—i;s wdrCLidrÒ˜ hk m%ldYhg újrKhla imhkak'

ixhqla; ksldfhys tk u.a. ixhqla;fha cdKqiafidKsn%dyauK iQ;%fha ±lajk mdGhls **—i;s wdrCLidrÓ˜** hkq' nqoaOchka;s ;s%msglfha fuu iQ;%h n%dyauK iQ;%h kñka ±lafõ' tu iQ;%hg wkqj cdKqiafidaKs n%dyauKhd meñKs r:h w;sYhska w,Ùldr jQjls' tys iqÿmdáka irik ,o ßh o" wYajhka o" fldä o" j,aúÿkdÈh o jQ w;r ñksiaiq th fYa%IaG hdkhlehs o n%yauhdkhlehs o lSy' fï mqj; weiQ wk| f;rKqfjda nqÿrÿkag fuu mqj; ie,fldg nqoaOYdikfhys n%yauhdkh mkjkakg yels fõ±hs úuiS h' nqÿrÿkaf.a ms<s;=r jQfha tfia l< yels njhs' tys§ nqÿrcdKka jykafia n%yauhdkh f,i wd¾h wIaGdÙ.sl ud¾.h ±lajQ fial' tfiau fuu ud¾.h n%yauhdkh f,i;a" O¾uhdkh f,i;a" wkq;a;r jQ iÙ.%duúch f,i;a ±lajQ fial' ;jo tys úia;r úNd. jYfhka iïudÈÜÀh wdÈ fldge;s wßwg`.su. jeäh hq;af;a rd.úkh" oafõI úkh" fuday úkh hk ldrKd ;=k uq,a fldg f.k hehs foaYkd l< fial' fuu foaYkdfjka wk;=rej ;:d.;hdfKda fufia .d:d i;r o foaYkd l< fial'

01' —hiai ioaOd p m[a[d p - Oïud hq;a;d iod Oqrx"

ysß Bid ufkd fhd;a;x - **i;s wdrCLidrÒ'˜**

hï wd¾hud¾.hdkfhl Y%oaOdj o m%{dj o hk O¾ufhda yeu l,ays Oqrfhys fhÿKdyq o" ,Êcdj ßhysi fõ o" ^úo¾Ykd yd ud¾.& is; fhd; fõ o" isysh wdrlaIl ßhÿrd fõ o"

02' —rf:d iS,mßCLdfrd - ®dkfCLd plalùßfhd"

WfmLd Oqriudê - wksÉPd mßjdrKx'˜

^wd¾h& wIagdÙ.sl ud¾. kue;s r:h YS,h w,Ùldr fldg we;af;a o OHdkh wl=r fldg we;af;a o ù¾hh pl% fldg we;af;a o" WfmlaIdj Oqr iu;ajh fldg we;af;a o" wf,dNh wdjrKh fldg we;af;a o"

03' —wjHdmdfod wúysxid - úfjfld hiai wdjqOx"

;s;sCLd pïuikakdfyd - fhd.fCLudh j;a;;s'˜

wjHdmdoh wúysxid ^;s%úO& úfjl hk mi hï r:fhl wdjqO fõ o bjiSu me<|.;a hqoaO ieÜgh fõ o" ksjk msKsi mj;S o"

04' —t;o;a;ks iïN+;x - n%yauhdkx wkq;a;rx"

kshHka;s ërd f,dlïyd - w[a[F:q chx chka;s' ˜[[1]](#footnote-2)

ksre;a;r jQ fï n%yauhdkh fyj;a fY%aIaG hdkh ;ud flfrys yg.;af;a kï ^ta& m%d{fhda taldka;fhka ^rd.d§ka& Èkñka f,dalfhka kslafu;s hs'[[2]](#footnote-3)

nqoaOfoaYkdj ;=< úia;r flfrk by; i|yka lreKq foi ne,Sfï§ r:h Wmudjg ;ndf.k r:fha wÙ.hkag nqoaOfoaYkdj we;=<;a fldg we;s nj fmkS hhs' fuys§ úuiSug n÷ka jkafka —i;s wdrlaLidrÒ˜ hk m%ldYh muKls' fï i|yd uQ,sl jYfhka uQ,dY%h f,i ixhqla;ksldhÜGl:dj ;nd .; yels h' tfiau i;sh ms<sn| wka;¾.; iQ;% foaYkdÈh o fuys§ úuiSug ,la lsÍu fuu m%ia;=; ud;Dldjg w;aje<la imhhs'

**i;s hkafkys w¾:'**

01' i;s" b' isysh¦ iauD;sh¦ is; úm;g jefgkakg fkd§ rlakd ffp;islh'[[3]](#footnote-4) 02' i;s' iauD;sh" isysh'[[4]](#footnote-5) 03' [Sati (goddess)](http://en.wikipedia.org/wiki/Sati_%28goddess%29): Hindu goddess, [Shiva](http://en.wikipedia.org/wiki/Shiva)'s first wife. 04. [Sati (practice)](http://en.wikipedia.org/wiki/Sati_%28practice%29), an ancient Indian tradition of the immolation of a widow on her husband's funeral pyre, now illegal. 05' [Mindfulness](http://en.wikipedia.org/wiki/Mindfulness_%28Buddhism%29) ([Pali](http://en.wikipedia.org/wiki/Pali)). In Buddhism the word ‘Sati’ usually carries the meaning of awareness or skillful attentiveness. [[5]](#footnote-6) fuys i;s hk jpkhg fkdfhla w¾: we;' i;s hkak ixialD; iauD;s hkafkka ì£ tk mohla f,i we;eïyq jd.aúoHdkql+,j i,l;s' ta nj tfiau bx.S%is NdIdfjka z[Mindfulness](http://en.wikipedia.org/wiki/Mindfulness_%28Buddhism%29), Memory, Recognition, Consciousness, Intentness of mind, wakefulness of mind, Alertness, Lucidity of mind, conscience’ hkd§ w¾: imhd we;' fuu i;s hk mofhys ls%hdmoh f,i ir;s hkakhs' idfr;s hkak o fï w¾:fhkau we;s mohls'[[6]](#footnote-7) ;jo iqur;s hkd§ mo o isys lsÍï w¾:fhys fhfoa' ;jo idu[a[M, iQ;% wgqjdfõ i;S;s WmÜGdkÜfGd[[7]](#footnote-8) hkqfjka fh§ we;' ta wkqj i;sh hkq jegySï w¾:fhka .; yels h' —if;d iïmcdfkd˜ hk uydmodk iQ;%fhys tk —if;d˜ hk mohg uydmodkiq;a;jKaKkdfjys —t;a: if;d;s i;sfhj˜[[8]](#footnote-9) hkqfjka fndaêi;a;Oïu;djKaKkd fldgfiys olajd we;' —i;sfhj i;smÜGdkka;s jqÉp;s'˜[[9]](#footnote-10) hkqfjka i;smÜGdkiq;a;jKaKkdfjys ±lafõ'

W.;=kaf.a u; ms<sn| úuisfï§ Íia fâúâia by;ska olajk ,o w¾:hka ms<sf.k nj Tyq úiska rÑ; YíofldaIfhka o; yels h' Meditation, Contemplation, Insight hk w¾: o fuys we;=<;a nj we;eïyq fmkajd fo;s' yeßikaf.a u;hg wkqj wkqiai;s hkak iy i;s hkak tlsfklg yqjudre l< yels w¾:hkaf.ka hqla; fõ' fchsksf.a u;hg wkqj f:rjd§ wNsO¾ufhys i;s hkak fh§ we;af;a wkql=,SlrK idOlhla ^Conditioning fator) f,i h' ta wkqj iqNjd§ isysh ^Good consciousness& hkqfjka woyia flÍ we;'[[10]](#footnote-11) iïudi;s" ñÉPdi;s hk mo foi ne,Sfï§ i;s hkak iuH.a i;sh" ñ:Hd i;sh hkqfjka o woyia l< yel fõ' i;skaøsh jeks mo foi ne,Sfï§ i;sh hkq bkaøshhla f,i o fh§ we;' i;súkh hkd§ ;ekaj,§ YíofldaIfhys ±lafjkafka tkï úkh l¾uh hkqfjks' i;sfjdiai.a. hk ;efkys isysfha úl,aNdjhhs' i;smÜGdk hk ;ekj,§ i;r i;smÜGdkh wre;a .ekaù we;s w;r nqÿoyfuys i;s hkak jeä jYfhka Ndú; jQ jpkhla f,i fuh yelaúh yels h' i;s hk moh yqÿ jpkhla f,i .ekSfï§ we;s l,ayS hk w¾:h o ,nd fohs' wiañx i;s box fyd;s hkak thg idOlhls' i;sfndÊ®Ù. hkq ksjka ,eîug Wmldr jk msßisÿ isysh hkqfjka ±lafõ' i;siïmc[a[ hkq isysh yd kqjk hkakhs' fuu jpk folo tlg fh§ we;s njla ±l.; yels h' —i;s;d˜ hkq ;oaê;hls' —isys we;s nj˜ hkq tys woyihs' fuys§ iuia;hla jYfhka ie,lSfï§ i;sh hkq ir,j isysh hkqfjka .; yels w;r i;s wdrCLidrÒ hkafkka lskï isyshla ms<sn| wjOdrKh fldg we;a±hs úuiSu l< hq;= fõ'

—i;s wdrCLidrÒ˜ hkak wgqjd khska fufia olajd we;' **—i;s wdrCLidrÒ;s u.a.iïmhq;a;d i;s wdrlaLidrÒ' h:d ys r:iai wdrlafLd idrÒ kdu fhd.a.sfhd' Oqrx jdfy;s fhdfc;s wlaLx wíN[ac;s r:x fmfi;s r:hq;a;fl ksíìfijfk lfrd;s" tjx u.a.r:iai i;s' wh[ays wdrCLmÉpqmÜGdkd fpj l=i,dl=i,dk[ap Oïudkx .;sfhd iukafjfi;S;s jq;a;d'˜[[11]](#footnote-12)** fuu w¾:h kï —i;swdrCLidrÒ" ud¾. .ufkys fhÿK wdrlaIdldÍ ßheÿrd hï fia r:fha wdrlaIdldÍ ßhÿre kï fõo" hful= úh .fiys fhdojhs o" t: frdaofha w,xj.=jg^welai,hg& f;,a .,ajhs o" r:h hjhs o" r: fiajfhys fh§ isáhjqka ^wjYH úg& fiajfhka ksoyia lrhs o" fufia ud¾.fhys hjk r:fha isysh msysgqjhs' fï jkdyS wdrlaIdj isysfha ;nd .eKSfuka o l=i,dl=i, O¾uhkaf.a msysàfuka o isjq fõ hhs lshk ,§'˜[[12]](#footnote-13) fï wkqj fmkS hkafka i;sh hkq wdrlaIl ßhÿrd hkqhs' fuu mdGhg àldfjys újrK imhd we;af;a fufia h' **—mqínÙ.uNdfjk wdrlaLx idfr;S;s wdrlaLidrÓ'** **h:d ys r:iai''fm'''idrÒ˜;s j;ajd ;x oiafi;=x —fhd.af.d˜;s jq;a;x' Oqrx jdfy;s fhd.af.' fhdfc;S;s fhd.af. iu.;sh[ap' wlaLx wíN[ac;s iqLmamj;a;k;a:x' r:x fmfi;s fhd.a.fpdofkk' ksíìfijfk lfrd;s .ukùÓhx mámdofkk ikaksfhdfc;s' wrlaLmÉpqmÜGdkd;s wdrlaLx mÉpqmÜGfm;s wiïfudiiNdj;a;d'˜[[13]](#footnote-14)** fuys woyi kï mQ¾jdÙ.uNdjfhka wdrlaIdj .ukalrjhs hkqhs wdrlaLidrÒ' hïfia jkdys **—r:iai''fm''idrÒ˜** hehs lshd th ±laùug —fhd.af.d˜ hehs lshk ,§' r:fhys úh.i fhodjhs' —fhdfc;S;s˜ hkq r:fhys iudk.ufkys o" **—wlaLx wíN[ac;s˜** hkq iqjfia m%j¾;kh msKsih' **—r:x fmfi;s˜** hkq r:h fufyhùfuys' **—ksíìfijk lfrd;s**˜ hkq .uka.kakd ud¾.fhys m%;smdokfhka ukdjfhdojhs' **—wdrlaLmÉpqmÜGdkd;s˜** fkduq<dneúka wdrlaIdj t<jhs hkqhs' fuu m%ldYh foi ne,Sfï§ by;ska i|yka w¾:hkays úYoNdjh msKsi lreKq olajd we;s nj fmkS hhs' wgqjdfõ i|yka jeo.;a mdGhla kï —**l=i,dl=i,dk[ap Oïudkx .;sfhd iukafjfi;S;s˜** hkakhs' l=i,dl=i, O¾uhkaf.a .uk ukdj ne,Su fuhska woyia flf¾'

i;sh Wmudjla weiqfrka meyeÈ,s lsÍula fuys§ isÿ fldg we;' r:fha wdrlaIl ßhÿrdf.a ld¾hNdrh hkq ish¨ lghq;= ms<sn| wjfndaOhla ;sîuhs' ta ish,a, iqÿiq mßoafoka fkdl< fyd;a tu r:fha meje;aula fkdue;' isysh o tfiau h' isysh ks;ru msysgqjd .ekSu fuhska woyia fldg we;s nj ±l.; yels h' túg isysh l=i,dZl=i, O¾uhka ms<sn| wjOdkfhka isáhs' fkduq<d jQ isyshla we;s úg th b;d jeo.;a jkakls' nqÿoyfï uQ,sl wNsm%dh jkqfha isysfhka isàu muKla fkdjk nj wd¾h wIagdx.sl ud¾.h ;=<ska fmkS hhs' tys tla wÙ.hla muKs iïud i;s hkq' tfia kï fuu wÙ.h wh;a jkafka iudê .Khghs' kuq;a fndfyda iQ;%foi ne,Sfï§ i;smÜGdkh b;du;a jeo.;a ld¾hhla ks¾jdK ud¾.fha § isÿ lrK nj fkdryils'

§>ksldfha uydj.a.fha tk i;smÜGdk iQ;%h i;sh ms<sn| úuiSug ,laa lrk iQ;%hls' th tys kdufhkau wjfndaOlr .ekSug yels fõ' fuu iQ;%h nqÿrÿka lïudiOïu kï l=rejeishkaf.a kshï .fuysÈ foik ,§' tys Woafoaifhys § **—tldhfkd whx" NslaLfj u.af.d i;a;dkx úiqoaêhd" fidlmßfojdkx iu;slaludh ÿlaLfodukiaidkx w;a:Ù.udh [dhiai wê.udh ksíndkiai iÉPlsßhdh" hÈox p;a;dfrd i;smÜGdkd˜[[14]](#footnote-15)** hkqfjka i;smÜGdk foaYkdfjys taldhk wruqK meyeÈ,s flf¾' bka wk;=rej i;sfhys fldgia i;rla olajd we;af;a fufia h' —**l;fu p;a;dfrd@ bO NslaOfj" NslaLq ldfh ldhdkqmiaiS úyr;s wd;dms iïmcdfkd i;sud úfkhH f,dfl wNsÊ®dfodukiaix" fjokdiq fjokdkqmiaiS úyr;s wd;dms iïmcdfkd i;sud" úfkhH f,dfl wNsÊ®dfodukiaix' Ñ;af; Ñ;a;dkqmiaiS úyr;s wd;dms iïmcdfkd i;sud úfkhH f,dfl wNsÊ®dfodukiaix" Oïfu OïudkqmiaiS úyr;s wd;dms iïmcdfkd i;sud úfkhH f,dfl wNsÊ®dfodukiaix**˜[[15]](#footnote-16) hkqfjks' fuu fþofhys i;ri;smÜGdkhgu wruqKq jQ lreKq ±lafõ' tys we;s —**wd;dmS"** **iïmcdfkd" i;sud" úfkhH f,dfl wNsÊ®dfodukiaix˜** hk jpk foi ne,Sfï§ ta nj jgyd .; yels h' fuu i;sh msysgqùu ksr¾:l jQ wruqKlska fkdl< yels fohls' tksidu wd;dmS fyj;a flf,ia ;jk ù¾hfhka hq;=j hk moh fh§ we;' nqoaOfoaYkdfõ uQ,sl wruqK flf,ia ;mkhhs' flf,iqkaf.a uQ,Éfþokh ;,a.il lráh lvkakdla fuka l< hq;a;ls' .ila .;a l,ayS tu .fiys uq,a mjd .,jd tajd úh,d .sks ;nd úkdY lrk úg kej; thska .i iyuq<skau úkdYhg m;a fõo tfiau laf,aYhkaf.a úkdYh nqÿoyu wjOdrKh lrhs' —iïmcdfkd˜ hkq iïmc[a[hhs' fjk;a whqrlska lshf;d;a ukd m%{d we;s njhs' i;s hk moh —iïmc[a[˜ hkak iu. tlg fh§ we;s whqrla o ±l.; yels h' ta neõ by;ska o i|yka úh' tfia lreKq fyhska iïmc[a[h o i;sh i|yd wjYH jQjls' i;sud hkafkka o .efkkafka isys we;s njhs' fun÷ ,laIK we;s mqoa.,hdf.a taldhk wruqK wNsOHdfo!ukiHhka ÿre lsÍuhs' wNsOHd hkq úIu f,daNhhs' fodïkia iajNdjh hkq isf;a we;s jk fidïkia iajNdjfha úreoaO wxYhhs' fï wkqj i;sh we;s mqoa.,hdf.a wNsm%dh isysfhka lghq;= fldg h:djfndaOh ,nd .ekSuhs' i;sh lshQ muKskau th wjfndaO lr .ekSug wmyiq jQjls' l=ula o i;sh hkq@ hehs m%Yak lsÍfï§ i;sh hkq isyshhs' l=ula wruqKq fldgf.k isysh msysgúh hq;=o@ hk m%Yakhg ms<s;=r ixhqla;ksldfha i;smÜGdk ixhqla;fhka o" fkdfhla iQ;% foaYkdjkays o uyd i;smÜGdk iQ;%fhys ±lafjk f,iska o i;r i;smÜGdkhhs' tkï **ldhdkqmiaikd" fõokdkqmiaikd" Ñ;a;dkqmiaikd" Oïudkqmiaikd** hk i;rhs' fuu wÙ. ms<sn|j o ±kqula wjYH fõ'

**ldhdkqmiaikd**

lh ms<sn|j kqjKska úuid ne,Su ldhdkqmiaikdjhs' —wkqmiai;s˜ hkq úuid n,hs hk w¾:fhys jefÜ' i;smÜGdk j¾Kkdfjys lh hkq rEm lh nj i|yka fõ' tfiau wÙ. m%;HÙ. jYfhka iuQyd¾:fhys fuh fhfoa' tkï **—ldfh;s rEmldfh' rEmldfhd ys bO wÙ.mÉpÙ.dkx flid§k[ap Oïudkx iuQyÜfGk y;aÓldhr:ldhdofhd úh ldfhd;s wêmafm;d'˜[[16]](#footnote-17)** tfiau ldhdkqmiaiS hk mofhka wre;a .ekaù we;af;a lh wkqj n,k iS,hhs' —**ldhdkqmiaiS;s ldfh wkqmiaik iSf,d˜[[17]](#footnote-18)** hkqfjka th ±lafõ' t;o lh hkqfjka .efkkafka wÙ.m%;Hhka.fhda h' wÙ.m%;HÙ.hkaf.ka f;dr jQ lhla ke;s nj wgqjdj oelafõ' r:hl wÙ.m%;HÙ.hkaf.a iujdfhka r:h hk ix{dj ,nkafka hï fia o tfia u flia" f,dï" ksh" w;a" md wdÈfhka iuqfma; jQ YÍrh lh hk ix{dj ,nhs' fï nj úiqoaêud¾.fha o ±lafjkakls' ;jo wgqjdfjys ±lafjk whqßka fuys hfula mDÓú lh" wdfmda" f;fcd" jdfhd" flai" f,du" Pú" pïu" uxi" reysr" kydre wÜÀ wÜÀñ[acd ldh wks;H jYfhka olskafka hhs máiïNsodfjys ldh lshk ,§' ta ish,a,u fï lfhys ne,Sï jYfhka —ldfh ldhdkqmiaiS˜ hhs w¾:h o; hq;= nj ±lafõ' tkï —**bfOlÉfpd m:úldhx wksÉpf;d wkqmiai;s" wdfmdldhx f;fcdldhx jdfhdldhx flildhx f,duldhx Púldhx pïuldhx uxildhx reêrldhx kydreldhx wÜÀldhx wÜÀñ[acldhka;s máiïNsodhx ldfhd jq;af;d" ;iai iíniai buiañ[af[j ldfh wkqmiaikf;d ldfh ldhdkqmiaiS;s tjïms w;af:d fjÈ;ífnd'˜[[18]](#footnote-19)** hkqfjka ±lafõ' flfia lh ms<sn|j úuid n,kafka o hkak ms<sn|j i;smÜGdk iQ;%fhka lreKq o; yels fõ' tys§ —flfia jkdyS NslaIqj lfhys lh úuid n,kafka jdih lrhs o@˜ hk m%Yakh k.d uyfKks fuys§ NslaIqj wdrKH.;j fyda

jDlaIuQ, .;j fyda Y+kHd.dr.;j fyda m<`.l neo Rcq lhska hqla;j uqyqK bÈßfhys isysh msysgqjd ys¢hs' fuys ±lafjk wdrKHd§ ia:dk f;drd.; hq;af;a tu ia:dk fhda.djprhdg fhda.H jQ ia:dk neúka wgqjdfjys ±lafjk w;r th nqÿrÿka ukdj ±k ia:dk f;dard§ula f,i ±lafõ' Ndjkd lsÍfï§ NslaIqj flfia ms<smeÈh hq;= o hkak iQ;%fhka fufia o; yels fõ' tkï" fyf;u isys we;sj wdYajdi lrhs' isys we;sj m%Yajdi lrhs' §¾> yqiaula .kakd úg th §¾> hehs okshs' §¾> m%Yajdihla we;s l,ayS th §¾> yqiau msglsÍula f,i okshs' flá yqiaula .kakd úg flá yqiaula hehs okshs' flá yqiaula msg lrK úg flá yqiaula nj okshs' uq¿lfhys meje;au m%lg lrñka wdYajdi lrñhs mqyqKq flfrhs' uq¿lfhys meje;au m%lg lrñka m%Yajdi lrkafkñhs yslafuhs' ldh ixialdrh ixis÷jñka m%Yajdi lrkafkñys yslafuhs' fuhg PÜGiÙ.dhkd ;eáfhys § ud;Dldj ;nd we;af;a —ldhdkqmiaikd wdkdmdkmínx˜ hkqfjks' tf,iska ;s%msgl nqoaOchka;s .%ka:fhys fuu fldgi wjik —wdkdmdkmínx ksÜÀ;x˜ hkqfjka ±lafõ' flfia fj;;a fuu isysh msysgqùu wdYajdi" m%Yajdi ms<sn| hehs o; yels h' fndai;a wjêfha§u jmau`.=,a W;aijh Èkfhys fndai;dfKda m%.=K l< Ndjkdj o wdkdmdk i;shhs' Wkajykafiag nqoaO;ajh wjfndaO lr .ekSu msKsi;a m%:ufhkau fuu l%uh wkq.ukh lrkakg isÿ jQ nj i|yka fõ' tfia lreKq fyhska lh wkqj wks;Hd§ iajNdjhka fufkys lsÍu jeo.;a jkakla f,i l,amkd l< yels h' i;s wdrlaL idrÒ hkak yd iïnkaO lsÍfï§ i;sh hkq wdrlaIl ßhÿfrla nj m%ldY l< yels h' lh kqjKska úuid ne,Sfï§ isysh ukdj msysgqúh hq;= fõ' tfia fkdjk ;ek isf;a tald.%;djla ±l .; fkdyels fjhs' wdrlaIl ßhÿrd hï fia r:h ukdj ls%hd lrjkafka o tfiau lfhys isysh msysgqùu o tfiau h' tfia fkdjk l,ayS ks¾jdK ud¾.fhys .uka lsÍu lsisfia;a l< fkdyels h' thg ukd yslaóula wjYH fõ' tksidu by; i|yka lreKq o fuhg iïnkaO nj lsj yels h' ;jo fuys fuu isysh msysgúh hq;= whqre Wmudjlska fmkajd we;af;a ***olaI ,shk jvqfjla fyda olaI ,shk jvqfjl=f.a w;jeiafila hïlsis §¾> jQ fyda y%iaj jQ fyda NdKavhla ,sùfï§ ke;fyd;a h;= .Efï§ ,Sfha m%udKhg wkqj h;a; w;a md fufyhSfuka hjhs o tf,iska §¾> jQ yqiau flfrys o y%iaj yQ yqiau flfrys o isysh msysgúh hq;= njhs'*** wm okakd mßÈ hï lsis jdykhla mojk ßhÿfrla mdf¾ iajNdjh wkqj l%ufhka fõ.h jeä wvq lsÍï isÿ lrhs o tf,iska o fuu isysh msysgqúh yels h' fuu isysh wdOHd;añl jYfhka o ndysr jYfhka o msysgqùu fuu iQ;%fhka ±l.; yels lreKls' fuys wdOHd;añl hkq ;udf.a lh ms<sn|jhs' ndysr hkq wkqkaf.a lh ms<sn|jhs' fï wkqj n,k l,ayS fuys ir, njla fkdj .eUqre njlau fmkS hhs' j¾;udkfha wdOHd;añl jYfhka fndfyda fia wdkdmdk i;sh jvk kuq;a fuys ;j;a me;a;la we;s nj l,amkd l< yels h' th myiq fkdjkakdjQ lreKls' tfiau lrclh" kdidmqg" Ñ;a;h hk wdYajdi" m%Yajdihkaf.a bme;aug fya;=j lreKq flfrys o" úkdYh ùug fya;=jk lreKq flfrys o" bme;au yd úkdYhg fya;=jk lreKq flfrys o isysh msysgùu jeo.;a fldg olajd we;' mrud¾: jYfhka lhla fkdue;s jqj;a iïuq;s jYfhka lh;a we;s nj fuys§ fhda.djprhd isysh msysgqjhs' fuh isÿ lrKqfha {dkfha j¾Okh lsÍu wd§ lreKq úIfhys h' f,dalfhys lsisjla ms<sn| we,aula ;DIaKdfjka fkd.; hq;= nj o fuys i|yka jkakls' fï whqßka ldhdkqmiaikdj jeãu ks¾ÈIag fldg we;' th i;smÜGdkfha m<uq jekakhs'

;jo ldhdkqmiaidfõ fldgia lSmhla hgf;a úia;r úNd. ±l .; yels h' tu fldgia kï **bßhdm:mínx" iïmc[a[mínx" málal+,ukisldrmínx" Od;=ukisldrmínx" mGux iSjÓlx" ÿ;shx iSjÓlx" ;;shx iSjÓlx" p;=;a:x iSjÓlx" m[apux iSjÓlx" PÜGx iSjÓlx" i;a;ux iSjÓlx" wÜGux iSjÓlx" kjux iSjÓlx** hkqfjka fldgia 13 la hgf;a fn§ hhs' bßhdm:mín fyj;a bßhdm: m¾jfha § bßhõ msysgqùu ms<sn| isysh msysgqùu olajd we;' tkï i;r bßhõ jQ hEu" isàu" ys£u" ksod.ekSu hk i;rhs' th o wdOHd;añl iy ndysr jYfhka by;ska ±la jQ whqßka ±la fõ' iïmc[a[ m¾jfha§ bÈßhg hEu" miqmig meñKSu" bÈßh ne,Su" wkqÈYd ne,Su" w;amd yels<Su" È. yeÍu" i`., isjqre yd md isjqre ±Íu" fndcqka je<£u" meka mdkh lsÍu" LdoH oE wkqNj lsÍu" u,uq;% mylsÍu hkd§ lreKq úIfhys isysh msysgqjd l< hq;= nj ±la fõ' th o wdOHd;añl" ndysr jYfhka fofldgilg fnfoa' málal+,ukisldr m¾jfha § flYdka;fha isg mdodka;h olajd l,amkd fldg th wY=Ñfhka msreKq YÍrhla nj isys m;a l< hq;= fõ' tys§ **—w;aÓ buiañx ldfh flid f,dud kLd'''˜**hkd§ khska uq¿ isrefrysu fldgia ms<sn| isysh bmoúh hq;= h' th ;jÿrg;a meyeÈ,s lrKq msKsi Wmudjla f.k yer olajd we;af;a fufia h' hïlsis weia we;s mqreIfhla fomiska uqj we;s u,a,l uqx" ye,a ù" uE hkd§ OdkH ±l tajd fjka fjka OdkH j¾. f,i wjfndaO lr.kafka o tfiau ldhdkqmiaikdfõ fh§ isák fhda.djprhd YÍrh kue;s u,af,ys we;s ish¨ øjHhka wjfndaO lr.kshs' tf,iska lh fufkys lsÍfï§ wmú;% fo;sia l=Km fldÜGdi ms<sn| wjfndaOhla ,nd .kshs' th o wdOHd;añl ndysr jYfhka fldgia folls' Od;=ukisldrmínx hkqfjka ±lafjk fldgfiys mGú" wdfmda" f;fcd" jdfhd hk i;r uyd N+;hka ms<sn|j wjfndaOh ,nd.kakd whqre ±la fõ' th isÿ lrkafka o lh uq,a fldg .ekSfuks' th WodyrKhlska fmkajd § we;af;a fufia h' olaI .j>d;lfhla fyda wkaf;ajdislfhla fyda fokl urd fldgia fldg isõux ikaêhl ;nd fnod olajkafka o tf,iska fï YÍrfhys we;s Od;= fldgia i;r ms<sn| fhda.djprhd wjfndaO fldg .; hq;= fõ' th o wdOHd;añl ndysr jYfhks' mGuiSjÓlfha § fidfydkl ;sfnk Èk.Kkla .; jQ YÍrfha iajNdjh ±l ta wkqj ;ukaf.a isrer o fuu iajNdj fldg we;af;a hehs isys l< hq;= fõ' Èk .Kkla fidfydkl ;sfnk u<ñksh fkdfhla whqßka fjkia fõ' bÈóu" ks,ameye .ekaùu" ierj je.sÍu iajNdj fldg we;s whqre fufkys lsÍula fuys§ wfmalaIs;hs' th o wdOHd;añl ndysr jYfhka fldgia folls' ÿ;sh iSjÓlfha § isys l< hq;= jkafka fidfydkl we;s u<ñkshla hï fia ljqvqka" Wl=iaika" .scq,sysKshka wdydrh msKsi .ks;a o tf,iskau uf.a isrer o fuu iajNdj fldg we;af;a h hkqfjka wjfndaO lsÍuhs' tho wdOHd;añl ndysr jYfhka fldgia folls' ;;sh iSjÓlfha § uia" f,a iys; jQ kyßka ne÷Kq weg iels,a,la fidfydfkys ±l fuu iajNdjh uf.a isrefrys o we;af;a hehs l,amkd lrhs' i;rjk iSjÓlfha § fifydfkys ouk ,o isrerl uia rys;" f,hska jel=Kq weg iys; isrerla ±l ta wkqj ;ukaf.a isrer foi ne,Sula fuys§ isÿ flf¾' miajeks iSjÓlfha § uia f,a rys; kyßka noaO jQ isrefrys iajNdjh ;ukaf.a YÍrfhys o we;af;a hehs fufkys lrhs' ihjeks iSjÓlfha § uia f,a rys; wiaÓ úisreKq isrela ±l ta wkqj ;ukaf.a isysh msysgqùu fuys§ isÿ flf¾' ;ukaf.a isrefrys iajNdjh;a fun÷ jQjlehs Tyq l,amkd lrhs' i;ajk iSjÓlfha § ila n÷ iqÿ meye;s weg f.dvla muKla olshs o tn÷ jQ iajrEm jQ ;u isrer ms<sn| isysh msysgqjhs' wgjeks iSjÓlfha§ wjqreoaola blau .sh isrerl iajNdjh meyeÈ,s flf¾' ta wkqj weg f.dvla muKla b;sß jQ isrerla ±l ta wkqj ;uka f.a isrer ms<sn| isys lrhs' kjjk iSjÓlfha § l,la wejEfuka iqKq jQ wiaÓ iuQyhla ±l ;u isrefrys iajNdjh o tn÷ hehs l,amkd lrhs' fï whqßka ;ukaf.a o wkqkaf.a o hk wxY fol Tiafia u l,amkd lsÍu fuys wruqKls'

by;ska olajk ish¨ lreKq ms<sn| úuiSfï§ isysh flf;la ÿrg msysgqúh hq;= o hkak meyeÈ,s fõ' fuys§ isÿ flfrkqfha wks;H" ÿlaL" wkd;au hk ,laIK;%h wjfndaO lr .ekSuls' wgqjdfjys is; oukh lsÍu jeo.;a fldg i,ld we;s w;r th i;sh kue;s /yekska ne¢h hq;= jkafka l=¿ jiafil= geUl ne| ;nk whqßka wehs fm!rdKslhkaf.a woyila o tla fldg we;af;a fufia h'

—h:d :ïfN ksnkafOhH - jÉPx oux kfrd bO"

nkafOfhHjx ilx Ñ;a;x - i;shdrïufK o<ayx˜[[19]](#footnote-20)

i;sh jeãfï uQ,sl wruqK ks¾jdKh mila lr .ekSuhs' tksid wdrKHdÈfhys isg isysh msysgqjd l¾uia:dkqrEmj Ndjkd lrK NslaIqj ms<sfj<ska i;r u. o wd¾h M,h o ±k.kafka h' tksid ;=ÿia wdldr jQ l%uhg fuu isysh msysgqùu jeo.;a fõ' fï wkqj isysh msysgqùfï jeo.;a lu wjfndaO lr.; yels h' ldhdkqmiaikdj jeãu muKla m%udKj;a fkdjk fyhska i;sh msysgúh hq;= l%ufõo i;rlau nqÿrÿka úiska wkq±k we;s nj iQ;%d.; lreKqj,ska fmkS hhs'

**fjokdkqmiaikd**

fõokdj kqjKska úuid ne,Su fjokdkqmiaikd kñ' fuys§ NslaIqjg isys lsÍug we;af;a iqLfõokd" ÿlaLfjokd" wÿlaLuiqL fõokd hk ;=k ms<sn|jhs' fuys wÿlaLuiqL hkq WfmalaId iy.; fõokdjhs' fuu fõokd ú£fï§ ta wkqj th iem" ÿla" wÿlaLuiqL hkqfjka ±k.ekSu wfmalaIs;hs' fuu fõokd ms<sn|j isysh msysgqúh hq;= whqre my; i|yka fþofhka o ±l.; yels fõ'

**—idñix jd iqLx fjokx fjÈhudfkd idñix iqLx fjokx fjÈhdó;s mcdkd;s' ksrdñix jd iqLx fjokx fjÈhudfkd ksrdñix iqLx fjokx fjÈhdó;s mcdkd;s' idñix jd ÿlaLx fjokx fjÈhudfkd idñix ÿlaLx fjÈhdó;s mcdkd;s' ksrdñix jd ÿlaLx fjokx fjÈhudfkd ksrdñix ÿlaLx fjokx fjÈhdó;s mcdkd;s' idñix jd wÿlaLuiqlx fjokx fjÈhudfkdidñix wÿlaLuiqlx fjokx fjÈhdó;s mcdkd;s' ksrdñix jd wÿlaLuiqLx fjokx fjÈhudfkd ksrdñix wÿlaLuiqLx fjokx fjÈhdó;s mcdkd;s'˜[[20]](#footnote-21)**

by; i|yka fldgfiys ±lafjk mo foi ne,Sfï§" idñi" ksrdñi hk fldgia folla hgf;a iqL" ÿlaL" wÿlaLuiqL hk fldgia ;=k ú.%y jk nj fmkS hhs' fuys idñi hkafkka woyia flfrkqfha lduks#Y%s; hkqhs' ksrdñi hkq ffkIalduH ks#Y%s; fyj;a l=Y, mlaI.; hkqhs' fï wkqj is; msysgqùu fhda.djprhdf.ka n,dfmdfrd;a;= úh hq;= fõ' th o wdOHd;añl" ndysr jYfhka fn§ we;'

wÜGl:dfjys iqLfõokdj ú¢k whqre wjfndaO lr.kakd whqre fufia olajd we;' tkï —**;;a: iqLx fjokka;s ldhslx fp;islx jd iqLx fjokx fjohudfkd wyx iqLx fjokx fjohdó;s mcdkd;S;s w;af:d'˜[[21]](#footnote-22)** tys w¾:h kï tys iem fõokdj hkq ldhsl fyda ffp;isl fyda iqL fõokdjla ú¢kqfha uu iem fjokdjla ú¢ñhs ±k.kshs kqhs w¾:hs' wgqjdjg wkqj úuiSfï§ fmkS hkafka lsishï i;ajfhla fyda mqoa.,fhla fyda fõokdj fkdú¢k njhs' **;;a: fld fjoh;S;s k fldÑ i;af;d jd mq.a.f,d jd fjoh;s'** hkafkka th meyeÈ,s fõ' tfia u th ljrl=f.a fyda fõokdjla fkdfõ' jHjydr ud;%fhka uu ú¢ñ hkak fhfoa' **wyx fjohdó;s fjdydru;a;x fyd;s** hkafkka ta nj ±lafõ' thg WodyrKhla f,i wgqjdfjys ±lafjk is;=,amõjeis f;reka jykafia kulf.a l:d mqj; o .; yels h' th o fuysu i|yka jkakls' is;=,amõfjys tla;rd f;reka jykafia kula n,j;a fõokdfjka fl¢ß.dñka isák úg oyr NslaIqjla iajdóks fld;ekl ßfoa±hs úuihs' túg f;reka jykafia mjikqfha ßfok fjku ;ekla ke;s njhs' tu fõokdj bjiSfï§ f;rekaf.a yoj; fõokdj fya;=fjka me,S hhs' wef|ys nvje,a tl;=fjhs' th oyr NslaIqjg fmkajQ f;reka jykafia weje;aks fumuK bjiSu jà±hs úuihs' túg oyr NslaIqj ksYaYío fjhs' f;reKqfjda ù¾hfhka hq;=j iu: jÈ¾Ykd jvd w¾y;ajh mila lr.kshs' miqj Wkajykafia msßksjka mdhs' fï wkqj meyeÈ,s jkafka fõokdj ú¢k mqoa.,fhla olajd ke;s nj;a fõokdj we;s ;ekla fkdolajd we;s nj;a h' nqoaOfoaYkdjg wkqj fuu fõokd máÉpiuqmamkak fyhska fjkia jk iq¨h' tksid tys l,lsÍu wd¾h Y%djlhka úiska lrK ,oaolehs w.a.sfõik kue;a;dg nqÿrÿka úiska myod § we;af;a fufia h'

**—hiañx" w.a.sfjik" iufh iqLx fjokx fjfo;s" fkj ;iañx iufh ÿlaLx fjokx fjfo;s" k wÿlaLuiqLx fjokx fjfo;s" iqLxfhj ;iañx iufh fjokx fjfo;s' hiañx w.a.sfjik" iufh ÿlaLx -fm-wÿlaLuiqLx fjokx fjfo;s" fkj ;iañx iufh iqLx fjokx fjfo;s" k ÿlaLx fjokx fjfo;s" k ÿlaLx fjokx fjfo;s" wÿlaLuiqLxfhj ;iañx iufh fjokx fjfo;s' iqLdms" fLd w.a.sfjik" fjokd wksÉpd iÙL;d máÉpiuqmamkakd LhOïud jhOïud úrd.Oïud ksfrdOOïud' ÿlaLdms" fLd-fm-wÿlaLuiqLdms fLd" w.a.sfjik" fjokx wksÉpd -fm- ksfrdOOïud' tjx miaix" w.a.sfjik" iq;jd wßhidjfld iqLdhms fjokd ksíìkao;s" ÿlaLdhms fjokd ksíìkao;s" wÿlaLuiqLdhms fjokd ksíìkao;s" ksíìkaox úrÊc;s" úrd.d úuqÉP;s" úuq;a;iañx úuq;a;s;s [dKx fyd;s" ÇKd cd;s jqis;x n%yaupßhx" l;x lrKShx" kdmrx b;a:;a;dhd;s mcdkd;s'˜[[22]](#footnote-23)**

fï wkqj úuiSfï§ fmkS hkafka iqL" ÿlaL" wÿlaLuiqL hk wÙ.fhda bj;a lsÍu msKsi isysh msysgqúh hq;= njhs' tfia lsÍug iu;a fhda.djprhdg ks¾jdKh mila l< yels fõ' i;sh msysgqùfï jeo.;a lu fuhska o meyeÈ,s jk lreKls' tfiau isysh hkq wdrlaIl ßhÿrd hk m%ldYhg fuu.ska tl t,af,au ms<s;=re iemhS we;'

fuys wdOHd;añl fõokdj hkqfjka ú.%y jkafka **—b;s wÊ®;a;x jd;s tjx iqLxfjokdÈmß.a.Kayfkk w;a;fkd jd fjokdiq˜[[23]](#footnote-24)** hkqfjks' ta wkqj ;ukaf.a fõokdjka ms<sn| ±lafõ' ndysr fõokdj hkak **—mriai jd fjokdiq˜** hkafkka meyeÈ,s fõ' th ;ukaf.a fkdj wkqkaf.a fõokdjhs' wdOHd;añl-ndysr jYfhka .efKk l,ayS **—ldf,k jd w;a;fkd ldf,k jd mriai fjokdiq˜** hkafkka ±lafjk mßÈ úfgl ;ukaf.a fõokdj;a" úfgl wkqkaf.a fõokdj;a hk w¾:hkays fhfoa' fuu fõodkqkdmiaidkj kjjeorEï fõ'

**Ñ;a;dkqmiaikdj**

is; kqjKska úuid ne,Su fuys wruqKhs' isf;a iajNdjfhda fuys § fldgia flÍ we;' tkï ird. is;" ù;rd. is;" ifodia is;" ksfodia is;" fuday iys; is;" fuday rys; is;" yel=¨Kq is;" úisreKq is;" uyoa.; is;" wuyoa.; is;" iW;a;ris;" wkq;a;r is;" iudys; is;" wiudys; is;" ñ÷Kq is;" fkdñÿKq is; hk wÙ.fhda h' ;ukaf.a isf;a my<jk wruqKq wkqj ta is;a ms<sn| wjfndaOhla ,nd .ekSu wjYH fõ' fuys§ isÿ lrkq ,nkafka ta ta is;aj, iajNdjh ms<sn| wjfndaO lr .ekSuhs' th o wdOHd;añl" ndysr jYfhka fnfoa'

wgqjdjg wkqj ird. is; hkq wgjeoEreï jQ f,daNiy.; is;hs' ù;rd. is; hkq f,!lsl l=i, wjHdlD; hkqfjka .efka' fuh iïu¾Yk k OïuifudaOdk jYfhka fldgia folls' tys§ f,daflda;a;r is;a ms<sn|j úuiSula fkdflfrk nj wgqjdfjys ±lafõ' —**k tlmfoms f,dl=;a;rx k ,íN;s˜** hkafkka th meyeÈ,s fõ' fuys ifodai Ñ;a;h jkdys fojeoEreï jQ fodaukiai Ñ;a;fhda h' ù;fodai hkq f,!lsl" l=i," wjHdlD; hkqfjka .efKa' fuday hkq úÑlsÉPd iy WoaOÉp hk Ñ;a;fhda h' ù;fuday hkq f,!lsl" l=i," wjHdlD; hkqfjka .efKa' ixls;a; hkqfjka woyia jkafka ÒkñoaOh iys; jQ is;hs' tneúka thg iÙl=á;Ñ;a; hkqfjka kula we;' úlaÅ;a; fyj;a úiqreKq is; hkq WoaOÉpiy.; is;hs' wkq;a;r hkq rEmdjpr iy wrEmdjpr Ñ;a;fhda h' iudys; hkq w¾mKd iudêh" Wmpdr iudêh hk oajhhs' úuq;a; Ñ;a;h jkdyS ;oÙ." úIalïNkdÈfhka úuqla; jQ is;hs' wúuq;a; hkq WNh úuqla;sfhka ñÿKq hk w¾:fhys jefÜ' iuqÉfþo" mámamiaioaê" ksiairK hk úuqla;Skag fuys§ wjldYhla fkd,efí' fuu ish¨ is;a wdOHd;añl" ndysr" wdOHd;añl-ndysr jYfhka Ñ;a;dkqmiaidkj jeäh hq;= fõ' Ñ;a;dkqmiaikdj fidf<dia jeoEreï nj by; lreKqj,ska wjfndaO lr .; yels fõ'

**Oïudkqmiaikdj**

O¾uhka ms<sn| isyskqjKska úuiSu Oïudkqmiaikdjhs' fuyso fldgia lSysmhla hgf;a olajd we;' tkï kSjrKmínx" LJOmínx" wdh;kmínx" fndÊ®Ù.mínx hk fldgia i;rhs' fuys§ m[apkSjrKhka ms<sn| msysgqjd .kakd isysh ms<sn| kSjrKm¾jfha § úia;r ±lafõ' m[apkSjrKfhda jkdyS lduÉPkao" jHdmdo" ÒkñoaO" WoaOÉpl=lal=Ép" úÑlsÉPd hkqhs' fï ms<sn| úuid ne,Sfï§ my; i|yka fþoh jeo.;a fõ' tkï"

**—bO NslaLfj NslaLq ika;x jd wÊ®;a;x lduÉPkaox w;aÓ fu wÊ®;a;x lduÉPkafod;s mcdkd;s' wika;x jd wÊ®;a;x lduÉPkaox k;aÓ fu wÊ®;a;x lduÉPkafod;s mcdkd;s' h:d jd wkqmamkakiai lduÉPkaoiai Wmamdfod fyd;s ;[ap mcdkd;s" h:d p Wmamkakiai lduÉPkaoiai mydkx fyd;s ;[ap mcdkd;s' h:d p mySkiai lduÉPkaoiai wkqmamdfod fyd;s ;[ap mcdkd;s'˜[[24]](#footnote-25)**

—uyfKks" fuys uyK f;u uf.a is;a i;kays lduÉPkaoh we;eZhs fyda ;udf.a is;a i;kays we;s lduÉPkaoh okS' zuf.a is;a i;kays lduÉkaoh ke;eZhs fyda ;ud f.a is;a i;kays ke;s lduÉPkaoh okS' hï fia ^hï lrefKlska& kQmka lduÉPkaohdf.a bmeoau fõ o th;a okS' hï fia Wmka lduÉPkaohdf.a m%ydKh fõ o th;a okS' hï fia m%ySK jQ lduÉPkaohd f.a u;af;ys ^ry;ajkakg fm/& fkd bmeoafula fõ o" th o okS'˜ [[25]](#footnote-26)

fï wkqj ldïÉPkaoh ms<sn| isysh msysgqùu woyia flÍ we;' tmuKla fkdj lduÉPkaofha bme§ug fya;=jk lreKq o" tays m%ydKhg fya;=jk lreKq o" th fkd bmeoau ms<sn|j o ±k.kS' fuu whqßka ÒkñoaOd§ wfkla i;r o ú.%y flÍ we;'

wÜGl:djg wkqj lduÉPkaoh yg.ekSug fya;=jkafka iqNksñ;af;ys wfhdaksfida ukisldrhhs' ke;fydka kqkqjKska fufkys lsÍuhs' wgqjdfõ ±lafjk mßÈ **—;;a: iqNksñ;af; wfhdksfidukisldfrk lduÉPkaoiai Wmamdfod fyd;s'˜[[26]](#footnote-27)** hkqfjka ±lafõ' iqN ksñ;a; jYfhka y÷kajd we;af;a **—iqNïms iqNksñ;a;x" iqNdrïuKïms iqNksñ;a;x˜** hkqfjks' wfhdksfidukisldrh hkq wkqmdhukisldrh" Wmam:ukisldrh hk oajhhs' wks;H jQ foh ks;H jYfhka o" ÿlaLiy.; foh iqLiy.; jYfhka o" ;ud flfrys fyda ;ud hehs fyda" wiqNfhys iqNhehs fyda ukisldrhhs' tys nyq, jYfhka meje;au lduÉPkaoh bm§ug fya;= fõ' wiqN ksñ;af;ys fhdksfidaukisldrh fya;=fjka lduÉPkaofhys m%ydKh isÿ fõ' wiqN ksñ;a; y÷kajd we;af;a fufia h' —**wiqNksñ;a;x kdu wiqNïms wiqNdrïuKïms˜[[27]](#footnote-28)** hkqfjks' tys woyi kï wiqN ksñ;a; kï wiqNh fyda wiqNdrïuKhhs' fhdksfidaukisldrh hkak Wmdhukisldfrd m:ukisldfrd wksÉfÉ wksÉpka;s jd" ÿlafL ÿlaLka;sjd" wk;a;ks wk;a;d;s jd" wiqfN wiqNka;s jd ukisldfrd hk mdGfhka meyeÈ,s fõ' tyso fldgia folls' tkï Wmdhukisldrh iy m:ukisldrhhs' wks;H jQjla wks;H f,iska o" ÿla jQjla ÿla f,iska o" wkd;aufofhys wkd;au jYfhka o ±lSuhs' fuh nyq, lsÍï jYfhka lduÉPkaohdf.a m%ydKh isÿ fõ' ;jo lduÉPkaohdf.a m%ydKh msKsi mj;skakdjQ ih jeoEreï O¾ufhda wgqjdfjys ±lafõ'

01' wkqNksñ;a;iai W.a.fyd 02' wiqNNdjkdkqfhdf.d

03' bkaøsfhiq .=;a;oajdr;d 04' fNdcfk u;a;[aû;d

05' l,HdKñ;a;;d 06' imamdhl:d

;jo oijeoEreï jQ wiqN ksñ;s bf.k .kakyqg o" jvkakyqg o" jeiQ oajdr we;a;yqg o" i;r mia wdf,damhkag wjldY we;s l,ayS c,h mdkh fldg hdmkiS,;dfjka wdydrfhys muKokakyqg o lduÉPkaoh m%ySK jk nj wgqjdfjys fufia ±**lafõ' —oiúO[ays wiqNksñ;a;x W.a.Kayka;iaidms lduÉPkafod mySh;s" Ndfjka;iaidms bkaøsfhiq msys;oajdriaidms p;=kakx m[apkakx wdf,dmdkx Tldfi i;s Wolx msú;ajd hdmkiS,;dh fNdcku;a;[aûfkdms'˜[[28]](#footnote-29)** fuu ldrKh ikd: lsÍu msKsi f:r.d:dfjys tk .d:djla o ksoiqka f,i fufia olajd we;'

—p;a;dfrd m[ap wdf,dfm - wN=;ajd Wolx msfj"

w,x Mdiqúydrdh - mys;;a;iai NslaLqfkd˜

wÜGl:djg wkqj má>ksñ;af;ys wfhdaksfidaukisldrh fya;=fjka jHdmdoh yg.kshs' ths má>h hkq má>ksñ;a; hkqfjka ±lafõ' tfiau má>drïuKh o má>ksñ;a; jYfhka .efka' wfhdaksfidaukisldrh fya;=fldg f.k kQmka jHdmdohdf.a yg.ekau msKsi;a" Wmka jHdmdohdf.a nyq,;ajh msKsi;a nj;sk nj ixhqla; ksldfhka o o; yels h' fuu má>ksñ;a; ÿre lsÍu msKsi fya;=jkafka ffu;%S iy.; fÉf;daúuqla;shhs' tys ffu;%Sh hkqfjka .efKkafka w¾mKd yd Wmpdr hk oajhhs' tfiau jHdmdohdf.a m%ydKh msKsi mj;akd O¾ufhda ihjeoEreï jYfhka ±lafjkafka fufia h'

01' fu;a;dksñ;a;iai W.a.fyd 02' fu;a;dkNdjkdkqfhdf.d

03' lïuiail;d mÉpfjlaLKd 04' máiÙLdknyq,;d

05' l,HdKñ;a;;d 06' imamdhl:d hk ihhs'

ÒkñoaOh ms<sn| úuiSfï§ wgqjdfjys fufia ±lafõ' —wr;s wd§iq wfhdksfidukisldfrk ÓkñoaOiai Wmamdfod fyd;s'˜ ta wkqj wr;s wdÈfhys wfhdaksfidaukisldrh fya;= fldg f.k ÒkñoaOh WmÈhs' ÒkñoaOfha m%ydKh msKsi mj;skafka wdrïNOd;= kslaluOd;= mrlaluOd;= hk ;%hhs' fuys wdrïNOd;= hkq **—wdrïNOd;= kdu mGudrïNúßhx˜** hkqfjka o" kslaluOd;= hkq **—kslaluOd;= kdu fldiÊc;d kslaLka;;dh ;f;d n,j;rx˜** hkqfjka o" mrlaluOd; hkq —**mrlaluOd;= kdu mrx mrx Gdkx wlalukf;d ;f;dms n,j;rx˜** hkqfjka o wgqjdfjys wre;a imhd we;' ÒkñoaOfhys m%ydKh msKsi fya;=jk O¾ufhda ih fofkls' tkï"

01' w;s fNdcfk ksñ;a;.a.dfyd 02' bßhdm:iïmßj;a;;d

03' wdf,dli[a[dukisldfrd 04' wífNdldijdfid

05' l,HdKñ;a;;d 06' imamhdl:d hkqfjks'

WoaOÉpl=lal=Ép hk oajh we;s jkafka isf; fkdikaiqkalu fya;= fldgf.k we;s jkakd jq wfhdaksfidaukisldrh fya;= f.k h' **—fp;fid wjQmifu wfhdksfidukisldfrk k WoaOÉpl=lal=Épiai Wmamdfod fyd;s'˜[[29]](#footnote-30)** hkafkka th meyeÈ,s fõ' iudêh fya;= fldg f.k WoaOÉpl=lal=Éphdf.a m%ydKh isÿ fõ' tfiau WoaOÉp-l=lal=Épg i;sh úreoaO nj o i|yka fõ'[[30]](#footnote-31) ;jo O¾ufhda ihje±reï fldg fufia olajd we;'

01' nyqiaiq;;d 02' mßmqÉPl;d

03' úkfh ml;[aû;;d 04' jqoaOfiú;d

05' l,HdKñ;a;;d 06' imamhl:d hkqfjks'

úÑlsÉPd O¾uhkays wfhdaksfida ukisldrh fya;= fldg f.k úÑlsÉPdj WmÈhs' —**úÑlsÉPdGdkSfhiq Oïfuiq wfhdksfidukisldfrk úÑlsÉPdh Wmamdfod fyd;s' úÑlsÉPdGdkShd Oïud kdu mqkmamqkx úÑlsÉPd ldrK;a;d úÑlsÉPd˜[[31]](#footnote-32)** hkqfjka ta nj meyeÈ,s fldg olajd we;' úÑlsÉPdj m%ydKh msKsi fya;= jkakd jQ O¾ufhda o ihjeoEreï fõ' tkï"

01' nyqiaiq;;d 02' úkfh ml;[aû;d

03' wêfudlaLnyq,;d 04' l,HdKñ;a;;d

05' imamdhl:d hkqfjks'

;jo fuys jeo.;a lreKla kï mia jeoEreï jQ ksldhhka fm< jYfhka o w¾:jYfhka o bf.k .kakyqf.a úÑlsÉPdj m%ySK jk nj olajd ;sîuhs' tu mdGh fufia h' **—ndyqiÉfpkms ys tlx jd -fm-m[apjd ksldfh md,sjfik p w;a:jfik p W.a.Kayka;iaidms úÑlsÉPd mySh;s˜[[32]](#footnote-33)** hkafkka ta nj meyeÈ,s fõ' wNsO¾uhg wkqj úÑlsÉPdj hkq nqÿrÿka flfrys iel lsÍu" O¾uh flfrys iel lsÍu" ix>hd flfrys iel lsÍu" YslaIdmo flfrys iel lsÍu" fmr Njhl bm§ isáhd±hs iel lsÍu" wkd.;fha kej; Wm§±hs iel lsÍu" fmr Njh iy wkd.; Njh ms<sn| iel lsÍu" máÉpiuqmamdoh flfrys iel lsÍu hkqfjka ±lafõ' iQ;%msglfhys ix.S;s iQ;%h" fpf;dls, iQ;%h jeks iQ;%hkays úÑlsÉPdj olajk ;ekays fuu wgu ke;;a lSmhla ms<sn| lreKq wka;¾.; fõ'

LkaOmín fyj;a LkaOm¾jfha § rEm" fõokd" i[a[d" iÙLdr" ú[a[dK hk ialJO mi ms<sn|j isysh msysgqùu wjOdrKh flf¾' ta wkqj m%:ufhka rEmh ms<sn|j ±lafõ' tkï —**rEmh fufia h" rEmhdf.a yg.ekSu fufia h" rEmhdf.a úkdYh fufiah'˜** hkqfjka isys lghq;= h' wksla wÙ.hkaf.ao fuu kshdhuh' tu O¾ufhda wdOHd;añl jYfhka o ndysr jYfhka o wdOHd;añl ndysr jYfhka o" O¾udkql+,j kqjKska úuiSfuka jdih lsÍu fuhska meyeÈ,s fõ' ialkaOmj¾jfhka wk;=rej wdh;k m¾jfha § plaLq" fida;" >dk" ðõyd" ldh" uk hk wdh;k yh;a" tajdg wruqKq jk rEm" Yío" .kaO" ri" fmdÜGín" Oïu hk wdh;k yh;a" fuu wÙ.hkaf.a iujdfhka we;s fjk ixfhdack ms<sn|j;a" kQmka ixfhdackhkaf.a bm§u ms<sn|j;a" tu ixfhdackhkaf.a m%ydKh;a" tu ixfhdackhkaf.a u;= fkdmeje;au;a ms<sn| i;smÜGdkh ±la fõ' th o wdOHd;añl" ndysr jYfhka fldgia flÍ we;' fï ms<sn| wjfndaO lr .ekSug my; fþoh jeo.;a fõ'

**—bO NslaLfj NslaLq plaLq[ap mcdkd;s" rEfm p mcdkd;s" h[ap ;ÿNjhx máÉp WmamÊc;s i[af[dckx ;[ap mcdkd;s' h:d p wkqmamkakiai i[af[dckiai Wmamdfod fyd;s ;[ap mcdkd;s' h:d p Wmamkakiai i[af[dckiai mydkx fyd;s ;[ap mcdkd;s' h:d p mySkiai i[af[dckiai wdh;skx wkqmamdfod fyd;s ;[ap mcdkd;s'˜**

—uyfKks" fuys uyK f;u plaIq#m%idoh o okS" rEmhhka o okS" ta fol ksid hï ixfhdackfhla Wm§ o th;a okS' hï fia fkd Wmka ixfhdackhd f.a bmeoau fõ o th;a okS' hï fia Wmka ixfhdackhdf.a m%ydKh fõ o th;a okS' hï fia u m%ySK jQ ixfhdackhd f.a u;af;ys fkd bmeoafula fõ o th;a okS'˜[[33]](#footnote-34)

ñka wk;=rej ±lafjkafka fndÊ®Ù.mínx kï jQ fldgihs' tys§ ima; fndaê wÙ. ms<sn| úuiSula flf¾' ima; fndaê wÙ. jkdys i;s iïfndÊ®Ù." OïuúphiïfndÊ®Ù." úßhiïfndÊ®Ù." mS;siïfndÊ®Ù." miaioaêiïfndÊ®Ù." iudêiïfndÊ®Ù." WfmlaLdiïfndÊ®Ù. hk i;hs' fï i; ms<sn| i;sh msysgqùu ta wkqj o; yels fõ'

**—bO NslaLfj NslaLq ika;x jd wÊ®;a;x i;s iïfndÊ®Ù.x w;aÓ fu wÊ®;a;x i;siïfndÊ®Ùf.dZ;s mcdkd;s' wika;x jd wÊ®;a;x i;siïfndÊ®Ù.x k;aÓ fu wÊ®;a;x i;siïfndÊ®Ùf.d;s mcdkd;s' h:d p wkqmamkakiai i;siïfndÊ®Ù.iai Wmamdfod fyd;s ;[ap mcdkd;s" h:d p Wmamkakiai i;siïfndÊ®Ù.iai Ndjkdh mdßmQßhd fyd;s ;[ap mcdkd;s'˜[[34]](#footnote-35)**

—uyfKks" fuys uyK f;fï ^i;;fhka ika;dkfhys my< ùï jYfhka& ;ud flfrys we;a;d jQ u iauD;s iïfnfndaOHÙ.h zuf.a ika;dkfhys ±ka iauD;s iïfndaOHÙ.h we;eZhs fyda okS' ^wm%;s,dN jYfhka& ;ud flfrys ke;a;djQ fyda iauD;s iïfndaOHÙ.h zuf.a ika;dkfhys iauD;s iïfndaOHXÙ.h ke;eZhs okS' fkdWmka iauD;s iïfndaOHÙ.hdf.a bme;au hï fia fõo th;a okS' Wmkakd jQ iauD;s iïfndaOHÙ.hd f.a Ndjkdfhka mßmQ¾K ùï hï fia fõ o th;a okS'˜[[35]](#footnote-36)

fï wkqj i;siïfndaOHÙ.fha wdldr ms<sn|j wjfndaO fldg .; yels h' fumuKla fkdj wfkla wÙ.hkaf.a o iajNdjh fï khskau wjfndaO lr .ekSu ms<sn| fndaê wÙ. m¾jfha§ ;jÿrg;a úia;r fõ' fuh fldgiays o wdOHd;añl" ndysr" wdOHd;añlndysr jYfhka fldgia jYfhka isysh msysgqúh hq;= fõ' fuu mßÉfþoh wjika ùfuka wk;=rej ±lafjkafka nqÿoyfï m%Odk b.ekaùula jk p;=rd¾h i;H ms<sn| isysh msysgqùuhs' p;=rd¾h i;H kï ÿl" ÿl yg.ekSu" ÿl ke;s lsÍu" ÿl ke;s lsÍfï ud¾.h hk lreKq i;rh' bka w;=rej ÿlaLi;H hkq l=ula±hs m%Yakhla k`.d thg ms<s;=re jYfhka cd;sms ÿlaLd crdms ÿlaLd hkd§ l%ufhka oïila meje;=ï iQ;%fhys ±lafjk whqßka úia;r fldg cd;s ÿl" crd ÿl" urK ÿl wdÈh ms<sfj<ska ú.%y flf¾' bka wk;=rej ÿlaLiuqoh ms<sn|j;a" ÿlaL ksfrdaOh ms<sn|j;a" ÿlaLksfrdaO.dñKS mámodj ms<sn|j;a oïila meje;=ï iQ;%fha ±lafjk whqßka olajd i;smÜGdkfha wdksYxih meyeÈ,s lrhs' tys§ i;a wjqreoaola fuu i;smÜGdkh jevqjfyd;a w¾y;ajh fyda wkd.dó;ajh fyda ,nd .; yels nj nqÿrÿka foaYkd fldg we;' tfiau **—;sÜG;= NslaLfj i;a;jiaidks˜** hkqfjka i;ajila fkdj ihjila" miajila" i;rjila" f;jila" fojila" tlajila" i;auila" iuila" miauila" isõuila" f;uila" fouila" tla uila" wvuila hkd§ f,iska i;smÜGdkh m%.=K lrkafka kï w¾y;ajh fyda wkd.dó;ajh mila l< yels nj fuu iQ;%fhys ±lafõ' fuys we;s úfYaIu lreKla jkqfha i;aÈkla jqj ksrjoHj fuu Ndjkdj jeãu ;=<ska w¾y;ajh fyda wkd.dó;ajh mila l< yelsh hk nqoaOfoaYkdjhs'

i;sh ms<sn| uQ,dY%h f,i i;smÜGdkh jeo.;a jkafka isysh msysgqjk wdldrh ±lafjk ksid;a thska ,nk M,h ±lafjk ksid;a h' lsisÿ iQ;%hl i;smÜGdkh ms<sn| lreKq fu;rï wvx.= fkdùu o úfYaI;ajhls' fuu i;sh ms<sn| ±lafjk ;j;a fndfyda iQ;% foaYkd iQ;%msglh ;=< wka;¾.; fõ' tfiau wNsO¾umsglfha úNÙ.m%lrKfhys i;smÜGdk úNÙ. hkqfjka mßÉfþohla ±lafõ' tys§ iq;a;ka;NdckSh" wNsOïuNdckSh" m[aymqÉPl hk fldgia wkqj i;smÜGdkh úNd. flf¾' tys ±lafjk mßÈ iQ;%dka;hkays ±lafjkafka f,!lsl f,dafld;a;r ñY% i;smÜGdkhhs' kuq;a wNsO¾ufhys úNd. jkafka f,daflda;a;r i;smÜGdkhhs' tys OHdkhka wruqKq fldg i;smÜGdkh jeãu ms<sn| lreKq ±lafõ' tfiau OïuiÙ.KSmamlrKfhys fï ms<sn| úia;r úNd. ±lafjk nj úNÙ.m%lrKfha ix{dmkfhys ±lafõ' kuq;a tajdfhys i;smÜGdk hk m%Odk ud;Dldjla fkd±lafõ' kuq;a rEm" wdh;kdÈh ms<sn|j úia;r úNd.h thska o; yels fõ'

i;sh ms<sn| úuiSfï§ jeo.;ajk ixhqla;hla f,i rfyd.; ixhqla;h ±laúh yels h' tys we;=<;a **rfyd.; iQ;%h" ÿ;sh rfyd.; iQ;%h" iq;kq iQ;%h" lKaglS iQ;%h" ÿ;sh lKaglS iQ;%h" ;;sh lKaglS iQ;%h" ;KaylaLh iQ;%h" i,a,d.dr iQ;%h" wïnmd,s iQ;%h" .s,dk iQ;%h** hk iQ;% oyfhau i;smÜGdkh .ek lreKq wka;¾.; fõ' tys tk m<uqjk iQ;%h jk rfyd.; iQ;%fha§ ieje;akqjr foõrï fjfyfrys yqfol,dj jik wkqreoaO ysñhkag fun÷ is;sú,a,la my< úh' tkï hfula i;r i;smÜGdkh jrojd mqyqKq flf¾ kï Tyqg uekúka ÿla f.ùug fkdyels h' tfiau hfula i;r i;smÜGdkh ukdj mqyqKq flf¾ kï Tyqg uekaúka ÿla f.ùug yels h hkqfjks' fuu wjia:dfõ§ R¾êu;=ka w;r w.;ekam;a uyd fud.a.,a,dk uyry;ka jykafia wkqreoaO f;rekaf.a woyi ±k R¾êfhka t;ekg meñfKhs' bka miqj wkqreoaO ysñhkaf.ka fun÷ meKhla úuihs' tkï ls;a;dj;d kq fLd wdjqfid wkqreoaO NslaLqfkd p;a;dfrd i;smÜGdkd wdroaOd fydka;s hkqfjks' tys woyi kï weje;aks wkqreoaOfhks" flf;lska uyKyqf.a isjq iSjgka msßmqka fõo@ hkqhs' thg ms<s;=re jYfhka wkqreoaO f;rKqfjda fufia foaYkd lr;s'

**—bOdjqfid" NslaLq wÊ®;a;x ldfh iuqohOïudkqmiaiS úyr;s" wd;dms iïmcdfkd i;sud úfkhH f,dfl wNsÊ®d fodukiaix' wÊ®;a;x ldfh jhOïudkqmiaiS úyr;s" -fm- wÊ®;a;x ldfh iuqohjhOïudkqmiaiS úyr;s" -fm- nysoaOd ldfh iuqohOïudkqmiaiS úyr;s" -fm-nysoaOd ldfh jhOïudkqmiaiS úyr;s" -fm-nysoaOd ldfh iuqohjhOïudkqmiaiS úyr;s" -fm-wÊ®;a;nysoaOd ldfh iuqohOïudkqmiaiS úyr;s" -fm-wÊ®;a;nysoaOd ldfh jhOïudkqmiaiS úyr;s"-fm-wÊ®;a;nysoaOd ldfh iuqoh jhOïudkqmiaiS úyr;s" wd;dms iïmcdfkd i;sud úfkhH f,dfl wNsÊ®d fodukiaix'˜[[36]](#footnote-37)**

by; i|yka mdGh wkqj úuid ne,Sfï§ wdOHdñl fyj;a ;ud ms<sn| lfhys yg.ekSu wkqj kqjKska úuid n,ñka jdihg lsÍu NslaIqjf.a ld¾hNdrhla f,i o; yels h' fuu iQ;% wgqjdfjys fyda àldfjys fyda iuqohOïu hkak l=ula±hs ukdj ú.%y ù fkdue;' kuq;a uyd i;smÜGdk iQ;% j¾Kkdfjys fyj;a wgqjdfjys iuqohOïudkqmiaiS úyr;s hkak ms<sn| ú.%yhla flÍ we;' th fláfhka by;ska o olajk ,§' tys úia;r jYfhka fufia ±laúh yels h' ——**iuqohOïudkqmiaiS jd;s h:d kdu lïudriai Nia;[ap ..a.rkd<s[ap ;Êc[ap jdhdux máÉp jdf;d wmrdmrx i[apr;s" tjx NslaLqfkd lrcldh[ap kdimqg[ap Ñ;a;[ap máÉp wiaidimiaidildfhd wmrdmrx i[apr;s' ldhdofhd Oïud iuqohOïud" f; miaikaf;d iuqohOïudkqmiaiS jd ldhiañx úyr;S;s jqÉp;s' ˜[[37]](#footnote-38)**fuys w¾:h kï —**iuqohOïudkqmiaiS** hkq hïfia f,daylrefjla uhsk yu o tys k,h o W;aidyh o ksid jdhqj Tnfudn yeisfrhs' tfia NslaIqjf.a lrclh o kdia mqvq o is; o ksid wdYajdi m%Yajdi lh Tnfudn yeisfrhs' ldhd§ O¾u iuqoh O¾u fõ' tajd n,kafka lfhys iuqoh O¾u n,kafka jdih lrkafka hhs lshkq ,efí'˜ fï wkqj úuid ne,Sfï§ fmkS hkafka wdYajdi m%Yajdihkag fya;= jQ lh foi ne,Su hkqhs' àldfjys ±lafjkqfha **—iuqfo;s t;iaud;s iuqofhd" fid tj ldrKÜfGk Oïfud;s iuqohOïfud' wiaidimiaididkx Wmam;a;sfy;= lrcldhdÈ" ;iai wkqmiaikiSf,d iuqohOïudkqmiaiS˜[[38]](#footnote-39)** hkqfjks' fï wkqj wjfndaO lr .; yels jkafkao wdYajdi m%Yajdihkag fya;= jk lrcldh ms<sn| kqjKska fufkys lsÍuhs' i;smÜGdk iQ;%fhau ±lafjk fldgila f,i fuh ie,lsh yels h' fuys§ wjOdkh fhduq l< hq;= B<`. lreK kï jhOïudkqmiaiS hkak ms<sn|j h' i;smÜGdk iQ;% j¾Kkdjg wkqj **—jhOïudkqmiaiS˜** hkq —hï fia uhsk yfuka bj;a lrK tys kd,h ìÿKq neúka o W;aidyh ke;s l, ta jd;h fkdmj;ajhs' tfiau lh ì÷Kq l< kdiamqvq úkdY jQ l,ays is; o ksreoaO jQ úg wdYajdi m%Yajdi lh fkdmj;ajhs' ldhdÈh ksfrdaOh wdfrda.H m%Yajdi ksfrdaOh fõ' fufia n,kafka lfhys jhOïudkqmiaiSj jdih flf¾ hhs lshkq ,efí˜ hkqfjka wgqjdg wkqj w¾:h o; yels h' tys md<s mdGh fufia ±la fõ' —**jhOïudkqmiaiS jd;s h:d Nia;dh wmkS;dh ..a.rkd<shd Nskakdh ;Êfc p jdhdfu wi;s fid jdf;d kmamj;a;;s" tjfuj ldfh Nskafk kdimqfg úoaOiaf; Ñ;af; p ksreoafO wiaidimiaidildfhd kdu kmamj;a;;S;s ldhdÈksfrdOd wiaidimiaidiksfrdfOd;s tjx miaikaf;d jhOïudkqmiaiS jd ldhiañx úyr;S˜;s jqÉp;s'˜[[39]](#footnote-40)** fï wkqj woyia l< yels jkafka lh ì£ hEu fya;=fjka wdYajdi m%Yajdi lsÍug wjldihla fkdue;s jk njhs' fï nj isysfhka hq;=j úuiSu fuys§ wfmalaId flf¾' àldfjys ±lafjk w¾:h o fuys § i|yka lsÍu fhda.H fõ' tkï —**jhOïudkqmiaiS;s t;a: wfy;=l;af;ms úkdiai fhix fy;=Oïudkx wNdfj hx k fyd;s" ;oNdfjd ;iai wNdjiai fy;= úh fjdyÍh;S;s Wmpdrf;d lrcldhdÈwNdfjd wiaidimiaidildhiai jhldrKx jq;af;d'˜[[40]](#footnote-41)** fuys woyi kï jhOïudkqmiaiS hkq fuys úkdYhdf.a wfy;=l;ajfhys h" hï fya;= O¾uhkaf.a wNdjfhka hula fkdfõ o" th ke;sùu tys wNdjhg fya;= fuka jHjydr flf¾ hehs Wmpdr jYfhka lrcldhdÈh wNdjh wdYajdi m%Yajdilhg jhldrKh lshk ,§' hkqhs' bka wk;=rej iuqohjhOïudkqmiaiS hkak ms<sn| wgqjd w¾:h o ±k.ekSu jeo.;a fõ' wgqjdfjys fuhg wre;a imhd we;af;a fufia h' —**iuqohjhOïudkqmiaiS jd;s ldf,k iuqohx ldf,k jhx wkqmiaikaf;d˜[[41]](#footnote-42)** hkqfjks' ta wkqj l,lska iuqoh;a" l,lska wNdjh;a hk fï fol ms<n| isys lsÍu fuhska woyia flf¾' fuys§ o ;ud ms<sn| fukau wkqka ms<sn|j o isys lsÍu wruqKhs' iuqoh" jh" iuqohjh hk ldrKd ;=k fuu wÙ. foflys§u isys l< hq;= fõ' fjk;a whqrlska mjikafka kï ;u lh ms<sn|j;a" wka whf.a lh ms<sn|j;a h:d iajNdjh ±k .ekSug tajdfhys h:d iajNdjhu kqjKska fufkys l< hq;=h hkakhs'

;jo fuu rfyda.; iQ;%h úuiSfï§ my; i|yka fþoh o jeo.;a fõ' tkï"

**—fid ifp wdlÙL;s - wmamálal+f, málal+,i[a[S úyfrhHZka;s" málal+,i[a[S ;;a: úyr;s' ifp wdlÙL;s - málal+f, wmamálal+,i[a[S úyfrhHZka;s" wmamálal+,i[a[S ;;a: úyr;s' ifp wdlÙL;s - wmamálal+f, p málal+f, p málal+,i[a[S úyfrhHZka;s" wmamálal+,i[a[S ;;a: úyr;s' ifp wdlÙL;s - málal+f, p wmamálal+f, p málal+,i[a[S úyfrhHZka;s" wmamálal+,i[a[S ;;a: úyr;s' ifp wdlÙL;s - wmamálal+,[ap málal+,[ap ;ÿNhx wNsksjcÊfc;ajd WfmlaLfld úyfrhHx if;d iïmcdfkdZ;s" WfmlaLfld ;;a: úyr;s if;d iïmcdfkd'˜[[42]](#footnote-43)**

—bÈka fya fkdms<sl=,a wruqfKys ms<sl=,a ye`.Sï we;s j jikafkñ hs leu;s fõ kï tys ms<sl=,a ye`.Sï we;s j fjfia' bÈka ms<sl=,a wruqfKys fkdms<sl=,a ye`.Sï we;sj jikafkñ hs leu;s fõ kï tys fkdms<sl=,a ye`.Sï we;sj fjfia' bÈka fkdms<sl=f,ys o ms<sl=f,ys o ms<sl=,a ye`.Sï we;s j jikafkñ hs leu;s fõ kï tys ms<sl=,a ye`.Sï we;sj fjfia' bÈka ms<sl=f,ys o fkdms<sl=f,ys o fkdms<sl=,a ye`.Sï we;s j jikafkñ hs leu;s fõ kï tys fkdms<sl=,a ye`.Sï we;s j fjfia' bÈka ms<sl=,;a fkdms<sl=,;a hk fol ÿre fldg ueoy;a j isys we;s j ukd ±kqï we;s j jikafkñhs leu;s fõ kï tys ueoy;a j isys we;s j ukd ±kqï we;s j fjfia'˜

by; i|yka jkafka hfula leu;s kï fkdms<sl=,a wruqfKys ms<sl=,a ye`.Sï we;s j jikakg yels njhs' kuq;a fuu iQ;%fhys fkdms<sl=,a hkq l=ula±hs meyeÈ,s flÍ ke;' kuq;a wÙ.=;a;r ksldfha ;slKavlS j.a.fha tk ;slKavlS iQ;% wgqjdfjys **—wmamálal+f,;s wmamálal+,drïufK˜** hkqfjka w¾:h ú.%y fldg we;' ta wkqj —fkdms<sl=,a wruqfKys˜ hkqfjka w¾: .; yels h' ;jo ixhqla; ksldfha m§fmdamu iQ;%fhys o fuu lreKq wka;¾.; fõ' ;slKavlS iQ;%fha§ nqÿrcdKka jykafia NslaIQkag wmamálal+, ix{dj jeãfï fya;=j myod § we;af;a fufia h'

**—ls[ap NslaLfj" NslaLq w;a:jix máÉp wmamálal+f, málal+, i[a[S úyfrhH@ ud fu rckSfhiq Oïfuiq rdf.d Womd§Z;s- box fLd" NslaLfj" NslaLq w;a:jix máÉp wmamálal+f, málal+,i[a[S úyfrhH'˜[[43]](#footnote-44)**

—uyfKks" uyK lskï w¾:hla msKsi wm%;s,d,ïnkfhys m%;sl+,ix{d we;s je úyrK flf¾ h h;a( we¨ï lghq;= oyïys ug rd.h kyula WmÈjZhs' uyfKks" uyK fï w¾:h msKsi wm%;sl+,d,ïnkfhys m%;sl+,ix{d we;s je úyrK lrkafka h'˜

hkqfjka w¾:h ±lafõ' fuu iQ;%fhys ú.%y jk mßÈ ms<sl=,a wruqfKys fkdms<sl=,a ix{dfjka jdih lrKqfha wms%h wruqKq fya;=fjka yg.kakd jQ oafõIh kQmÈkq msKsi h' tfiau ms<sl=,a wruqfKys iy fkdms<sl=,a wruqfKys ms<sl=,a ix{dfjka jdih lrKqfha we¨ï lghq;= fofhys rd.h kQm§ug;a" ms<sl=,a oE flfrys oafõIh kQm§ug;a hk lreKq fol wruqKq fldg f.k h' ms<sl=,a wruqfKys o ms<sl=,a rys; jQ wruqfKys o ms<sl=,a ix{dfjka jdih lrKqfha foajIh my ùug;a" we¨ï lghq;= jia;=fjys rd.h ÿreùug;a hk wruqKq we;sj h' tfiau fkdms<sl=,a wruqK iy ms<sl=,a wruqK hk oajhu ÿre fldg WfmalaIdfjka jdih lrKqfha rd." oafõI hk wl=i,hka ksid yg.kakd iaj,amud;% jQ fyda rd.hla fõjd oafõIhla fõjd fkdjkq msKsi h'

by; fþoh újrKh lsÍfï§ meyeÈ,s jk lreKla kï i;sh fya;= fldg f.k rd.h;a oafõIh;a hk wl=i, uQ,hla oajhu fkdjk mßoafoka jdih lsÍug yels njhs' fï wkqju i;r i;smÜGdkfha B<`. wÙ. ;=k jk fõokdkqmiaikdj;a" Ñ;a;dkqmiaikdj;a" Oïudkqmiaikdj;a ú.%y flÍ we;'

i;sh ms<sn|j úuiSfï§ jeo.;a jk ixhqla;hla f,i i;smÜGdk ixhqla;h o ie,lsh yels h' tu ixhqla;fha i;s iQ;%h hkqfjka fjku iQ;%hla ±l.; yels h' kuq;a tys§ o ú.%y ù we;af;a uyd i;smÜGdk iQ;%fhys ±lafjk lreKqu h' wïnmd,s iQ;%fhys o i;r i;smÜGdkh ms<sn| fláfhka ±lafõ' i;smÜGdkh iïnkaOfhka ±lafjk jeo.;a iQ;%hla f,i NslaLq iQ;%h ±laúh yels h' foõru nqÿrcdKka jykafia jev jik iufhys NslaIQka jykafia kula úiska nqÿrÿkag O¾uh foaYkd lrkak hehs wheo isá wjia:dfõ§ i;smÜGdkh jeäh hq;= wdldrh nqÿrÿka myod § we;' ta wkqj i;smÜGdkh ;s%úOdldrfhka jeäh hq;= fõ' kuq;a thg m%:ufhka l=i, O¾uhkays msysàu wkq±k jodrd we;' tys ±lafjk whqßka msßisÿ YS,h;a" Rcq jQ oDIaáh;a hk oajh l=i, O¾uhkag uQ,h fõ' **—;iaud;sy ;ajx" NslaLq" wdÈfuj úfidfOys l=if,iq Oïfuiq' fld pdÈ l=i,dkx Oïudkx@ iS,[ap iqúiqoaOx" ÈÜÀ p Wcqld' hf;d fLd f;" NslaLq" iS,[ap iqúiqoaOx Núiai;s ÈÜÀ p Wcqld" ;f;d ;ajx" NslaLq" iS,x ksiaidh iSf, m;sÜGdh p;a;dfrd i;smÜGdfk ;súfOk NdfjhHdis'˜[[44]](#footnote-45)**

hkqfjka nqÿrÿka foaYkd fldg we;' fï wkqj ks.ukh l< yels jkafka iS,h i;smÜGdkh jeãug uQ,h jk njhs' iS,hlska f;drj i;sh ukdj fkdmsysghs' tksid ÿYaYS,hdyg i;sh m%.=K lsÍu wmyiq lreKla nj o fuys§ woyia l< yels h'

fuu ixhqla;fhau wïnmd,s" i;s" NslaLq" id," wl=i,rdis" il=K.a>" ulalg" iQo" .s,dk" NslaLqkqmiaih hk iQ;%fhda o" uydmqßi" kd,kao" pqkao" Wlalfp," ndysh" W;a;sh" wßh" n%yau" fiol" ckmol,HdKs hk iQ;%fhda o" iS," ÑrÜÀ;s" mßydks" iqoaO" w[a[;rn%dyauK" mfoi" iu;a;" f,dl" isßjâV" udkÈkak hk iQ;%fhda o" úrd." úroaO" Ndú;" i;s" Pkao" mß[a[d;" Ndjkd úNÙ. hk iQ;%fhda o" wu;" iuqoh" u.a." l=i,rdis" md;sfudlaLixjr" ÿÉpß;" ñ;a;" fjokd" wdij" WoaOïNd.sh hk iQ;%fhda o i;smÜGdkh iïnkaOfhka jeo.;a iQ;%fhda fj;s'

fuys tk ulalg iQ;%fha§ nqÿrcdKka jykafia m[apldu.=Khkaf.a wd§kj olajkq msKsi fuu iQ;%h NslaIQka jykafia,d wrnhd foaYkd l< fial' fuys tk l:d mqj; kï j÷rkag iy ñksiqkag hd fkdyels mßÈ ÿ¾.hkaf.ka hqla; jQ ysuj;a m%foaYhla o" j÷rkag muKla hd yels ñksiqkag hd fkdyels ysuj;a m%foaYhla o" j÷rkag iy ñksiqkag hd yels ysuj;a m%foaYhla o we;' fuys isák jeoafoda j÷rka w,ajd .ekSu msKsi .iaj, ,dgq wdf,am lr;s' tu ,dgq ÿgq we;eï f,da,cd;sl j÷frda tajdfhys w;a" md" uqyqK hk wÙ. mfikau tys wef,;s' kuq;a iuyr j÷frda f,d,a fkdjQjdyq tajdfhys fkd wef,;s' ta whqßka ñksiqka o m[apldu .=Khkag we,Su fya;=fjka úkdYhg m;a fõ' j÷rka we¨Kq l,ayS jeoafoda Tjqkg úo ur;s' lduhkag we¨Kq mqoa.,hd o ta we,Su fya;=fjka úkdYhg m;afjhs' tneúka i;smÜGdkh jvk f,i nqÿrcdKka jykafia foaYkd l< fial' fuu l:d mqj; úuiSfï§ fmkS hkafka by;ska i|yka l< we¨ï lghq;= fofhys fkd we,Su msKsi i;smÜGdkh jvk NslaIqj m[aplduhkaf.ka úks¾uqla; jQ wdrlaIdldÍ jQ mqoa.,fhl= f,ih' ud;Dldjg wkqj fuys§ i;sh hkq wdrlaIl ßhÿfrlau hehs fuu l:d mqj;ska o meyeÈ,s jk lreKls'

l:dmqj;a iïnkaOfhka úuik úg ckmol,HdKS iQ;%h o i;sh iïnkaOfhka ±laúh yels h' nqoaOld,fhys isá ckmo l,HdKS hkq b;du;a rEmiïmkak" .S .dhkfhys olaI jQ keàfuys olaI jQ ldka;djls' wehf.a rE imqjg ji`. fkdjk flfkla ke;s ;rï h' nqÿrcdKka jykafia i;sh flfia ;nd .; hq;= o hkak ms<sn|j foaYkd lsÍfï§ ckmol,HdKsj Wmudjg f.k we;s whqre fuu iQ;%fhka o; yels fõ' fuu iQ;%fhys ±lafjk l:d mqj;g wkqj ckmo l,HdKs .S lshñka k¾;kfhys fhfok úfgl jOlfhla mqoa.,fhl=g m%ldY lrKqfha uqjúg olajd msßKq f;,a n÷kla ysfia ;ndf.k ckmol,HdKsh kgk m%foaYfhka hd hq;= njhs' fufia hdfï§ tlÿ f;,a ì÷jla fyda ìug jegqKfyd;a w;e;s lvqfjka ysi is¢k nj o mjihs' ta wjia:dfõ§ ;ukaf.a Ôú;h ms<sn| wdrlaIdj l,amkd lrK mqoa.,hd hï fia tu ia:dkfhka f;,a n÷k ysiska f.k hkafka o tf,iska isysfhka hqla; úh hq;= nj nqÿrÿka foaYkd fldg we;' —i;sh hkq wdrlaIl ßhÿfrls˜ hk m%ldYhg fuu l:dj ksoiqkla f,i .; yels fõ'

i;smÜGdk iQ;%h;a" wksl=;a ish¨ iQ;% foaYkd ms<sn|j;a úuiSfï§ nqÿrÿka i;sh iïnkaOfhka olajk wdl,amh ukdj meyeÈ,s lr.; yels h' tksidu i;sh nqÿiiqfka meje;aug o wdOdrlhla f,i nqÿrÿkau foaYkd lr ;sîu o úfYaI;ajhls'

úiqoaê ud¾.fha iS,ksoafoaifhys ixjr iS,h hkq l=ula±hs olajk ;ek mia wdldrhlska ixjrh olajd we;' tajd kï m%d;sfudalaI ixjrh" i;sixjrh" [dKixjrh" Lka;sixjrh" úßh ixjrh hkqhs' fuys§ wod, jkafka i;sixjrh hkq l=ulao hkak ms<sn|jhs' tys i;s ixjrhg wre;a imhd we;af;a **—rlaL;s plaLqkaøshx" plaLqkaøsfh ixjrx wdmÊc;S;s whx i;sixjfrd˜[[45]](#footnote-46)** hkqfjks' fï wkqj meyeÈ,s jkafka i;s ixjrh hkq plaIq bkaøshfhys ixjrhg meñKSu ms<sn|jhs' fuh ikd: lsÍu msKsi nqoaOf>daI ysñfhda .d:d mdGhla fufia f.k yer olaj;s'

—hdks fid;dks f,dliañx - **i;s** f;ix ksjdrKx

fid;dkx ixjrx n%Eñ - m[a[dfhf; msÒhfr'˜[[46]](#footnote-47)

^ f,dalfhys hï ;DIaKd oyrdjla fõ kï i;sh fyj;a isysh tajdg je<elaùuhs' ta isysh ;DIaKd oyrdjkaf.a ixjrh hehs lshñ' ud¾. m%{dfjka ta ;DIaKd oyrdj jikq ,efí'&

fuu .d:dj iq;a;ksmd;fha mdrdhK j.a.fha i|yka jkakls' fuu .d:dj foaYkd lsÍug wruqKq jQfha wð; ^bÉpdhiaud wðf;d& f;reka úiska úuik ,o m%Yakhla fya;= fldg f.k h' Tyqf.a m%Yakh jQfha my; i|yka jk .d:djhs'

—ijka;s iínê fid;d - fid;dkx lsx ksjdrKx

fid;dkx ixjrx n%Eys - flk fid;d msÒhfr˜[[47]](#footnote-48) hkqhs'

fuys w¾:h kï **—rEm wd§ ish¨ ;ekaj, ;DIaKd wd§ oyrdfjda .,d h;s' ;DIaKd oyrdjkaf.a je<elaùu l=ula o@ ;DIaKd oyrdjkaf.a ixjrh jod< uekú' l=ulska ;DIaKd oyrdfjda jikq ,efn;a o@˜** fuu m%ldYh;a by; m%ldY;a i,ld ne,Sfï§ ;DIaKdj kue;s Èyoyrdj kej;Sug kï i;sh wdOdr jk nj fmkS hhs' fuys tk —ksjdrKx˜ hkak —wdrlaL idrÒ˜ hkak yd ukdj .e<fma' thg fya;=j kï isysh hkq ;DIaKdjg meñKSug bv fkd§ ;ukaj wdrlaId lrkakdjQ wdrlaIlhd hkqfjka .; yels h' fuu iQ;%fhys u wjik nqÿrÿka foaYkd lrKqfha lduhka flfrys .scq fkdjkakd jQ is;ska fkdle<Uqkq flfkla jkafka h' NslaIqj ish¨ O¾uhkays olaI jQfha isys we;sj yeisfrkafka h hkqfjks' tu .d:dj fufia h'

—ldfuiq kdNs.sÊf®hH - ukid kdúf,d ishd

l=if,d iínOïudkx - **if;d** NslaLq mßínfc;s˜[[48]](#footnote-49)

fuu .d:djg wkqj is;d .; yels jkafka i;sh hkq wdrlaIl ßhÿrdu njhs' ldufhda jkdys ixidrfha yeisÍug WmldÍ jk øjHhls' tfiau le<Uqkq is;la we;s úg f,daflda;a;r;ajh ,nd .ekSug lsis fia;au yelshdjla ke;' tksid ks;ru nqÿrÿka isysfhka isàu wkq±k jod< nj fï wkqj is;d .; yels fõ' f,daf;da;r ;;ajhg hEug i;sfhys we;s wjYH;dj meyeÈ,s jk .d:djla mdrdhk j.a.fha uq,skau ±lafjk j;a:q.d:d kï fldgfiys ndjdß nuqKdg nqÿrÿka úiska foaYs; .d:dfjka o; yels h'

—wúÊcd uqoaOd;s cdkdys - úÊcd uqoaOdêmd;skS

ioaOd **i;**s iudëys - Pkaoúßfhk ixhq;d˜[[49]](#footnote-50)

fuu .d:djg wkqj wúoHdj hkq uqÿkhs' fuys uqÿk hkqfjka woyia fldg we;af;a iir uq, jk neúks' fuu uqÿk me,Sug fyj;a úkdY lsÍug fya;= jkafka Pkao ú¾hh iy uqiq jQ Y%oaOdj" i;sh" iudêh hk wÙ.fhda h' fï wkqj wúoHdj ke;s lsÍu úIfhys i;sfhys we;s jeo.;alu wjfndaO lr.; yels fõ' ;jo fï ms<sn|j lreKq fiùfï§ ;siaifu;af;hH iQ;%=h o jeo.;a fõ' tys§ ;siaifu;af;hH wdhqIau;=ka jykafia Nd.Hj;=ka jykafiaf.ka fufia úuihs'

—fldO ix;=isf;d f,dfl - liai fkd ika;s b[að;d

fld WNka;uNs[a[dh - uÊf® uka;d k ,smam;s

lx n%Eys uydmqßfid;s - fld bO isínksuÉp.d@˜[[50]](#footnote-51)

^ljfrla fuf,dj i;=gqfõo@ ljfrl=g ;DIaKd" oDIaá lïmk keoao@ wka; fol úYsIag {dkfhka ±k uOHfhys m%{dfjka fkd wef,a o@ ljfrl=g uydmqreI hehs lshk fiala o@ fuys ljfrla ;DIaKdj kue;s bÈlgqj blau .sfha o@&

fuu .d:djg ms<s;=re jYfhka nqÿrÿka úiska my; i|yka .d:d foaYkd l< fial'

—ldfuiq n%yaupßhjd - ù;;Kafyd iod **if;d**

iÙLdh ksínqf;d NslaLq - ;iai fkd ika;s b[að;d˜[[51]](#footnote-52)

^lduhkays wd§kj ±l" u. nUir we;s" myjQ ;DIaKd we;s" yeul,ays isys we;sj" wks;Hd§ jYfhka O¾u úuid rd.d§ flf,ia ksùfuka ksjqKq NslaIqkula fõ kï Wkajykafiag flf,ia lïmkfhda ke;a;dy'&

—fid WNka;uNs[a[dh - uÊf® uka;d ,smam;s

;x n%Eñ uydmqßfid;s - fidO isínksuÉp.d˜[[52]](#footnote-53)

^fyf;u wka;oajh úYsIag {dkfhka ±k" uOHfhys m%{dfjka fkd wef,hs' Wkajykafiag uyd mqreIhd hhs lshñ' fyf;u fï f,dalfhys ;DIaKdj kue;s bÈlgqj blau .sfhah'&

by; .d:djkag wkqj meyeÈ,s jkafka o i;sh iodl,aysu ;sìh hq;= fohla yeáhg h' wks;Hd§ ,laIK fufkys lsÍfï§ i;sh n,meje;aúh hq;= fõ' i;shlska f;drj h:djfndaOhla ,nd .ekSu l< fkdyels jQ fohla nj i;sh iïnkaOfhka we;s lreKq .fõIKfha§ fmkS hkakls' fuu iQ;%hg wkqj fuu f;reKqfjda úuid isákqfha uyd mqreIfhl= ms<sn|j h' fuu m%ldYhg ms<s;=re ixhqla; ksldfha uydmqßi iQ;%fhka o ,nd .; yels fõ' fï wkqj ne,Sfï§ o i;sh hkq wdrlaIl ßhÿfrls'

nqÿrcdKka jykafia ks;ru ;DIaKdj m%ydKhg NslaIQka jykafia,d fm<UjQ whqre iQ;%hkaf.ka o; yels h' fuu ;DIaKdj my lsÍug msysg jk fohla f,i i;sfhys jeo.;a lu o ks;ru Wkajykafia myod ÿka fial¦ tfiau cd;s" crd" urKdÈfhka úks¾uqla; jQ ksjku wruqKq fldg oyï foiQ fial' fï nj mila jk iQ;%hla yeáhg fu;a;.+ iQ;%h ±laúh yels h' fuu iQ;%fhys ±lafjk .d:djla kï"

—ls;a;hsiaidñ f; Oïux - ÈÜfG Oïfu wkSy;x

hx úÈ;ajd **if;d** pfr - ;fr f,dfl úi;a;slx˜[[53]](#footnote-54)

^ isys we;sj yeisfrkafka" fuf,dj§u olakd ,o ÿlaLdÈO¾ufhys ;udg m%;HlaIj hï O¾uhla ±k f,dalfhys ;DIaKdj blaujkafka kï ta ksjk;a ksjkg u.;a Tng m%ldY lrkafkñ'&

fuu .d:djg wkqj nqÿrÿka O¾ufhys iajrEmh meyeÈ,sj olajd we;' kuq;a fuu O¾ufhys yeisÍug kï i;sh wjYH nj —**hx úÈ;ajd if;d pfr˜** hkafkkau meyeÈ,s fõ' tfiau fuysu ±lafjk ;j;a mdGhla kï **—tjx úydßx if;d wmamu;af;d˜** hkakhs' fï wkqj meyeÈ,s jkafka;a isysh msysgqjdf.k wm%ud§j lghq;= lsÍfï jeo.;a luhs' fyul iQ;%hg wkqj meyeÈ,s jkafka ksjkg meñKSug kï rEmdh;k" Yíodh;k" .kaO ri iam¾Y wdh;k" O¾udh;k kï jQ ms%h rEmhkays Pkaord.h m%ydKh lsÍu l< hq;= njhs' ta ;=<ska fuf,dj§u flf,ia msßksùfuka iekiSug yels nj nqoaOfoaYkdjhs' tys§ o nqÿrÿka i;sh jeo.;a jk nj foaYkd fldg we;' my; i|yka .d:dfjka ta nj meyeÈ,s fõ'

—t;o[a[dh fh **i;d** - ÈÜGOïudNsksínq;d

Wmika;d p f; iod - ;sKaKd f,dfl úi;a;sld'˜

^isys we;s olakd ,o wks;HdÈ oyï we;s hï ry;a flfkla ta ksjk u. keKska ±k flf,ia msßksùfuka ksjqKd" ikaiqka jQjdyq kï Tjqyq yeul,ays f,dalfhys ;DIaKdj ;rKh l<dyq fj;s'&

;jo fuu m%ldY yd iïnkaO jQ NødjqO iQ;%fhka o o; yels h' tys § o wks;Hd§ iajNdjfhka hq;= ixialdrhkag NslaIqj isys we;sj ^NslaLq **if;d** ls[apk iínf,dfl& fkd wef,k nj lshefõ' fuda>rdc iQ;%fhys o nqÿrÿka foaYkd lrKqfha f,dalh Y+kH jYfhka isys we;sj olsk f,ig h' **—iq[a[f;d f,dlx wfjlaLiaiq fud>rdc iod if;d˜[[54]](#footnote-55)** hkafkka ta nj meyeÈ,s fõ' mdrdhk wkq.S;s .d:d hehs ±lafjk fldgfiys we;s .d:djlg wkqj mejfikafka i;sh jkdyS nqoaO Ydikfhka myj fkdhk njhs' tys i;sh muKla fkdj Y%oaOdj" mS%;sh" uki hkd§ ldrKd o wvx.= ù ;sfí' ta .d:dj fufia ±lafõ'

—ioaOd p mS;S p ufkd **if;d** p - kdfmka;s fu f.d;uidikïyd

hx hx Èix jc;s N+ßm[af[d - i f;k f;fkj kf;dZyuiañ˜[[55]](#footnote-56)

iq;a; ksmd;fha tk wÜGlj.a.fha ldu iQ;%fha § isysfhka lduhkaf.ka fjkaùu nqÿrÿka wkq±k we;s whqre wjfndaO lr .; yels h' thg idOl jYfhka **—fidZux úi;a;slx f,dfl if;d iu;sj;a;;s˜" —;iaud cka;= iod if;d - ldudks mßjÊcfh˜[[56]](#footnote-57)** hk m%ldY ±laúh yels h' fï wkqj isysh jkdyS lduhkaf.ka fjkaùu msKsi n,mdk whqre wjfndaO lr.; yelsh' mqrdfNao iQ;%hg wkqj nqÿrÿka WfmalaIdfjka hq;=j ySkudk" fihHudk" iÈiudk m%ydKh msKsi i;sfhka isáh hq;= whqre myod § we;af;a fufia h'

—WfmlaLfld iod **if;d** - k f,dfl u[a[f; iux

k úfiiS k kSfpfhHd - ;iai fkd ika;s Wiaiod ˜[[57]](#footnote-58)

^P<Ù.=fmalaId§ WfmalaIdfjka hqla; jQfha ldhdkqmiaikdÈ isysfhka hqla; jQfha" f,dalfhys iudkhehs fkdis;hs' Wiia jQfjl= hehs fkdis;hs' my;a jQfjl= hehs fkdis;hs' Wkajykafiag rd.dÈ Wiaiofhda ke;a;dy'&

fuu .d:djg wkqj i;smÜGdk iQ;%fhys fmkajd ÿka WfmlaId iy.; ;;a;ajh meyeÈ,s fõ' WfmalaIdfjka isá úg fun÷ udkhka is;g fkdkef.hs' tksidu i;sh wdrlaIlfhla f,i kï lsÍfuys we;s fhda.H;dj o; yels h' ;jo WfmalaIdfõ we;s jeo.;alu cd;lÜGl:dfjka o wjfndaO lr .; yels h' fndai;a wjêfha§ nqÿrcdKka jykafia WfmalaIdj mdrñ;djla yeáhg m%.=K l< nj tys ±lafõ' tfiau ffu;%Sh o WfmalaIdj yd iu.dój hkakls' orejka oka §ug kï WfmalaId iy.; is;la yg .; hq;=uh' tfiau laIdka;s mdrñ;dfõ§ l,dnq rcq úiska fndai;=kaf.a w;a md is¢k úg WfmalaIdfjka isá ksid oafõI iy.; is;la Wkajykafiag we;s fkdjQ whqre o o; yels h'

;=jgl iQ;%fhys ±lafjk whqßka wdOHd;añl ;DIaKdj m%ydKh msKsi i;sh n,mdk whqre foaYkd fldg we;af;a h' **—hd ldÑ ;Kayx wÊ®;a;x - ;dix úkhd iod if;d islafL˜[[58]](#footnote-59)** hkafkka ta nj ;yjqre fõ' idßmq;a; iQ;%hg wkqj úuid ne,Sfï§ i;sh ksid ,efnk wdksYxi wjfndaO lr .ekSug my; i|yka .d:dj jeo.;a fõ'

—m[apkakx ëfrd Nhdkx k Ndfh - NslaLq **if;d** imamßhka;pdßx

vxidêmd;dkx isßximdkx - ukqiaiMiaidkx p;=mamodkx˜[[59]](#footnote-60)

—m%{dj;a jQ isys we;s YS,dÈ i;r m¾hka;fhys yeisfrk iq¨ NslaIqj weg ueiaika iy fiiq ueiaikag o §¾> cd;Skag o fidreka wd§ ukqIH iam¾Yhkag o isxy wd§ isõmdjkag o hk mxp NS;Skag ìh fkd jkafka h'˜ hk m%ldYfhka ta nj meyeÈ,s fõ' tfia kï YS,h uQ,sl jk nj;a i;sh Bg wjYH jk nj;a fuhska o; yels lreKls' ;jo rEm" Yío" >kaO" ri" fmdÜGín hkd§kaf.a rd.h m%ydKh lsÍug isys we;sj yslaóu m%fhdackj;a jk whqre fuu iQ;%fhka u o; yels ;j;a lreKls' tys ±lafjk .d:dj fufia h'

—w:dmrx m[aprcdks f,dfl - fhix **i;sud** úkhdh islafL

rEfmiq ioafoiq wf:d rfiiq - .kafOiq Miafiiq ify: rd.x˜[[60]](#footnote-61)

—blaì;s wkslla o lshñ' hï rcil m%ydKh msKsi isys we;s j yslafukafka kï f,dalfhys tn÷ rcia mfila fõ' rEmd,ïnkfhys o Yíod,ïnkfhys o kej; rid,ïnkfhys o .kaOd,ïnkfhys o iam¾Yd,ïnkfhys o Pkaord.h uäkafka h'˜

i;sh ms<sn|j úuiSfï§ wÙ.=;a;r ksldfha m[aplksmd;fha tk i;siqmam;sÜÀ; iQ;%h o jeo.;a jkakls' tys§ nqÿrÿka miq wdldrhlska i;sh msysgqúh hq;= whqre olajhs' tkï"

**—bO NslaLfj NslaLqfkd wÊ®;a;x fhj i;s iQm;sÜÀ;d fyd;s" Oïudkx Woh;a:.dñkshd m[a[dh wiqNdkqmiaiS ldfh úyr;s" wdydfr málal+,i[a[S" iínf,dfl wkNsr;i[a[S" iíniÙLdfriq wksÉpdkqmiaiS'˜[[61]](#footnote-62)**

—uyfKks" fï iiafkys uyKyqf.a wdOHd;aufhys u iauD;sh uekúka t<eU isáhd fjhs' ialkaOO¾uhkaf.a WohjHh msßis¢kg iu¾: jQ m%{dfhka lfhys wY=Ndkqo¾YS jQfha" wdydrfhys m%;sl+,ix{d we;sfha" yeu f,dõys wkNsr;ix{d we;sfha" i¾jixialdrfhys wks;Hdkqo¾YS j fjfihs'˜ [[62]](#footnote-63)

fï wkqj fmkS hkafka wdydrfhys mjd ms<sl=,a is;ska úish hq;=h hkakhs' th yqÿ ms<sl=,a iajNdjhla fkdj h:d¾: jYfhkau wdydrfhys mj;skakdjQ ms<sl=,a iajNdjhs' nqÿrÿka NslaIQkag wdydr .ekSfï§ mjd isyskqjKska hq;=j wkqNj lsÍu foaYkd lr we;s whqre ±l.; yels lreKls' tfia fyhska ks¾jdKhg meñKSug kï ish¨ oE h:djfndaOfhka w;ayeÍu l< hq;=u fõ'

i;sh ms<sn| úuiSfï§ jeo.;ajk j¾.hla f,i wÙ.=;a;r ksldfhysu tk i;s j.a.h ±laúh yels h' tys m%:ufhkau tk iQ;%h kï i;siïmc[a[ iQ;%hhs' fuu iQ;%fha§ nqÿrÿka iauD;sh yd iïm%ckHh fkdue;s l,ayS ysß iy T;ma hk wÙ. fol úkdY jk nj foaYkd fldg we;' ta nj **—i;siïmc[af[ NslaLfj" wi;s iïmc[a[úmkakiai y;+mksix fyd;s ysfrd;a;mamx˜[[63]](#footnote-64)** hk m%ldYfhka meyeÈ,s fõ' fuys§ i;siïm%ckHh uQ,sl jk w;r tys wNdjh fya;=fjka ks¾jdK.dó ud¾.h je<flk whqre ukdj tlsfkl .<mñka nqÿrÿka úiska foaYkd fldg we;' ta wkqj ysßT;ma we;s mqoa.,hdf.a bkaøsh ixjrh kgqfha fjhs' tfiau bkaøsh ixjrh ke;s mqoa.,hdf.a iS,h úkdY fjhs' YS,h ke;s mqoa.,hdf.a iudêh úkdY fjhs' iudêh ke;s mqoa.,hdf.a h:dN+;{dko¾Ykh kgqfha fjhs' h:dN+;{dko¾Ykh fkdue;s mqoa.,hdf.a ks¾fõoh iy úrd.h kgqfha fjhs' ks¾fõoh iy úrd.h fkdue;s mqoa.,hdf.a úuqla;s{dko¾Ykh kgqfha fjhs' hkqfjka tys woyi fláfhka o; yels h' fï wkqj fmkS hkafka o i;sh fkdue;s ;ek fkdfhla jQ ndOlhkag yiqùug isÿjk njhs' fuys§ nqÿrÿka Wmudjla o f.k yer olajd fuu ldrKh meyeÈ,s fldg we;s whqre ±l.; yels fõ' ta wkqj w;=fld< ke;s .ila hïfia fõ kï tys fmd;= o ukdj msßmqka fkdfjhs' tfiau isúh;a" fndreoa" yr;a msßmqka Ndjhg fkdhhs' ta whqßka i;sh ke;s l,ayS uq,ska ±lajQ ndOlhkag uqyqK mdkakg isÿ fõ' bka wk;=rej nqÿrÿka i;sh we;s l,ayS ks¾jdK ud¾.fha myiqfjka .uka l< yels whqre tlsfkl meyeÈ<s fldg ;sfí' i;sh we;s l,ayS wksla wÙ.fhda o ta wkqj msßmqka njg hk nj fuhska o; yels lreKls' tfia kï nqoaOfoaYkdjg wkqj i;sh hkq wdrlaIl ßhÿfrla nj meyeÈ,s lr.; yels fõ' lsxuQ,l iQ;%fha§ wkH ;S¾:lhka úiska úuik ,o m%Yakj,g ms<s;=re Èh hq;= whqre foaYkd fldg we;' tu m%Yak w;r we;s m%Yakhls **—lsx wdêmf;hHd iífn Oïud˜** hkq' fuhg ms<s;=re jYfhka nqÿrÿka foaYkd fldg we;af;a **—i;dêmf;hHd iífn Oïud˜[[64]](#footnote-65)** hkqfjks' ta wkqj o i;sh hkq ish¨ O¾uhkag wdêm;Hh fldg we;s fohla f,i jgyd .; yels h'

fï ish,a,u i,ld ne,Sfï§ nqÿrÿka i;shg uQ,sl;ajhla § we;' ;jo i;sh ms<sn| woyia olajk wNsOïudj;drh fufia i|yka lrhs'

—i;sidrÓixhq;af;d - iïudÈÜÀmqfrcfjd

ti Oïurf:d hd;s - fhd.lafLuiai m;a;shd˜[[65]](#footnote-66)

fuys woyi kï —i;s kue;s ßhÿrd iu. iuH.aoDIaáh fmrgq fldg fuu O¾ur:h ks¾jdKhdf.a m%dma;sh msKsi hhs˜ hkqfjks' ta wkqj fuu m%ldYhg uQ,sl jkakg we;af;a o by; ixhqla; ksldfhys ±lafjk mdGhu nj lsj yels h' tfia kï i;sh hkq ßhÿfrla hkqfjka i|yka lsÍu hqla;s iy.; nj lsh yels h' Lqoaol ksldhg wh;a f:r.d:dfjys o —**i;swdrlaLiïmkafkd - ê;sud úßhiudysf;d˜** hkqfjka i|yka fõ' ta wkqj is;sh yels jkafka o i;sh hkq wdrlaIlfhlau jk njhs' iuia;hla jYfhka l,amkd lsÍfï§ i;r i;smÜGdkhu wdrlaIl ßhÿfrlehs kï l< yels fõ'

;:d.;hka jykafia fkdfhla wjia:dj,§ i;sfhys we;s jeo.;alu ms<sn|j lreKq foaYkd fldg ;sfí' wÙ.=;a;r ksldfha i;a;lksmd;fha Okj.a.fha ú;a:;n, iQ;%fha § wÙ. i;la n, f,i foaYkd fldg we;' tu i; kï Y%oaOd n,h" ù¾h n,h" ysß n,h" T;a;mam n,h" iauD;s n,h" iudê n,h" m%{d n,h hkqfjks' fuys ±lafjk mßÈ iauD;sh fyj;a isysh n,hla f,i foaYkd fldg we;' tys§ nqÿrcdKka jykafia iauD;sh n,hla jk whqre fufia foaYkd lr;**s' —l;u[ap NslaLfj i;sn,x@ bO NslaLfj" wßhidjfld i;sud fyd;s mrfuk i;sfkmlaflk iukakd.f;d Ñrl;ïms ÑrNdis;ïms iß;d wkqiaiß;d' box jqÉp;s NslaLfj i;sn,x'˜** fuys woyi kï uyfKks" iauD;s n,h ljf¾ o@ uyfKks" fï Ydikfhys wd¾hY%djl f;fï W;=ï jQ iauD;s m%{dfjka hqla; jQfha fldg fndfyda l,a jQ fohla o lshd fndfyda l,a fohl o isys lrkafka ukdfldg isys lrkafka iauD;su;a fõo" fuh iauD;s n,h hehs lshkq ,efí' fuu m%ldYhg wkqj iauD;sh úfgl n,hla jk nj wjfndaO lr.; yels h' ;j o m[apn, jYfhka ±laùfï§ o i;sh we;=<;a fõ' wfkla n,fhda kï ioaOd" úßh" iudê" m[a[d hkqhs' ;jo wkqiai;s jYfhka oi wkqiai;shla nqÿoyfuys ±lafõ' nqoaOdkqiai;s" Oïudkqiai;s" ix>dkqiai;s" iS,dkqiai;s" pd.dkqiai;s" foaj;dkqiai;s" wdkdmdki;s" urKi;s" ldh.;di;s" Wmiudkqiai;s hkq tu oyhhs' by; i|yka lreKq o fïjdfhys we;=<;a jk nj o; yels h' ta wkqj fuu oi wÙ.hkays isysh msysgqùu jeo.;a jk nj lsj yels h' fuu ish,a, i,ld ne,Sfï§ o i;sh hkq wdrlaIl ßhÿfrla nj lsj yels fõ'

**wdfY%ah .%J:ud,dj**

01' §>ksldh-2" ;s%msgl nqoaO chka;s" fn!oaO ixialD;sl uOHia:dkh" keÈud,' 2005 uqøKh'

02' ixhq;a; ksldh" m%:uNd.h" i.d:lj.a." fn!oaO ixialD;sl uOHia:dkh" keosud," 2006 uqøKh'

03' iq;a;ksmd;" ;s%msgl nqoaO chka;s" fn!oaO ixialD;sl uOHia:dkh keosud,' 2006 uqøKh'

04. <http://www.tipitaka.org/sinh/>

05. CSCD Tripitaka

06' iquÙ., ú,disks kdu §>ksldhÜGl:d - ÿ;sfhdNdf.d" fyajdú;drK uqøKh" ;s%msgl uqøKd,h" 2008 uqøKh'

07' úiqoaêud¾.h" isßkd: l=udrodi ;s%msgl uqøKd,h" 2006 uqøKh'

08. Mindfulness in Early Buddhism: New Approaches through Psychology and Textual, Tse Fu Kuan, published 2008

09' i;smÜGdk Ndjkd úfõpkh iy ;j;a lD;s" f¾reldfka pkaoúu, uykdysñ" iS' ;ksmamq,s wdrÉÑ ixialrKh" isl=re fmd;a m%ldYlfhda" 2011 uqøKh'

10' i;smÜGdk Ndjkd l%uh" f¾reldfka pkaoúu, uykdysñ" wð;a ms%kag¾ia ^m%hsjÜ& ,sñgâ" 2011 uqøKh'

11' Ndjkd u`. wjqrk kSjrK ch.ekSu" ud.kaokuq,af,a nqoaOfidau ysñmdfKda" 2012 fojk uqøKh'

12' md,s-isxy, wldrdÈh" fmd,aj;af;a nqoaOo;a; kdysñ" fn!oaO ixialD;sl uOHia:dkh" wð; ms%kag¾ia' 1998 uqøKh'

13' md,s-isxy, YíofldaIh" uä;shfj, isß iquÙ., kdysñ" tia wekaâ tia ms%kag¾ia" 2011 uqøKh'

1. ixhqla; ksldfhd - uydj.af.d" n%dyauKiq;a;x" nq'c'uq msgqj -10 [↑](#footnote-ref-2)
2. ixhqla; ksldfhd - uydj.af.d" n%dyauKiq;a;x" nq'c'uq msgqj -11 [↑](#footnote-ref-3)
3. පාලි සිංහල අකාරාදිය, පොල්වත්තේ බුද්ධධත්ත නාහිමි, පිට-493 [↑](#footnote-ref-4)
4. පාලි සිංහල ශබ්දකෝෂය, මඩිතියවෙල සිරි සුමඞ්ගල නාහිමි, පිට - 480 [↑](#footnote-ref-5)
5. http://en.wikipedia.org/wiki/Sati [↑](#footnote-ref-6)
6. **http://theravadin.wordpress.com/**2009/02/13/mindfulness-is-not-sati/ [↑](#footnote-ref-7)
7. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-147 [↑](#footnote-ref-8)
8. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-284 [↑](#footnote-ref-9)
9. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-541 [↑](#footnote-ref-10)
10. # Mindfulness in Early Buddhism: New Approaches Through Psychology and Textual

    [↑](#footnote-ref-11)
11. http://www.tipitaka.org/sinh/ [↑](#footnote-ref-12)
12. ixhqla;ksldhÜG l:dj-3" isxy, mßj¾;kh" u.a. ixhq;a;h" msg-199 [↑](#footnote-ref-13)
13. http://www.tipitaka.org/sinh/ [↑](#footnote-ref-14)
14. §>ksldh-2" i;smÜGdkiQ;%h"nq'c'uq' msg-502 [↑](#footnote-ref-15)
15. §>ksldh oaú;ShNd.h" fya'uq' msg-436 [↑](#footnote-ref-16)
16. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-544 [↑](#footnote-ref-17)
17. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-544 [↑](#footnote-ref-18)
18. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-544 [↑](#footnote-ref-19)
19. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-549 [↑](#footnote-ref-20)
20. §>ksldh oaú;ShNd.h" fya'uq' msg-462 [↑](#footnote-ref-21)
21. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-557 [↑](#footnote-ref-22)
22. uÊ¯uksldh" uÊ¯umKaKdil" ;s%’'nq'c' msg-284 [↑](#footnote-ref-23)
23. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-557 [↑](#footnote-ref-24)
24. §>ksldh" uydj.a."fya'uq' msgq - 466 [↑](#footnote-ref-25)
25. §>ksldh" uydj.a."fya'uq' msgq - 467 [↑](#footnote-ref-26)
26. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-561 [↑](#footnote-ref-27)
27. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-561 [↑](#footnote-ref-28)
28. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-561 [↑](#footnote-ref-29)
29. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-563 [↑](#footnote-ref-30)
30. Ndjkd u`. wjqrk kSjrK ch.ekSu" ud.kaokuq,af,a nqoaOfidau ysñ" msg - 45 [↑](#footnote-ref-31)
31. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-564 [↑](#footnote-ref-32)
32. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-564 [↑](#footnote-ref-33)
33. §>ksldh" uydj.a." nq'c'uq msg - 472 [↑](#footnote-ref-34)
34. §>ksldh" uydj.a."" nq'c'uq msg - 473 [↑](#footnote-ref-35)
35. §>ksldh" uydj.a." nq'c'uq msg - 475 [↑](#footnote-ref-36)
36. ixhq;a; ksldh" wkqreoaOixhq;a;" rfyd.;j.a." nq'c'uq msg-62 [↑](#footnote-ref-37)
37. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-551 [↑](#footnote-ref-38)
38. cscd tripitka [↑](#footnote-ref-39)
39. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-551 [↑](#footnote-ref-40)
40. cscd tripitaka [↑](#footnote-ref-41)
41. iquå.,ú,disks kdu §>ksldhÜGl:d-1" fya'uq' msg-551 [↑](#footnote-ref-42)
42. ixhq;a; ksldh" wkqreoaOixhq;a;" rfyd.;j.a." nq'c'uq msg-64 [↑](#footnote-ref-43)
43. wå.=;a;r ksldh" m[aplksmd;" ;;shmKaKdil" ;slKavlSj.a." nq'c'uq - msg-276 [↑](#footnote-ref-44)
44. ixhq;a;ksldh" uydj.af.d" i;smÜGdkixhq;a;" nq'c'uq' msg-262 [↑](#footnote-ref-45)
45. úiqoaêu.a." iS,ksoafoi" fya'uq' msg-6 [↑](#footnote-ref-46)
46. úiqoaêu.a." iS,ksoafoi" fya'uq' msg-6 [↑](#footnote-ref-47)
47. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-316 [↑](#footnote-ref-48)
48. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-316 [↑](#footnote-ref-49)
49. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-314 [↑](#footnote-ref-50)
50. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-318 [↑](#footnote-ref-51)
51. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-318 [↑](#footnote-ref-52)
52. ikak iys; iq;a;ksmd;h ^mdrdhk j.\_h& jE.u mshr;k ysñ" msg-67 [↑](#footnote-ref-53)
53. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-322 [↑](#footnote-ref-54)
54. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-344 [↑](#footnote-ref-55)
55. Lqoaolksldh" iq;a;ksmd;" mdrdhKj.a." nq'c'uq msg-350 [↑](#footnote-ref-56)
56. Lqoaolksldh" iq;a;ksmd;" wÜGlj.a." nq'c'uq msg-242 [↑](#footnote-ref-57)
57. Lqoaolksldh" iq;a;ksmd;" wÜGlj.a." nq'c'uq msg-270 [↑](#footnote-ref-58)
58. Lqoaolksldh" iq;a;ksmd;" wÜGlj.a." nq'c'uq msg-288 [↑](#footnote-ref-59)
59. Lqoaolksldh" iq;a;ksmd;" wÜGlj.a." nq'c'uq msg-302 [↑](#footnote-ref-60)
60. Lqoaolksldh" iq;a;ksmd;" wÜGlj.a." nq'c'uq msg-304 [↑](#footnote-ref-61)
61. wå.=;a;rksldh" m[aplksmd;" .s,dkj.a." nq'c'uq msg-232 [↑](#footnote-ref-62)
62. wå.=;a;rksldh" m[aplksmd;" .s,dkj.a." nq'c'uq' msg-232 [↑](#footnote-ref-63)
63. wå.=;a;rksldh" wÜGlksmd;" i;sj.a." nq'c'uq msg-340 [↑](#footnote-ref-64)
64. wå.=;a;rksldh" wÜGlksmd;" i;sj.a." nq'c'uq' msg-344 [↑](#footnote-ref-65)
65. cscd Tripitaka, wNsOïudj;dfrd [↑](#footnote-ref-66)