u0jrefc&m em&0ubel tLUmw6f a&mu00awmirlygon/ x0ausimifawmifrs jrwp0b0b&m; ou0awmxi½0; ½0awmirclonhitcgu a' opm&0 u0c0awmirlymp0f a&0Ely00fon0e&m jzplonfi[ k 000ygon/ ausimifw6f y&0 wES h y#lyw0

Ep&ypvhoiMum; i vu/abCmawmf 92-yg;? omraP 91-yg; 1/2ygon/ ausZi:1/2sfr [ mpnifq&mawmib&m; Budoni & [ efy&bw(200)ceES h w&m;em uvsmP y&bwf 200-celwttm; obvay;awmrllybaemuf Al'a' oemawmf w&m;awmifut a [ mawmrllygon/ tqlygausnifrs Zifr, iyPtoES h r\*fw-ye&om;awmf raom q&mawmf obwifok&m ausmifol u&mu&awmrllygon/ , ifausmifawmrllygi , cktcg q&mawmf (Allan Lonpho)ES h olCm 5-yg; 1/2ygon/ x&bw&mawmftm; acwicP Elwqubum;ajymMum;lyb ]Owfarmif ref;]ol jyelvn&ujrefc&m nae(6;20)em&dtcefu jyelvna&mu&awmrllygon/ n(8)em&dtcefu wausmif v&ab olCmawmfrsm; 1/2s bomaPrsm;? ob 1/2s frsm;ES h tr&om; tr&on a, m\*Dtaygifwlu q&mawmib&m; BudES h t&tm; v&g fypinf tpbkwES h v' gef ue&awmrllygon/ q&mawmib&m; Budu jyelvnElwquif r&cefa [ majymum a&pu& tr&abon/ n (8;30)em&dtcefu ausmifawmrlly x&bw&awmrllygon/ ta0;ajy; c&doniwi&aqmi&om arm&awmf, mof (De Luxe Coach)jzi h be&umufol jyelvnf p&eifv&lyg vm&avon/ n 9-em&dwif Zifr, frs x&bw&awmrllygon/ aemufwael e&uf 5;45 em&dtcefu be&umufol q&ub&mu&lygon/ Zifr, ES h be&umuf c&dtu&ta0;rfn (728)u&bw&awmrllygon/

### ZMIV 24-&u&ael

x&be&uf Owrl [ mwy&ausmifol a&mu&lybaemuf t&Pq&f&bDfay;awmrllygon/ a&bw&uf u&rl x&ausmifawmrllygon/ ol&aqmi&awmrllygon/ v&uf r&efv& 2;15 em&dtcefu q&mawmib&m; Budu owly | mefw&m; ut a [ mMum;awmrllygon/ Ob&omoe-u b&omijef&jzpf aqmi&lygon/ w&m;emy&bw&awmrllygon/ & [ ef;1/2s vl 1500-cel 1/2avon/ nae 4;45 em&dtcefu r&efv& w&m;ly&lygon/

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### ZMIV 25-&u&ael

e&uf(5;30)em&dtcefu t&Pq&f&quiy&onifut bDfay; ol&aqmi&awmrllygon/ a&bw&uf 8-em&dtcefu j&cefu& (Chonburi)ol u&jrefawmrllygon/ a&bw&uf pm;cefu a&mu&awmrllygon/ q&mawmrllygon/ ausmif 'umt&fu &ompl&vif c&bw&awmrllygon/ jzi h a&bw&uf quiy&onifut c& bDfay;awmrllygon/ x&bw&uf Ob&ou t&mp&f (Viveka Ascm) ausmifol nae (3;30)em&dtcefu jyelvna&mu&lygon/ nae (6;30) em&dtcefu q&mawmib&m; Budu w&m;emy&bw&awmrllygon/ 5-yg;ob? 8-yg;ob tob&awmrllygon/ owly&mf w&m;awmifut a [ mMum;awmrllygon/ q&mawmrllygon/ ob&omoe-u b&omijef&jzpf aqmi&lygon/ v&uf n(7;30) em&dtcefu w&m;a&at; w&lu&ur&jcif; ly&lygon/

### ZMIV 26-&u&ael

x&be&uf t&Pq&f&uf e&uf (6)em&dtcefu be&umufsw&cefu&dt acw& v&ma&uf a&ex&lu&aom a':aray& ro&ef&w&uf ut l&w&cs&uf&v' gef quiy&onifut a&bw&uf ro&ef&ES h r&f& c&ly&f v&bw&awmrllygon/ mit (Lee Pit Teong) w&lu quiy&onifut r&efv&(2)em&dtcefu q&mawmib&m; Budu c&rf&oma&w&m;awmifut a [ majym& ob&omoeu b&omijef&jzpf aqmi&lygon/ nae (3;30)em&dtcefu w&m;ow&ly&baemuf (4)em&dtcefu w&ly&baemuf y&ly, f&rf&ajc ty&ef&ajz&cefu&ly&baemuf aqmi&lygon/ jzi h v&ly&baemuf v&ly&baemuf n (7;30) em&dtcefu j&cefu& ausmifol jyelvnf a&mu&awmrllygon/



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Zmiv 27-&uael

0aOutmpraumi f rS t 1/2Piqf; bOfay; awmrllydaemuf q&mawmib&m; BuDES fitzlonf eku(7;50) tcsel beaumuf rbl xubchawmrbllu&m eku(10)em&D tcsel ]]Owir [ mwyl]aumi fol qLu&muawmrllygon/ beaumuf rbl aebqf; uhl Obciarmi p&ES h' : trm&wlu #ifw\ aetfoll yi tzdwi quiuyv' gefMLuygon/ xlyif #ifw\ Z&armi EBU v' gefaom qf; v' bG Dwk trdrdwtwuf q&mawmib&m; BuDu t&Earm' emw&m; a [ mLum; i a&pu&cs trlay; aOygon/ rw&yem&BuD wvluvnf; v' gefclayao; on/ x rsvzef 'umOb&ef x&ef? a' : ararywltfoll <u&mutyD nae(3)em&D tcsel wif &efulebll jyelvnfujref; awmrl&ef beaumuf av, mOfu&fol qif&cm jrefm&D rS Ob&ef ES h tjc; t&m/ rsm;? Ob&ef x&ef ES h Z&rdm; pl a' : oef&ef ES h ciy&ef? Obarmi&armi? Obom? Obv&az? a' : wifMif (e, la, mu)? Ob&u&mp&wES h q&mawmi Obtmob? Ob&ombe? Ob&omoe ES h tjc; ausmif' um? 'umrrsm; u vluvnf; h&aqmi luygon/ q&mawmib&m; BuD t z ES h fitw t jyet&D wif tar&LuefynrS & [ efOw/jzi h (Mr. Alan Clements) on&fi? (Mr. Roger Smith) qblon&fi? jrefmjynbll p omoem&D yomü w&m; tm; x&w&ef vluvgvmdluygon/

q&mawmib&m; BuDES h tzlonf nae (6;55) r&pi tcselü beaumuf rS xubchlonh ]]b&at -p]ac: jrefml&avallumi faumly& & 1/2 s fav, mOfzi h vluvgawmrbllu&m &efulef r\*fv'm' h&avqyfol n(7;30)em&D tcsel wif acsm&mp& qLu&muawmrblluygon/

Buqly&ft p&D t pOES h &efule&a, m\*ly&bwf

27-7-79 ael nae(6)em&D tcsel wif beaumuf rS &efulef rbl q&mawmib&m; BuDES fitzll jyelvnf a&muawmrlurnf [ k owif; twt usul Al'omoemEK\*% t zlc&kyu & 1/2 on&aelupi r&ql f rw& eudqlyi h&aqmi h&; t&y&lyul p pO&bluygon/

r\*fv'm' h&avqy r [ mpnf omoem&D yomoll yi h&aqmi &rnh n (7)em&D tcsel celr& arbi p tcsel t c&g jzplonf uvnfaumi? Ooelumv nltcgor, jzpl r&avt&jctae tqilrajy jzpe ll onf uvnfaumi? xnb&f; pOf; pm; i t p&tpOlyvly&; twuf traqmif t z rS tav; teu&q&GaEG&llu&m q&mawmib&m; BuD \ q&EawmES h vnf n h&wap&ef tus, bllf wcrf; wem; iyvlyum&u&ajcif ruyyl txluftavsmuf avqyü omoem&D yom/28 w&O&eb&t z t p n r sm; jzplonh Al'omoemEK\*% t zlc&ky? [ &awolt z p tr&dr&ba, m\*D apmi h& 1/2 u&a&; t z traqmif rsm; ES h cr&f&jr&D yom \ traqmif t z w&bm v&f em, uq&mawmif rsm; ES h o&Cm awmif rsm; tm; tr&xm; vsuf o&h; a&mu&u&q&eful tq&t z wly&avon/ xlyif av, mOfu&f e, f&tr&w twuf o& O i h&mu&bc& & E ll &efulvnf; ouq&ll &m tmPmyll w\ v&h& & 1/2 a' gi rS tav; iyv&su&f toif t wih ta&t w&ur&ubm O i b& &, lly&v&f arm&awmi, mOf&h; vma&; t p&tpO r sm; u&ly& iyvly&lygon/ tjc; a, m\*D rsm; t z n r w&q&E tavsmuf ul f y&lum; rsm; jzi h o&h; a&mu&f t jyi, mOf rsm; & yem; &ef owif r w&xm; onh avqy p Bu&eOrS eudqlyi f y&f i t zlc&kyu aqmib&tm; ay; jcif riy&om vnf; w& jrp&f c i f u&ll riy&ay/ o&w&ap aus; Z 1/2 s f r [ mpnf q&mawmib&m; BuD jyelvn&h&mu&bc& wif avqyü & [ ef 1/2 s f l a, m\*ly&bwf rsm; t x& wvnf rsm; jym; vsu&lonf u& t h ob& & m aw&gri&llu&ygon/

t zlc&ky \ t " u t p&tpO r h avqy r S &D yomoll q&mawmib&m; BuDES h tzlom; yi h&aqmi bly&v&f &D yom wif zv&f, O' r m& h&awmub&uyif a, m\*Dtaygifu q&mawmib&m; BuD tm; acwic PrO z&aw&ue&awmllu &ef jzplygon/ y&bwf rsm; u zv&f, O' r m& ES h " r&omv m r @yfta& r S p n f u r t a o O y p h apmi h& q&f; z&ajrmf eudqllu&eful eunwif pmjizifurfv&f arw&ly&f&cm; jcif ES h p& r&cm; tyonf w&ly& iyvly&lygon/ t c&ky t m; jzi h q&mawmib&m; BuD &D yomoll qLu&muawmrlvmllydaemuf " r& h&w&f ü r&ptentf, rO Elw&ef& qul MoOg' w&m; awmly&bwf u em, Lu&ef t p&tpO w&y& jz&avon/

txuifwi tusOfcsh azmjyoubll eudqha& tpltpOrsm; yji pbnvlycllybaemu? (27-7-79) ael  
nae(5)em&dtcsef &ylomrS um;BuDum;i, f toG bG jzih em, u q&mawmfrsm;ES h tcdobCmawmfrsm;tm;  
avqyobll traqmifzto tobobwlu yi laqmicMuygon/

beaumufS xubcnvmaom jrefmavallumif aumylh&;%Sfav, mOfonlvnf; n (7:30) em&tel  
tcewif r\*fm' ll av, mOfuifol acsmampbn ouqifvmllyonbaemuf av, mOfuifol OibG &%bnh  
vmOeflyk%vftcdwlu q&mawmlo&m;BuDES fitzdtm; eudqll zjajrmvsul jynlyc&dobn; {nlonfrsm; tem;, l  
aom taqmutOdtwifol yilaqmicMuygon/ xbaemuf taumubeES h vOifBuMuya&; Xmersm;\  
vlttysuifwll pnfurf;ES fitnd aqmi %Cuflyb omoem&ylomoll qufvuxubcnlu&m avqyfyiy xyOrS  
axmicbvsulbaom y&obwlu apmiqll fi q&mawmlo&m;BuDtm; aomifaomifjzj Munfrzajrmuouh  
oll omoem&ylomvifvnf; ae&mvyirusef a, m\*ly&obwftiftm; &maxmiru olxuli gOdpbn tm;yg;w&  
zljri vbaomqE' jyi fypbnjzih apmi larOnueawmlluygon/ xltcsewif &moDwktajctaerfn ryirat; rll%bn  
wvshwlvwvsh%lygon/

n(8)em&dtcsewif aus;Zi%Si q&mawmlo&m;BuDES fitzdt &ylomoll tplt&Dum;rsn;jzih qLu&muifvm  
awmfrb&m a, m\*lx y&obwlonlvnf; wnlidpbn vuftlyrll %Cueawmfrvsul %luayon/ &ylom\  
y&OPltwifwif rba&mi plwzih x&fn&m;%bjzih MunEl;bG &m %lygon/ c&ba&muirqluf q&mawmfr  
b&m;BuDonf c&byefE&f, jcifull y"meiyawmirryl rep(20)cel' toiudqll apmiqll fvsulbaom a, m\*D  
y&obwftm; 8-yg;ob ay;awmirlybVif Elwcbefqui lbOg' ull rebruawmfrba von/

### q&mawmlo&m;BuD\ Elwqure&ef

blefBuDwlyefvmwmuil 'lu plvfygvufyge' eudqhaMuwmawG trsm;BuD awD&w, ? av, mOlyskmersn  
'lavmufrsm;rsn;%vfr, Mlxibf;&ylomrbaawmh awmawmfrsm;rsn; %vfr, Mlxifygw, p&awmh av, mOlyst  
Xmeull trsm;BuDvmaelluwmuif? av, mOlyskmersn ull trsm;BuDawD&wmuil/

urfbmoemiy w&m;awmfrlydawmh blefBuDwll avOnuiflyba [ mvmluwm {lylv (1)&ubeluplyb  
, ael Zvllv (27)&ubeltxd av;vefyg;%bn;lyb omoemiy ob;luwm? tpp t&m&mtalumi f nD&wlyg  
w, ? 'lu AK'omoemEK% tzoif yk%lawuvl oi lavm&tmif aqmi %luay;Muvll AK'omoemawmull %ba  
av;pm;wll qll &myk%lawuvl tm;ay;uhnluvl crfcrfomomel ob;lu&ygw, ? «tqifajyygw, b a&muif  
&m a&mu&mrsvl AK'omoemawmull %baav;pm;wlyk%lawG tawmfto i lavmh awD&ygw, ? wcd&ae&mawG  
rnfqll if blefBuDwlu tjavmu&awmif rarOnviflygb? awmawmfrsm;rsn; awD&ygw, ? tJD a&mu&mxmersn  
oi lavmfrw&m;vyl a [ mlU&ygw, ? 'lu a [ mzl&m w&m; tpltpOluav;uvl ygo&n;wme' awmawmftqif  
ajyygw, ? 'lu Obnhd& ObomElwll bmoemiyelw w&m;uav;awlu ygwme' t\*fyvlywlylydawmhvl a [ m&  
ygw, ? wcdluvl Armvlyl emjci fw, ? 'gef Armvlyl ententfyg;yg; a [ m&ygw, ? wcgw&lu sawmh blefBuD  
u ententfa [ mlydawmh ObZeuull rsm;rsn;a [ mcl f&ygw, ? oluvlyl t\*fyvlyba [ mvmajymwawG awmawmfr  
u&f;usi fygw, ? tpuawmh blefBuDu 'lavmurauyefebvll atmu&arfw, ? [ lu sawmfrS oluajymlyly&m  
vmOe&usy&fygw, ? wcdlu ar;jrefwaww&lv, ? wcdlu toluav;ententf;uav;yl lum;&w, ? tJgvll  
ajzlum;El fygw, ? awmawmfr [ elus' gy? a&mu&mxmeawf&fn pdwOipm;wll yk%lawG awmawmfrsm;rsn; %lygw  
w, ? w&m;vl %ba oao av;av;pm;pm; tm;xkvwlvlawG tawmfto i lavmh %lygw, /

'gayr, hll AK'bmomEl fi hawey El fpmLunh i lavmh tirwefm;entfygao;w, ? tJ El fi haw&fn  
omoemiy&mu&awwll ax&Og' & [ efawmawvlyl wcdlawD&ygw, ? , h', m;El fi lu? uar&h' b, m;u? ocl M  
u? tJlv El fi luyk%lawG awD&ygw, ? Armjynluawmh t\*vefrfn Oba&Ow"r"wyg;lawD&ygw, ? tJlvll  
a&mu&mx a&mu&mxaww&fn AK'omoemull iyp&elluwl yk%lawG awD&wlltwluvl Orfajrmuf Orfomygw, ?  
blefBuDwll [ mvllw&m;awull av;pm;wlyk%lawGsm;ygw, ? , h', m;uqll %S if ]Owfr [ mwyll q&mawmfr  
b&m;BuDu&aellyb y#dylw omoemiyb&m n&Elum;clw' 'lu Obtmobull [ h&fn vlv&xm;&w, ? jrefmvl 1314  
-c&Epluygy? tJluxlu , h', m;u' a&mu&aw, / Owfr [ mwy&ausnifu tm;xkvwlv awmawmfr tqif  
twefjri fw, / olwqlu 'b&svmlyb tm;xkvwll r [ maZmwlvlyqllwll ull lavmfruvl awmawmfr tqifitwef  
jri&eygw, / 'gayrnl olu tjc; talumi f&vll tjc; ob;aevll blefBuDe' rawD&bb/ olwqlu tm;xkvw

xm;wlyk&wawu tar&ueiw t\*veiw Oa&myw a&mutyð a [ majymaelUw, / tirwef Orfomygw, /  
owlu 'uenfobawg a [ mijaelUw, ? tcdUvI tjc;enfobawg a [ majymaewm ½v/maygav? tI gawG  
befBudwll wwEil bor0 [ rfn a [ mc&ygw, / ae&mXmeaygif vI awmlawm rsm; ygw, / awmlawm EEEbybyvI  
oñ; &w, / [ luyk&wawu vI befBudwll csrcrfo momeñ; &atmif oiavsmovI tppt&m&m pð0ay; lU  
w, / av, mOlyseI oiavsm, if av, mOlyseI um; eI oiavsm, if um; eI ylay; lUvI csrcrfo momeI  
befBudwll oñ; & ygw, / tI tar&ueifivI Xmeaygif awmlawm rsm; ygw, / Oa&myeI pawm(w)veibufñ  
Xmeaygif ylyDrsm; ygw, / tI XmeawG talumi fuawmh rswrfa&; vmvh yk&waw&UqEt& azmjyrs aplaph  
pybyf em; vnEil rñyG/

tclawmh Elwiquftaeel a [ majym&wmy? [ Eil ilu befBudwll a [ majymv&w&awG lUm; emU&vI  
tm; &OrfomUw, / 'gayrñ tjc; Eil il rsm; rñawmh ' rñvI &bwI rsm; bt? tçrefmEil il rñawmh tm; xkwIvñ  
yk&wawG tirwef rsm; wmy? tirwef Orfomp&maumif ygw, / ' rñ befBudwll [ Eil il vUa [ mvlitcgrñ  
yl y&owE paxmif oñaxmi ½w, / [ Eil il wUawmh ' mI y&ow rsm; bt/ , ' , m; awmh tawmftoi ½w  
w, / [ lUvaelu Opr [ mwyau smif wUlu owDyobaeI zpIvñ vuG ðeayG befBudwll &ufeqñ if  
Ogacgi vqef (1) & uðeayG tI rñ Oyl obñaw& m tjc; oaw& m w& m; emUwm awmlawm rsm; ygw, ?  
(2000) ebyg; avmuf ½w, / [ lI Zifr, ð, ðlu awmi ay; Xme wdrñvI y&owwawG tawm rsm; ygw, /  
tI rñvI w& m; tm; xkwIvñ urpmetausmifawvI (150) avmuf ½w, mI o&w, ? ausmifBudawawmh  
r [ kwIygbt? ausmifuav; awlygyI Armjyn ðavmu ðawmh tm; xkwIvñ yk&waw rsm; w, mI rçEil ygbt/ ArmjynI  
uawmh tirwef rsm; wmygyI ' lu Al'omoemEK\* tZUaelyð owifawvI x m; vI [ lu ar; wlitcgumv rñ  
befBudwll u ajym&w, / ArmjynI omoem& yom rñ w& m; tm; xkwIvñ yk&wawG b, ðvmuf ½w wlefvI  
wcluar; w, / ' lu befBudwll [ ð&mutawwef pmawvI x m; w ½ ygw, / a, m\*D (400) ausmifavmuf ½w, /  
elwitcgrñ (400-400) ausmifavm o&w, mI ajymclw, / rsm; wlitcgrsm; rñawmh rEplu obuefvI rñ a, m\*D  
(1600) ½w, ? ' E pawmh [ lu pmawvI ay; vUwmeI a, m\*D (2000) ausmif ½w, fqlvm ajymavmh [ luyk&wawG  
u tirwef tHluygw, / Al'omoemawmftwUf tm; &Orfom jzpluygw, /

tI ðawmh ' rñ w& m; tm; xkwIvñ wIwawG tirwef Orfomp&maumif w, / talumi fñhGvI  
tm; xkwIvñ w& m [ m ul ftwUvI Orfomp&maumif w, ? omoemawmftwUvI Orfomp&maumif ygw, /  
tI g aemu&uf aemu&u ðaww rñs talumif tm; avsmñ azmjy a [ m&OrñyI , clawmh ElwiquftaeelyI  
lUmlumcsñ a [ mvlit rawmlygbt/ ' ðvmuf jyntlygyI [ rñawmh n (8) em&ðvmufu p a [ m, if  
wplm&ð wplm&ð ausmifavmuf [ mygw, ? (9) em&ðausmif rlybygw, / ' gayrñ taemuEil il ðaw rñawmh awmlawm  
eI aerO i ðo; bt? (10) em&ðvmuf rñ aeO i fvmuf / eI u (4) em&ðvmuf qñ if vifwmyI (2) em&ð (3) em&ðvmuf  
arñi fUw, / wae&mrñu ]]aemb0; }vm; ? tI rñawmh arv(14) & uI aelyð ZvI v(30) & uftxd aerO if  
bt; vI qlygw, / tI ðe&m befBudwll oñ; Munzil A [ lwtawel oñ; zI pwiutw, / ' gayrñ ra&mutlyg  
bt/ t\*ve ð&mut oñ; awmh w& m; a [ mlyð n(9) em&ðausmif tmi ðawmif aeul jri ðe&wmv ½w, / ' gayrñ rñrñ  
awlu rjwI zpæw rsm; ygw, / wIwawG vuG ðeawmh [ ð aemb0; rñawvI jri rñrñ [ kwIbt/ ' gallumi h tI ð  
aemb0; ul roñ; dlygbt/ aeyI ðewh tçgrñawmh [ rñ n(9) em&ðausmif omI aerO i ðo; bt/ n (10) em&ðausmif  
avmuf (11) em&ðvmuf rñ ty& ygw, / tI g [ m aepO vI jz pæygw, ? ' gayrñ aevI xI vUawmh tqi ðajy  
ygw, / ' ðawmh tç(8) em&ðvmuf [ m [ lu taewawmh apmygao; w, / ' gayrñ ' lu tjri ðawmh arñi ðelyI  
' gallumi h ' lu ael Elwçef; qufv& m; ' gavmuf ðawmlygyI

befBudwll a [ majymclw mawG tm ½ ymjci? ½ wIwawoel vma&mut zI ajmif ðawmh lujciI t p ½ om  
pau mif rI ubI wUaww lumi h ab; &eft E& m, f [ lorbw rñs tçgybt; uifvGmI rñ; lu a0; uñmuf rñwI  
pñEil bor0 tm; xkwIvñ ojzi h qif & bylort; ni rñ; m jz pæom eAñew& m; ul vsi jre pñ qU ð&mut rñs arñi  
iyEil luygap?

om''k...om''k...om''k

ausZi:½Sfr [ mpnfq&awmmb&m;BuD  
jynfy omoemjkc&0wcf

a [ majym ajzLum;awmfrbom  
tcd w&m;"r tEpfom&rsn;

1/ eAheN t "dyh, f twit:kyf

eAheqLvm Ni dfonf [ k teuit "dyh, ½on? uavomawG tueli drcicf; ½yemrawG tueli drcicf  
yijzpon/ Ni drcicqLvmuvl topjzpcG r½awmlyl jwvpcicf; uitjciyijzpon? tJ M uavom [ brD  
vHONi drcionf twGul b0op½yemrawG jzpcG r½awmlyl qif&t m;vH Ni drcavawmkon/ b0topjzpcicf;  
Zmwv½aomallumih tjcicf; emjcicf; aojcicf; uH pwtqif&jcicf [ brDWO r½awmlyl uifNi drcob;avawmh  
on/ , ifol qif&Ni drcionh eAhe&muabLumif; w&m;uH ½S awmjrwb&m;u a [ mLum;awmfrbLumif?  
x eAhe&muabLumif; tusi twGf ½yemr r0 c; tallumif; tust r0 uH odtmi ½rSw&ef cPrpjzplysubeoniul  
uH fwl fawDy) odtmif ½rSw&ef tepo 'u tewi abmuH uH fwl fawDy) odtmif ½rSw&ef rsm; uH vnf  
a [ mLum;awmfrbLumif; ½S fvi fajzLum;awmfrb on/

2/ w&m;a [ maepOf a [ maeonlyk v bEheü zlv pwtjzpcicf - ½ r ½

jrwpfb&m;rsn; w&m;emy&bwfrsm;u om"ac:aepOfü zvormywf Oi pm;awmfrbLumif? om"ac:rqH  
onf t c g w&m;uH quily) a [ mawmfrbLumif; jyqk m;wm½ygon/ b&m;wynh omOursm;rbawmh x b zlv  
Oi pm;jcicf; jzpf-rjzplul ajmz rjzpeHlyg? omrelyk v awfrsqH if a [ moiaomw&m;rsn;uH qicfiae&aom  
allumih zvormywf Oi pm;Eh lonh & [ Ehyif jzpaomvl zlv pwtjzpcicf; ½onf [ lq&ef rjzpeHlyg/ obomf  
zvormywf Oi pm;Eh lonlyk v rsn; qH i fawmh Oi pm;vlonf t c g jzpeHlyg r½ygon/

3/ ½rSw&epOf allumupwvay:vmjgu t b, folijkt ylygoent

rjyw½rSw&vsuf w&m;t m;xkw&eolrñ allumup&mr½y? ½rSw&vll f; ½rSw&vll f; ab;&ef uifalLumifc;  
csrfomallumif ublv w&m;om jzplyñ;aeon/ tu, fi allumupwvay:vmvGif tJ pwtul allumuiv, f  
allumuiv, f [ k ½rSw&ly) azmifwmyeivm paom rsw&eusubm p;pLuly) ½rSw&e&r, f tJ M ½rSw&e, if  
allumupwvay:vmjyef, if allumuiv, f allumuiv, f ½rSw&ly) rsw&eusubm p;p;pLupuluf rjyw½rSw&e&  
r, f tJ M p;p;pLupuluf ½rSw&evGif rLumci rñsy) allumupwvay:vmvGif tJ rsw&eumi fñ; aumi f; ob;Eh lon/

4/ ½rSwftm;xkw&eqü pwtjzpcicf rjzplvGif b, fvlly&ygrvJ

½rSwftm;xkw&cgrñ om"dtm;u r½o;aomallumih pwtul;BupnfrawG [ m rLumcPjzplwvaw, f  
tJ M pwtul;ystvG&ewmull rodyvl ½bewwlv, f tu, fi tJ M ystvG&ewpwtul;uH od i fawmh tJ D  
pwtul;uH b, fvl, entjzih Bupn pwtulaew, M qicfiaeblawmh rlygbi? tJ pwtul;Bupnrlul  
pwtul;w, f Bupnrv, f ystvGlv, f ponjzih ½rSw&ly)awmh azmifwmyeivm paom ½rSw&eusubm rjyw  
½rSw&ob;w, f tJ M ay:vmorD pwtul;uH ½rSw ½rSw&ly) ½rSw&eusubm p;p;pLupuluf rjyw½rSw&e, if  
tJ M ystvGlv pwtul;awG r½awmlyl rsw&onf [ m txlaumifvmjgw, f tu, fi uH fli emusifuluchl  
jzply:vm, ifvl tJ gull emw, f emw, f ponjzih onf dly) ½rSw&w, f tJ M ½rSw&e, if emusif [ m  
aymubñ; wvlygw, f tu, fi raymuGif azmifwmyeivm paom ½rSw&eusubm p;pLuly) rjyw  
½rSw&e&w, f tJ M ½rSw&e, ifvl emusifuluchl ponf [ m uifaymubñ;wvlv, f

### 5/ orm"daumifatmifrnblvly&ygoent

Oifouf xubou(orf [ kw) Oifavxubavut Oifw, f xubw, f ponjzih rjywzrswaeyguvnt  
 pdwvwnli rhl orm"daumifvmellfygon/ orm"daumifw, qllvm 1/2rsv&mtm/2uom rjywzrsvvsvuf 1/2rsv  
 vsubomjzplyd wnlidraewmygb? tJlvbrn"daumifonhtcgrfi uti xlu tawdtxd [ brlawubv  
 1/2rsv Munibiygw, V jriiwm; Mum;wm ponlawubv 1/2rsvMunellfygw, V 'g& 6-yg;u ay:vmonub  
 jriiw, f Mum;w, f xdw, f odw, ponjzih rjywzrswaevufi orm"dtm:amifvmonhtcgrfi op&m/2y  
 ES h odvlemriuvl dcm;lydodw, P tallumifES hit usduvl dcm;lydodw, P 1/2rsvvvl f 1/2rsvvvl f 1/2o&wma&m  
 1/2odvma&m topftopf jzpjzplyd csufcifyiif yufyubv;wmuvl odw, V tollum;onhtcg Mum;w, f  
 Mum;w, M 1/2rsvvvl f 1/2rsvvvl f to&m Mum;wma&m csufcif aymubaymuf ob;wmuvl xi/2n;o&w, V  
 tJlv uti lwl lawdlyd odvm [ m orm"daumifzplyv Odyo emOPftpply? tJlv uti ylv OPjzpatmi M  
 1/2rsv&wmyl

### 6/ pmebrn"djzpatmi f 1/2lydrso dyo em 1/2vuf aumif-raumif

pme&lydrpmevut tajcclylyd Odyo em 1/2vm [ m ylvdaumifyon/ b&m;vu xubawm umvu yg&r  
 jynp&om yk&fsm; [ m pmevut tajcclylyd Odyo em 1/2lwmavrg sm;pb/2elluygon/ pmeftajcclylyd Odyo em  
 1/2w, qllvm pmevut jzpatplydawnh tJlv pmevut plyd 1/2&wmygb? obomv, caetcgrfiawnh w&m;tm;  
 xlv&ef tcefrsm;rm; r&wvobawfrn pme&atmif tm;xlvzlv rvG f sygb? pme&lyv wlvvlus  
 qjzvwz&mv rvG f sygb/ 'gallumih tcefrsm;rm;r&vufi Odyo emuplyd tm;xlvvmu Odyo emOPfsm;  
 uti rlvumcifawv&lyd tudrsm;wvlygw, V

### 7/ , xmbw ususe 1/2rsvent

jriiwl f; Mum;wvl f; ehwvl f; pm;odvvl f; awvxdvvl f; Bukvvlvl f; Oyg' geuEmvvl ac:wvl 1/2kyemrftppawg  
 xi/2n; jzplyubaw, P tJlv gawvvl r 1/2rsvellvvl f rlvbnhtae; cstrfomonhtae; touvl 1/2svuf wnbæonh  
 twaumi faejzi h xi/2rsvlyd p&vraelluw, V 'gallumih tJlv kyemr lawvvl (Oyg' geuEm) tptvrfch 1/2kyemr  
 tlawvvl q&wmyl tJlv kyemr tppawvvl jriiqj Mum;qj ponlu jriiw, f Mum;w, f ponjzih ptp;plubv  
 1/2rswaevufi orm"dtm:amifvhtcgrfi cPrpl jzplyubawmuvl trefwvl f awv&o&w, V 'gallumih tJlv  
 trefwvl f uti lwl lawdtm;jzi h trefwvl f o&atmif jriiqj Mum;qj ponlrn jriiw, f Mum;w, f ponjzih  
 rjywzrswaew, V 'gayrh 1/2rsvcgrfiawnh jriiwl f Mum;wvl f ponlrn tubaphi &tmif 1/2rsvzlvrvG f ygb/  
 xi/2n;awv&wvl wcepbavmuvuplyd 1/2rsvrsv orm"dtm:amifvmltgc trefwvl f awvellvvl f w, V  
 'gallumih OrfAluf tawdtxuplyd azmiw, f yefw, ponjzih 1/2rsvzlv n&fyawmygb/ tJlv 1/2rswaew  
 , if pdvutbutnirawg jzpay:vm, iM tJlv pdvutbutniruvl 1/2&w, P tJlv 1/2lydawnh azmiwvm yefwvm  
 ylyjyelyd rjywzraew, V tceufwvl a0' emponf jzpay:vm, iM tJlv guvl 1/2&w, V lyd, if azmiwvm yefwvm  
 ulyl lyelyd rjywzrsv ob;w, V uti lvponf vly/2n;lyyirf; xrt; ob;rl ponjzpi, iM tJlv guvl 1/2&  
 w, V lydawnh azmiwvm yefwvmulyl jyelyd rjyw 1/2rsvob;w, V

tJlv 1/2rswaew, if orm"dtm:amifvmltgc usawm 1/2kyemrftm/2lawvvl 1/2rsvvvl f 1/2rsvvvl f  
 rsvob&wkyiujcm;c rsvodvmu wjcm; dcm;lydodvmw, V pdvutbutniruvl 1/2rsvvvlhtcgrfi vl Bukvvlvm  
 1/2odvmu wjcm;? Bukvvl 1/2obvN wnlmizp&m 1/2lyvvl iu wjcm; dcm;lyd odvmw, V Mum;w, M 1/2rsvvvl  
 tcgvvl Mum;&wvl to&kyiujcm;? Mum;odvmu wjcm; dcm;lydodvmw, V jriiw, ponjzih 1/2rsvvvlhtcgr  
 sm;r&vvl jrii&wmevl jriiobvm ponlvvl dcm;lydodvmw, V tJlv obv [ m rolvwvvlkyES h odvvlvlemriuvl  
 dcm;lydodvvl tpqhl Odyo emOPftpply

tJlv aemuf orm"OPf wlvwvl tm:amifvmltgc tallumifES hit usduvl ylv dcm;lydodvmw, V  
 oyluawnh jriiw, M 1/2rsv&wvlhtcgr rsup&omallumih jriiw, P jriip&m tqif&omallumih jriiw, M  
 o&w, V Mum;w, M 1/2rsv&wvlhtcgvvl em;1/2&omallumih Mum;w, P Mum;p&mt&omallumih Mum;w, M  
 o&w, V aemulydawnh vlycsi M vlyw, V ob;csi M ob;w, P ob;vvl ob;w, M 1/2rsv&w, V jrii M

jri f w, f 1/2rSw&w, ? Mum;vMum;w, f 1/2rSw&w, / azmi f vM azmi f w, f 1/2rSw&w, ? ye f vM ye f w, f 1/2rSw&w, f ponjzi f vM talLumi f tu f u u l y f jcm;ly f o&w, / t f vM o d w m [ m talLumi f tu f u u l y f jcm;ly f o d w m y p o y& f O P y /

t f l u a e m u f o r m " O P i w q i f w u l y t m ; a u m i f v m w l t c g 1/2rSw&w f 1/2rSw&w f r s v o & w m a & m r s v o d w m a & m t o p t o p j z p j z p l y t c s u j c i f a y m u f a y m u f y s u l y s u b o f i ; w m u l t s n f u l l y M O P j z i h a w l o & w, ? t f b a w m h r l r l w m c s n f y ? q i f & c s n f y ? t w i r [ k w l v l o a b m w & m ; r l c s n f y v M l x i 1/2 f i ; o & w, ? t f g [ m e A h e f a m u f a M u m i f O y o e m O P f t p p a w y ? t f D t o O P a w g t m ; j y n f w l t c g t f v M 1/2rSw&w s u f o b a e, i f 1/2y e m r f o c f j & l i r f w l o a b m x b l t o O P u a m u f o f i ; w, ? t f g [ m r \* O P z i v O P j z i h e A h e u l r s u f a r f i u f y o f i ; w m y g b ? t f g [ m t a & ; t B u d q l o d y l y g y /

8/ qif&M r f a t m i f b, M v l y & y g r n e n t

o w d g a w f r i u a v o m r u i f o r u m v y w v w l b o a [ m i f u a o l y v v o i u l t m ; a v s m p o h b o t o p i t o p j z p & w, ? j z p l e m b o r f i t l r, ? t r s m ; t m ; j z i h u l l q i f & l p w q i f & a w l u l l a w l o & c p m ; & r, ? a e m u f q l t c s u l u a w m h a o & r, ? ' g [ m u a v o m r u i f a o ; w h o w d g a w f r i t l r a w l e u l t p m ; a e l u & w h q i f & a w l y / t f D q i f & a w l f s u i f v w c s i f, i f u a v o m a w g v M o u i f n i r f o f i ; a t m i f u s i l o l v l y g w, ? t f v M u a v o m u i f n i r f a t m i f w u, i r f e u e w l t u s i l u v l t & d r \* 1/2 p l y g ; j z p l y g ; a t m i f 1/2rSw&w l t u s i l y g y ? t f D r \* 1/2 p l y g ; j z p l y g ; a t m i f b l m ; t a v m i f a w m i u O y g ' g e u e m i g ; y g ; w l n t j z p t y s u l u l u l l w l a w l c i f t m ; j z i h o j r i a t m i f 1/2y b o d m c l w, ? t f v M 1/2y b o d m c l w t j z p t y s u l u l o j r i a e, i f r l u m r i t w f r f i t t & [ w z l v b a m u l y t b l m ; j z p l v m c l w, / t f v M b l m ; j z p l y b w l e m u f w & m ; x l & x l u f u r w l x l u w l a o a e, s o w d g a w f l r l r l w l o l y t r \* z l v e A h e u l u l l w l a w l o o j r i a t m i f " r l u m o l w i w & m ; a v m i u p l y t a [ m l u m ; a w m i r c l y g w, ? r z l l y # l y ' g - t v, l v r t u s i l q l w l r \* 1/2 p l y g ; j z p l y g ; a t m i f u s i l o l t f v M u s i h i f j z p a y : v m w l r \* 1/2 p l y g ; u 1/2y e m r f t j z p t y s u f t e p o ' l u o t e w a p o n i u l a w l g r i f w l y n m r s u p u l l j z p a p a l l u m i f ? o p i n 4 - y g ; u l l o j r i f w l y n m r s u p u l l j z p a p a l l u m i f a [ m j y a w m i r c l y g w, /

t f v M r \* 1/2 p l y g ; j z p l y g ; a t m i f 1/2y l t m ; x l w l u l l o w l y | m e o k w i w & m ; a v m i r f i o f i ; a e q l o f i ; o n i f [ k o & r n i p o n j z i h t w i t u s a z m j y a w m i r c l y g o n / a e m u l y b a w m h y e A h e f p l a w m i r t c g e l n r f i r \* 1/2 p l y g ; j z p l y g ; a t m i f u s i l e n f r 1/2 a o m y k l w a w l x h i u a v o m n i r f w l t & d m r 1/2 a l u m i f ? r \* 1/2 p l y g ; y f i ; r s m ; a p w l y y k l w a w l o m u a v o m n i r f l y t q i f & c y o r f n i r f w l t & d m y k l w l & [ E h y k l w l r s m ; j z p e l l a m u m i f u l l t w i t u s a [ m a j y a w m i r c l y g o n / b e f B u d w l u v l j r w p o b l m ; a [ m l u m ; x m ; w h t f l w & m ; a w m e s f i t n d j z p c l u f 1/2y e m r f u l l r s w l y t r \* 1/2 p l y g ; y f i ; a p b l n e l l u m ; j y o a e y g o n / t f v M n e f y o n f i t w l f 1/2y a o a o u s u s e e 1/2rSw&w w h o a w l c m v l 1/2y e m r f t j z p t y s u f t e p o ' l u o t e w a p o n i u l u l l w l l y i f x i 1/2 f i ; a w l y t o l l u & y g w, / t f g [ m o e d a u m - u l l w l a w l g r i e l l w l w & m ; a w m j z p a l l u m i f c s u s ; x m ; w h w & m ; \* l P a w m e s f i t n d a w l u & o j r i l u & w m y g b / ' g a l u m i h b o t o p x y l u m x y l u m j z p j c i f t j c i f e m j c i f a o j c i f p a o m q i f & c y o r f w u, f n i r f c s i f, i f x i 1/2 f i ; j z p l y s u b e w l 1/2y e m r f a w l t r e f t w l f o j r i a t m i f 1/2rSw&w ; x l w l u z l y g b /

9/ r \* 1/2 p l y g ; j z p l y g ; a t m i f u a v o m q i f & l 1/2y e m r q i f & l v M o u i f n i r f a t m i f o w l y | m e f e n t & b, M l t m ; x l w & y g o v l b, f a v m u l l u m a t m i f t m ; x l w & y g o v l

o f i ; q l & y l q l x l l q l a v s m i f q l a u l g e f v M 1/2 f i ; q h i o f i ; w, f & y l w, f x l l w, f a v o m i f w, f a u g w, f q e l w, f v l y 1/2 f i ; w, f p o n j z i h 1/2rSw&w, ? ' g u u l f t r l t & m 1/2rSw&w l u m, m E l y o e m y f i ; a p y l y / u l l x l u e m u s i r l r c b m r j z p l, i f e m w, f t c l u w, f q i f & w, p o n j z i h 1/2rSw&w, ? t a w l t x a u m i f, i f a u m i f w, f c s r f o m w, p o n j z i h 1/2rSw&w, ? p l w x l u p l w y s u j c i f p l w i n p j c i f q i f & j c i t j z p l, i f p l w y s u f w, f p l w i n p l w, f q i f & w, p o n j z i h 1/2rSw&w, ? O r f o m a y m l z l f, i f O r f o m w, f a y m u l w, f p o n j z i h 1/2rSw&w, / r q l t r a u m i f t v, f t v w j z p l, i f a e o m 1/2r O y l p o n j z i h 1/2rSw&w, / ' g u c p m ; r b o ' e m u l l 1/2y l a o ' e m E l y o e m y f i ; a p y l y / p l w i u t B u p n i r l E p l o u r l p l w q l r p o n j z p l, i f p l w i u t w, f B u p l w, f E p l o u w, f p l w q l w, f p o n j z i h 1/2rSw&w, ? ' g u p l w f t r l t & m 1/2y l p l w i n E l y o e m y f i ; a p y l y / j r i c l u f l u m ; c l u p o n i r f i







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Al ömoem? þurð? a&mi 0gaeoñvi fapaomf