

# Verses

## The Burdens

Bhārā

|                                                                                                                                                                 |      |             |                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------|-------------------------------------------------------|
| [sn 22.22]                                                                                                                                                      |      |             |                                                       |
| bhārā have pañcakkhandhā – bhārahāro ca puggalo                                                                                                                 |      |             |                                                       |
| bhār'ādānaṃ dukkhaṃ loke – bhāra-nikkhepanaṃ sukhaṃ                                                                                                             |      |             |                                                       |
| bhārā                                                                                                                                                           | noun | masc.nom.pl | burdens, loads, weights                               |
| have                                                                                                                                                            | ind  |             | indeed, surely                                        |
| pañcakkhandhā                                                                                                                                                   | noun | masc.nom.pl | five aggregates (of clinging)                         |
| bhāra-hāro                                                                                                                                                      | noun | masc.nom.s  | load-bearer, carrier of the burden                    |
| ca                                                                                                                                                              | ind  |             | and                                                   |
| puggalo                                                                                                                                                         | noun | masc.nom.s  | person, individual                                    |
| bhār'ādānaṃ                                                                                                                                                     | noun | nt.nom.s    | picking up (of)the burden, taking up the weight       |
| dukkhaṃ                                                                                                                                                         | noun | nt.nom.s    | discomfort, suffering, pain, unease, problem, trouble |
| loke                                                                                                                                                            | noun | masc.loc.s  | in the world                                          |
| bhāra-                                                                                                                                                          | noun |             | burden, load, weight                                  |
| nikkhepanaṃ                                                                                                                                                     | noun | nt.nom.s    | discarding, dropping, throwing down, casting off      |
| sukhaṃ                                                                                                                                                          | noun | nt.nom.s    | ease, comfort, happiness, pleasure                    |
| <b>The five aggregates indeed are burdens, the carrier of the burdens is a man, in this world to take up burdens is suffering, dropping the burden is ease.</b> |      |             |                                                       |
| nikkhipitvā garuṃ bhāraṃ – aññaṃ bhāraṃ anādiya                                                                                                                 |      |             |                                                       |
| samūlaṃ taṇhaṃ abbuyha – nicchāto parinibbuto                                                                                                                   |      |             |                                                       |
| nikkhipitvā                                                                                                                                                     | verb | abs         | having discarded, having put down, having set aside   |
| garuṃ                                                                                                                                                           | adj  | masc.acc.s  | heavy, onerous, weighty                               |
| bhāraṃ                                                                                                                                                          | noun | masc.acc.s  | burden, load, weight                                  |
| aññaṃ                                                                                                                                                           | adj  | masc.acc.s  | another, other, different                             |
| bhāraṃ                                                                                                                                                          | noun | masc.acc.s  | burden, load, weight                                  |
| anādiya                                                                                                                                                         | verb | ger         | not taking up                                         |
| samūlaṃ                                                                                                                                                         | adj  | fem.acc.s   | with the root, including the root                     |
| taṇhaṃ                                                                                                                                                          | noun | fem.acc.s   | craving, thirst                                       |
| abbuyha                                                                                                                                                         | verb | ger         | pulling up, pulling out, tearing up, uprooting        |
| nicchāto                                                                                                                                                        | adj  | masc.nom.s  | satiated, satisfied, lit. not hungry                  |
| parinibbuto                                                                                                                                                     | adj  | masc.nom.s  | who is extinguished, who's fire is out                |
| <b>A heavy burden cast away, not taking on another load, pulling up craving with the root, one is satisfied and extinguished.</b>                               |      |             |                                                       |

next chant > [From the Elder Ratthapāla](#)