







ዘሃጠን፣ ጠፍጃን፣ ጭጥን፣ ሃጸይን፤

風翻來，激降來，蕎麥墜來，薪葉來。

*"The wind billows down from the sky,
Drizzling rain falls from the sky,
Buckwheat leaves are dropping,
Firewood leaves turn golden (now)."*















*The spring returns again,
In a flash, autumn comes back,
My heart is filled with perplexity.*

春归又至，倏忽秋返，我心彷徨矣。

春归又至，倏忽秋返，我心彷徨矣。





















འཕྲིན་ལྷོ་མོ་ལྷོ་མོ་

一岁一回，一世一月

"Once a year, once a month in a lifetime."







无惧兮，无惧兮无惧。寒亦无愠，暑亦无愠。

无惧兮，无惧兮无惧。寒亦无愠，暑亦无愠。

"Fear not, fear not at all.

No anger in cold, no anger in heat."













