Tibetan Quadrisyllabics, Phrases and Idioms

Acharya Sangye T. Naga
and
Tsepak Rigzin
A very important element of Tibetan language which has provided life and beauty in the evolution of human thought communication is its rich repository of Idioms and Phrases. It makes for conveying a point or idea just in one single idiom what could not be expressed in so many prosaic sentences. Efficiently effective and melodious, it is very commonly used among the older generation Tibetans. New generation of Tibetans are not very aware of the importance of this aspect of the language. It is feared that if our generation can not preserve this rich aspect of the language, there may be a danger of losing this richly melodious aspect of the language.

Therefore I impressed upon its importance to Mr. Tsepak Rigzin and Mr. Sangye T. Naga to bring this work to light. I am thankful for their response and labour of love. It is hoped that this small effort will contribute in some way towards the enrichment and preservation of the Tibetan language.

Gyatsho Tshering  
Director.

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Compiler’s Note

I joined the Library of Tibetan Works and Archives on August 1st, 1991, as a member of its Research and Translation Bureau. One of the first projects that was assigned to me by both Mr. Gyatsho Tshering, Director, and Mr. Tsepak Rigzin, the then head of the bureau, was this small collection of quadrisyllabics, and idioms. The Library felt that this type of book was needed for its language students, therefore in 1980 LTWA obtained Mr. Jampa Choedak’s initial collection of idioms from Mr. Pema Gyalpo. These idioms and phrases were added to the collection being prepared by Mr. Rigzin, whose sources were derived from various Tibetan articles, books, most notably from His Holiness the Dalai Lama’s public speeches. Having entrusted this project to me, I worked in the sincerity of being able to motivate and aiding individuals, who show a keen interest in the Tibetan Language, be they Tibetans or Westerners.

For further information, one interesting article on quadrisyllabic phrases, entitled: “The Phonetic Structure of ABCD Type Words in Modern Lhasa” and one chapter on “Phrases” in The Classical Tibetan Language are suggested. In addition, the following Tibetan language books are also recommended: Modern Tibetan Language Vol. I & II, A Basic Grammar of Modern Spoken Tibetan, Essentials of Modern Literary Tibetan, Modern Spoken Tibetan: Lhasa Dialect, Textbook of Colloquial Tibetan and New Plan Tibetan Grammar and Translation.
This book is aimed to act as a bridge between the so called literary and colloquial language. Therefore, it is sincerely hoped that this book may be prove to be a source of guidance. Lastly I wish to thank Mr. Tenzin Dorjee, the senior most translator at LTWA, for his assistance in editing this book. May this book help the reader to skillfully master the Tibetan language, whereby one can read both the classical as well as the modern Tibetan literatures!

Acharya Sangye T. Naga
Library of Tibetan Works and Archives, Dharamshala, H.P. INDIA.
Buddha Shakyamuni turned the first wheel of Dharma at Sarnath through His omniscient wisdom.

someone who commands universal faith and respect/admired and respected by all

His Holiness the Dalai Lama is an able and honest leader who commands universal faith and admiration from all Buddhists throughout the world.

moral improvement/ethical reconstruction

One needs to improve one's own moral conduct before improving other's morality.

giving moral guidance or training

Moral guidance should be given from childhood onwards.

tradition of universal welfare

King Songtsen Gampo ruled his empire through the tradition of universal welfare.

jack of all trades and master of none

If someone does not focus on the point of one's studies, one will become a jack of all trades and master of none.

Lit.: The boatman decides where the boat goes. Sense implied: the one in power makes the decisions. The boat is in boat man's hand where to lead.

to let down/to betray some one's trust/to disgrace

Today he let the team down in the match at the last minute.

Lit.: to drop the end of a rope Sense implied: letting down a cause People who play double deal will drop their end and fail in their work.

Lit.: cut from the same cloth (leather); a chip off the old block/ from the same mould Tibetans do not trust even the new Chinese leaders because they are just a cut from the same cloth.

There are many winding paths on highlands.

beating around the bush

Those deceitful persons were beating around the bush without giving the information clearly.
The beggar has an old ridged pot.

The neighbours cat looks with erect ears.

If daily routines are performed unfailingly, then the year's work will be accomplished naturally.

Foreign clothes are very durable and lasting.

One should follow right reasonings but not conservative people/hardliners.

The background of the dispute in the case is the divisive act of some foolish people.

Overcoming the difficulties with courage.

Thonmi Sambhota visited India by overcoming the difficulties of extreme climate with courage.

Facing difficulties/bearing the burden/willingly accepting the difficulties it is a Bodhisattva practice to accept difficulties willingly for the welfare of others.

Struggling through hardships We have to struggle through many problems in order to get independence.

To create troubles and burdens Bad and naughty children create troubles and burdens in their homes.

One has to counter various problems in order to accomplish a great aim.

All your troubles can be solved by the boss.

Intentionally created problems
One should not get deceived by problems created intentionally by enemies.

Courage and diligence/persistence to endure No work is difficult provided one has courage and diligence.

Stoic endurance/austerity The happiness and suffering of this life are the results of good and bad actions.

Hard working and simple way of life He is not only hard working but also maintains a simple way of life.

Steadfast perseverance One will have a vision of the deity very soon if one perseveres steadfastly in one’s meditation.

Work hard now and enjoy the fruit later A wise man works hard first and then enjoys happiness consequentially.

Lit.: to confuse white from black/ Sense implied: to confuse right from wrong/ misunderstanding
Lit.: white mind is veiled by black/
Sense implied: a virtuous mind is obscured by a
negative appearance
In this period of (five) degenerations white virtuous thoughts are veiled by black
nonvirtues.

The over industrious monastic caretaker may turn the
golden statue into brass. If someone is over-industrious in one's work then it will resemble the over-industrious caretaker who turned the gold into brass by rubbing so much that gilding worn away.

A mandala of Avalokiteshvara is constructed at the Tibetan Library.

Tibetans should never be overcome by the
divisive provocations of the Chinese.

It would be detrimental to the unity if someone follows others' provocative rumours.
The teacher reprimanded my friend for having smoked.

The teacher and the head-master are conferring.

It is an unnecessary task to put a patch on the Kangyur (the collection of the Buddha’s teachings).

Hundreds of scriptural texts are found in the temple of Kangyur and Tangyur.

One should always feel parents’ kindness in the heart.

There will be acknowledgement of one’s kindness if one can help others.

The anthology of His Holiness the Dalai Lama’s speeches and writings is very easy to understand.

Some bad people did not abide by the law and that’s why all of us are ruined.

The Chinese government gave a rude rejoinder to a polite message from the Tibetan government in exile.

Good leaders are open by nature. They give an immediate reply to one’s questions.

The Department of International and Information relations of the Tibetan-government-exile published the edited speeches of His Holiness the Dalai Lama.
All Tibetans should study well the profound advices of H. H. the Dalai Lama.

To comply faithfully with an order Be honest; we will comply with your orders faithfully.

If bad leaders are appointed we cannot act upon their orders.

One should honour the teachers and serve the nation.

It is rare to find a competent instructor these days.

This well set castle looks like a magnificent mansion.

This well arranged offering irresistibly attracts every mind.

The birthday celebrations of His Holiness the Dalai Lama have been concluded happily and successfully.

The war-robe of King Geser is very impressive and glorious.

More than one million Tibetans died of thirst and starvation in the Chinese prisons.
to be afraid of / cowardly over cautious Cowardly people get frightened at the sight of an enemy.

clumsy hands and feet / stiff hands and feet / to become awkward If socks and gloves are not worn properly in winter, one's hands and feet will become stiff and awkward, making it very difficult to work and go here and there.

lit. dancing hands and feet / Sense implied: dancing with joy / to dance with abandon Small children will dance with joy swinging their hands and feet when they are happy.

fetters and hand cuffs The police when they catch a thief, would chain them with fetters and hand cuffs.

fettered hand and foot Many Tibetan political prisoners were chained hand and foot by the Chinese army.

only one single piece I have only one cigarette and therefore I cannot offer to you.

crippled legs and broken arms Many crippled beggars with broken arms are seen at holy places.

lit. erasing foot print with one's hand / Sense implied: wiping away previous reputation Looking at how he works at present, there is a definite danger that he might wipe away his past deeds.

lit. body supported by legs / Sense implied: self-supporting If one studies properly, one can support one's life comfortably.

lit. until the sun strikes the soles / Sense implied: something that will never happen However hard one might do house work, there will never be an end, just as the sun will never strike the soles of one's feet.

gesturing with hands and feet / the gesture of a mute / body language Two mutes in a drama have a discussion with gestures of their hands and feet.
The ring leader of the bandits was very angry and berated the group, banging his hands and legs in full anger.

The angry man first rubbed his hands and banged his feet at his servant and then he whacked him on the cheek.

The hands and legs of these men were maimed during II World War.

These bad officials have always given inappropriate treatment to the public.

There will be unending problems if a poor family has many children.

Bad people not only steal but blame others of their theft.

The thief relies on the support of a lie to prove his innocence.
Catch the ring leaders if one needs to catch thieves and robbers. If the ring leader is not caught, it would be of no significant even if other are caught.

Lit.: If a merchant rears a thief, it would be as though he were killing himself.
Sense implied: having a servant who steals. Keeping a thief servant resembles a merchant rearing a thief who kills him in return.

lit. a hundred blames for one theft/
Sense implied: to have something stolen and to suspect everyone of the crime. This suspicion is deemed as a sin.
Though the theft was done by only one, the owner suspected one hundred different people, it is said that he committed one hundred sins.

Lit.: to lock the door from outside keeping the thief inside/
Sense implied: the enemy is within or inside. If the enemy within is not subdued, how can one conquer the enemy outside, as there is no point in locking the door from the outside keeping the thief inside.

Stealing is shameful but to bargain is not a shame.

a bandit robbing a thief. The evil minister was dismissed by the evil chief. It was like a bandit robbing a thief.

lit. rewarding a thief and saving a wolf/ sense implied: to act unjustly.
Excusing unjust deeds is rewarding a thief and saving the life of a wolf.

A woman with loose character is a disgrace to the society.

Lit.: a leather bag with holes at the bottom/ Sense implied: to have nothing left. Oh! long distance traveller whose bottom of the leather bag is torn: if you need tsampa, I shall offer you some.

Whatever the circumstances may be, throughout one’s life whatever the circumstances one may face, one should never abandon the thought of independence.
misfortune brings a good opportunity/ a blessing in disguise
If a person faces many problems, and becomes religious-minded in the end, then those misfortunes have been a blessing in disguise.

When a child is thirteen years old, a certain misfortune may befall him like a thunderbolt if the ritual prayers are not done for him.

Tibetans in Tibet had to bear the Chinese atrocities for thirty years.

misfortunes and hindrances/ discordant factor
The opposite of concordant factors are called misfortunes, hindrances, and discordant factors.

Due to the calamity of the II World War, innumerable people were killed and much blood shed.

entangled misfortunes
I had misfortunes entangled in a miserable condition due to the previous bad actions.

convergence of misfortunes
When one’s merits diminish, all misfortunes converge.

a brainless fool/dull and empty headed
The Chinese tried to make a number of Tibetan children empty-headed by depriving them of their educational opportunity.

real idiot/fool/stupid
I am sorry my friend is a stupid person.

foolish persuasion/ obstinate
One should follow reasonings rather than foolish persuasion.

a fool trying to be smart
One may be expert in keeping the secret while others are expert in disclosing them. Therefore it is just like a fool trying to be smart if one hides one’s faults.

secretly and stealthily
Disloyal
members of a family secretly give away their household’s property to other people.

Traders speculate in goods and sell them away their household’s giveaways to other people.

Traders speculate in grains and sell them indiscreetly during war and famine.

If someone embezzles government money, their secret would be disclosed when the circumstances were not favorable.

The Chinese secretly infiltrated across the Indian border and incited many troubles in India.

Representatives of Tibetan people should not be involved in corruption and spoil their image.

One should not be deceived by others’ secret conspiracy.

The covert policy of one nation is worse than that of other nation.

It is very difficult to know the momentary change.

At any instant, Buddha knows all phenomena with direct perception.

The melodious voice of Bikkhu Nyenpa Zangden was the result of his previous virtues.

What is the use of making a fuss about nothing without having worked.

One cannot fully trust an opportunist.

to act in accordance with the time
He who acts in accordance with time is said to be wise.

To kick someone when they are down is the insult of an opportunist.

The policy of government should be implemented according to the changing situation.

There has to be an interim government when the political parties are not on good terms.

This chupa is completely dry. How can one eat only dry rice?

A life’s deeds

I wish you successful deeds in your life.

study/ training (e.g. spiritual training)

One should give full attention while studying with one’s teacher.

representations of (the Buddha’s) body, speech and mind/ sacred objects.

There are inconceivably sacred objects in Lhasa Cathedral.

Spiritual commitment breakers can not achieve realisation, just as a knotted thread can not pass through the eye of a needle.

to buy lasso presenting one’s neck/ Sense implied: to invite trouble

Indulging in smuggling is inviting trouble.

Although Rampa has failed in his class X examinations, still he is very proud. This is just like shaking one’s chin in spite of one’s neck having been cut.
Lit.: only milk will flow even if the neck is cut/ Sense implied: innocence/ not guilty. On this issue, on top of police interrogation even if someone cuts my throat only milk will flow.

Lit.: wanting the neck but not the goitre/ Sense implied: wanting a rose but not its thorn. One wants the girl but not her parents. This is like wanting a neck but not the goitre.

Lit.: urge for water/ Sense implied: very anxious. The day of Independence is anxiously awaited throughout Tibet.

neither a layman nor a monk (sarcastic remark) It is better to be married than to lead a life of neither as a layman nor a monk.

Lit.: to resort to grass having run out of grain/ Sense implied: at the brink of starvation. If grains are not taken out from the stock during famine, the poor people might reach the brink of starvation.

Lit.: bring to notice and attention/ Sense implied: an appeal. There should be good discussion before an appeal is announced to the public.

Lit.: a crane’s (way of) catching fish/ Sense implied: to be very skillful.
One should be skillful in every action just like a crane catching fish.

Lit.: liberating from the suffering and being attached to happiness. It is the duty of government to liberate the citizens from suffering and to give them pleasure or happiness.

Although my friend is poor, he is cheerful and jolly.

Wanting happiness and being reluctant to work, do not go together.

Both spouses should share their joys and sorrows together throughout their lives.

One should respect and take advice from the experienced seniors or elders who had gone through many experiences of life.

There will be various ups and downs in one's life.

One should report the government on the condition of one's welfare when there is calamity in one's country.

One should not be sad at the time of difficulty. It is natural that joys and sorrows come in life as knots occur in trees.

All the countrymen should share their food and drink with one another irrespective of their living standard.

Real friends always share their joys and sorrows with one another.

happy and well
These days I am happy at the Library of Tibetan Works and Archives.

Make yourself happy lest others may trouble you.

together we shall eat the grass of the mountain pass and drink the murky water of suffering/ Sense implied: to be together in times of joy and suffering/ This expression is used to indicate friendship and intimacy by sharing all joys and sorrows together.

Lit.: even if you are repaying water, don’t make it thin/ Sense implied: remindful of repaying one’s kindness. This expression is used to indicate the best way to respond to kindness.

abominable/ disgusting Do not behave in such a disgusting manner.

vomit or nauseous feeling/ disgusting/ bad taste One feels nauseous in the car.

birth, aging, sickness and death, the four basic human sufferings When one achieves liberation, one is released from the sufferings of birth, aging, sickness and death.
to criticise and blame someone
Having committed mistakes, if one still criticises and blame others, the bad consequences will ripen upon oneself.

to eliminate faults and cultivate virtues
Avoid sins like faults and always cultivate only virtues.

perfect/ not damaged
It is difficult to become perfect until one is enlightened.

to make corrections to mistakes
Only the constitution can make correction to the social evils.

repetition/ overlapping
No good scholars will make repetitions in their compositions.

Lit.: white mouth and black heart/ Sense implied: sweet words with cold heart
Do not trust persons of sweet words with cold heart.

embarrassment/to be speechless with rage
Acharya Aryadeva left Acharya Avashvagosh in embarrassment.

peaceful/silence/ quiet/ remote
The areas around Mt. Kalilash are very quiet and peaceful.

Lit.: bleeding mouth; bleeding nose/ Sense implied: to be beaten to a pulp
The soldiers beat him to a pulp.

a glib talker
Many glib talkers made speeches in the film.

Lit.: to talk sweetly/ to look captivating/
Sense implied: somewhat artificial
Air-hostesses are very gentle in speech and captivating in looks.

There shall be success if one acts upon one's words.

Do not insult simple people by speaking glibly.

Buddhists maintain unwavering faith in the Triple-Gem.

Some political leaders make worthless speeches.

Do not create enmity towards strangers.

Some wrathful deities are erected in wrathful stance.

Lit.: the door of mouth is the source of dispute/ Sense implied: too much talk causes trouble

The door of mouth is the source of dispute just as the vowels and consonants are the source of letters.

That minister is very evil in speech and mind.

Do not disparage others, you will be defamed.

One will be harmed if one speaks abusively to others.

Lit.: quench one's thirst; the stomach is full/ Sense implied: to satisfy someone with food

After giving the beggar enough food to fill the stomach and, once his thirst is quenched, you may ask him a question.

One cannot succeed when one says something else and acts in the other way round.
п,Bl,Q;l}K1 Lit.: one mouth with two tongues/ Sense implied: duplicitous speech and double dealing  The enemy created discord through double dealing.

Lit.: to turn away one's mouth and nose/ Sense implied: to show reluctance Good students will never show reluctance to their teacher's advices.

Lit.: broken mouth and torn nose/ Sense implied: misfortunes and obstacles The misfortunes will befall always if the people are not on good terms.

Lit.: unchanging promise Keeping promises is one of the best qualities of a person.

Lit.: the promise becomes a debt A promise becomes like a debt.

Lit.: snow and rain storm Many sheep were frozen to death during winter in the midst of snows and rain storms.

дrooling/ releasing saliva Those small children are going about drooling.

Lit.: although the mouth is big, it is under the nose/ Sense implied: to be under the control of someone However powerful an administration may be, it is under the law just as a mouth is under the nose however big it may be.

Lit.: to send someone's will in the air/ Sense implied: to ignore someone's will One should not ignore the will of one's kind parents.

Lit.: to take a case on lease/ Sense implied: unnecessarily welcoming trouble/ to file a case In the past some Tibetans take case on lease in Tibet.

Lit.: gentle speech with evil motive/ Sense implied: evil person That evil businessman deceived many people.

Lit.: flattery talk That officer likes very much, who flatters.
Our teacher speaks gently and pleasantly in his teaching.

Tibetans lost the whole of their property to the Chinese.

Being taciturn and decent since childhood is a sign of great men.

My friend gave me much encouraging advice.

Evil companions will give bad advice.

One should always listen to the advice of elders.

The opponent players of the match are very skillful.

Lit.: no difference in speech and thought/ Sense implied: practical and honest. He who practically and sincerely works for the nation is called a patriot.

Lit.: firm mouth and words. Sense implied: to keep one’s promise/ an adherent of promises. In olden days people adhered to their pledges.

Lit.: to see mouth and eye. Sense implied: to guide/care and guidance. One should give good care and guidance to a child since childhood.

Lit.: empty mouth and word. Sense implied: gossip. It is better to engage in prayers than in gossip.

Lit.: empty mouth and empty hand. Sense implied: to give nothing/ to let somebody go empty handed. During Losar one should not turn away one’s guest with an empty hand and empty mouth.

All work should be done in time.
Today I unexpectedly met an old friend of mine in the market.

In ancient times people would stick to their word although no affidavits were kept.

One should be practical in every work one does.

The Tibetan nation disintegrated politically after the King Lang Darma.

One should not break one’s promises to intimate friends.

Dhondup is not only articulate but dexterous as well.

One should engage in prayer recitations and virtuous actions for the accumulation of merit.

A close familiarity will arise when people acquaint one another for a long time.

The disharmony within a nation should be compromised internally just as a sore in the mouth is cured by itself.
Lit.: if mouth is not shared, one cannot catch the cold/ Sense implied: To show that there is a connection due to which there is influence.

 сырл Мэжир Лет.] Lit.: many mouths and many tongues/ Sense implied: talkative сырл Мэжир Лет.] A talkative’s version is not reliable.

 сырл Мэжир Лет.] Lit.: too much talk creates enmity сырл Мэжир Лет.] Take care of iron in summer and clay-pots in winter. However take care of the mouth both summer and winter as too much talk creates enemy.

 сырл Мэжир Лет.] Lit.: many mouths and many hands/ Sense implied: refers to public’s сырл Мэжир Лет.] Public mouths are poison whereas their hands are gold.

 сырл Мэжир Лет.] Lit.: to move the chin but not the mouth/ Sense implied: to blame others by gesture/ This is gesture performed by someone who is not satisfied with somebody.

 сырл Мэжир Лет.] to follow good examples сырл Мэжир Лет.] to follow bad examples сырл Мэжир Лет.] Follow the good examples, not the bad examples.

 сырл Мэжир Лет.] in great number/ a lot of сырл Мэжир Лет.] Beware of a bad hearted person with sweet speech.
I had to pay a lot of money for the lithium statue.

Recitation of prayers should not be merely in words, rather one should think as well.

There should not be disputes among the relatives.

Thanks to the government of India for providing succour help to the Tibetan refugees.

He always smiles at me.

When I arrived in Lhasa my friend welcomed me and treated me very well.

The U.S.A. government is a real democratic government.

One will not understand the lesson if one is inattentive in the class.

I like those who are very straightforward.

Some Tibetans are good whereas others are strange.

Lit.: one can stretch a deer's skin in any direction one likes/ Sense implied: many interpretations can be given. The works of Indian Masters can be interpreted in many ways just as a deer skin can be stretched in any direction one wants.

Lit.: speech is like froth and practice is like golden drops/ Sense implied: very rare in practice/ This is used when one says too much and does nothing.

If someone is frank it is easier to understand and if the road is opened it is easier to go.

This is used when someone does not make clear indication.

very clear
The teacher explains very clearly while teaching.

Mr. Mao blamed the gang of four for his political mistakes.

Religion and worldly life are two separate entities.

At most of the holy sites, we can see many ruins.

Lit.: There is no reason for the road to suffer since it is the donkey that carries the load. Sense implied: inappropriate complaint

Merely saying Tathagata will not purify the physical obscurations. (It is a sarcastic remark to those who recite blindly without thinking over the text.)

One should not violate the promise unless inevitable problems are encountered.

Bodhisattvas definitely implement their promises made for the welfare of others.

He took all the responsibilities of this work.

The government of India gives recognition to your visa.

Today we will clean all the nooks and crannies.

It is better not to criticise others when one doesn’t have convincing proof.

It is important to handed-iver the proof of having completed one’s work before going to another place.

There are many historical evidences of Tibet being an independent nation.
The tailors never do their work qualitatively and with good finishing.

If one can make a search for the murderer, definitely he can be found.

Scientific articles are those that have evidence to prove.

If one can open a book-shop, there is greater benefit than risk.

In order not to mistake profit for loss and vice versa, one should calculate well.

What is the use of aspiring for wealth and fame when one does not possess the skill to acquire them.

Please do whatever is more advantageous to you.

You are requested to come here with the thought of benefitting the society.

Tibet having remained apart from the rest of the countries, could not develop relations with other countries of the world.

Great and noblemen are very humble and conscientious.

Lit.: heart of the body and eye of the forehead/ Sense implied: very dear and precious His Holiness the Dalai Lama is the heart and eye of every Tibetan.

Lit.: if there is no illness inside, there is no reason to have black spots on one’s face/ Sense implied: If someone is innocent, there is no need to feel guilty

One needs to accept defeat patiently in order to fulfil a big task.
If there is no one to make you angry, to whom would you practice patience?

The head of a state should be broad minded as well as brave.

Lit.: He is constructing a mandala. Sense implied: One who is deeply engrossed in thought.

It is kind parents who give clothes when one is cold and food when one is hungry.

Most of the civil wars were outcome of the disturbances intentionally created by outside forces.

holding/taking a mistaken appearance for truth/to grasp truth at the illusory appearance/ It is a philosophical thinking.

Lit.: although it is a big sin, it is small for the wise; although it is a small sin, it is big for the idiot/A heavy negativity is light for the wise but a light negativity is heavy for the stupid Sense implied: A holy man knows the remedy for the sin whereas an idiot does not.

in a helpless situation dilemma One will be in a helpless situation during the examination if one does not study properly.

to have no control over one's talk When someone is intoxicated, he has no control over his speech.

Whatever is there in his hand is for the benefit of others.

Any how I will return your loan within a month.

No matter what you claim to be I will definitely not lend the book.

He gives half of anything that he has to his friends.
One cannot finish one’s work in time if one does it slowly.

Many people come to Dharamsala from every different countries of the world.

Last year His Holiness the Dalai Lama visited many countries abroad.

The Indian government is better than the government of China in all respects.

Please do whatever is good for the country.

One thousand Tibetans shall be sent to U.S.A. as soon as possible.

Tibetans do as much as they can do for their country.

The secretary of the Library is an efficient person.

Theremother who lost her child is desperately looking everywhere.

Any how it is good that the teacher has come.

The government of India provided their best to help the Tibetan refugees.

Tashi helps his friend as much as possible.

It is not good to do whatever you like with the government property.

Please do whatever is convenient to you first.
to do one's best I did my best for the Tibetan government.

We should struggle for our independence whatever the problems we might face.

We should struggle for our independence whatever the problems we might face.

If you do whatever comes to your mind in the school you will be dismissed from the school.

After a while you will feel happy when you reach the United States.

The teachers are teaching the students with great care.

He stays in a quite good house.

The teacher is teaching to the best of his knowledge.

My friend has the experience of having gone everywhere in the world.

The U.S.A. is better than China in every field.

One should not disclose the secret to someone who says whatever comes to his mind.

When I was small I played the hide and seek game a lot.

Mr. Tshering roams everywhere without purpose.

Nothing is known about him (where he has gone) since he left the school.

Although a thief entered the house at midnight, there was no trace of his whereabouts in the morning.
This document is extremely important to prove Tibetan Independence.

One should give great care of to the student's education.

It has become very important to study Tibetan language these days.

A degree has become very important for a student.

It was clear to you, however as to emphasise this I told you again.

It is the Tibetan custom to respect and admire one's master.

His Holiness the Dalai Lama is respected and beloved by all Buddhists throughout the world.

Since Tashi left the school, nothing has been heard about him.

Please do not talk such nonsense.

It is not easy to understand the meaning of the Buddha's teaching.

There is a danger of misinterpreting Buddha's teaching if one does not know the presentation of valid cognitions properly.

One will get a good lesson if one asks an experienced old man.

It is useless to engage in discussion that is not heard clearly.
means of promoting or advancing/improving  
It is necessary to read many different books as a means of improving one's educational standard.

higher and higher/ to promote  
In order to promote economic development, it is necessary to know the modern economic methods.

Lit.: to become one solid/ Sense implied:  
It is very useful to have solidarity among the Tibetans for achieving their Independence.

the power of unity/ the spirit of solidarity  
Chinese have tried to destroy the spirit of Tibetan solidarity.

Lit.: to step a forward/ Sense implied: to advance  
It is necessary to advance step by step for the progress of a project.

Lit.: to step earlier/ Sense implied: to be ahead  
Japan has taken a step ahead of China in the field of technology.

progressing step by step  
If one progress step by step in politics, one day one will gain victory.

spoiled habits  
One should not indulge in bad habits, like smoking and so forth.

bad habits  
It is very important to abandon bad habits from childhood.

good habits  
Children from a good family have good habits.

old custom  
In the age-old custom of Tibet, a would-be bride is garlanded a turquoise by the boy's family as an engagement gift.

If one carefully wears clothes, the clothes will never be worn out and if one eats moderately, the food will never run out.

compensation for the loss
Because the government demolished the houses on the sides of the road, the govt. will give compensation for the loss.

This man malingered at the time of work.

very excellent/ abundance in everything It doesn’t matter for a practitioner even if the facilities are not very excellent.

We are fully prepared to go to Tibet.

The noble laureate have gained excellent reputation.

Countless Countless people were killed during the war.

There is no class struggle in a democratic country.

It is very important for security guards to be always alert and vigilant.

A philosophical school with valid reasonings is called a flawless philosophical school.

It is very important to study (faith) irrespective of the sects.

Sectarian people cannot actualise realisation.

Not availing of a good job opportunity of job resembles the favour that has come to the mouth being pushed away by the tongue.

One has to go alone at the time of death.

to mourn three days even for the death of one’s neighbour’s cow/ Sense implied: to respect or share other’s suffering, such as not playing radios and so forth during the misfortune
Tibetan people even mourn three days at the death of one’s neighbour’s cow.

people mourn three days at the death of one’s neighbour/s cow.

One will gain a good understanding of the work if one examines it and consults others.

consult others and make one’s own decision

Lit.: to load a calf with an elephant load/ Sense implied: to over load somebody/exploitation

Engaging in the labour at the age of fourteen is to over load or exploit children.

There is no greater hunger than at a picnic; there is no greater cold than in the new dress/

to sing and dance Everyone will dance and sing during Losar.

a fool’s persuasion One should not engage in a fool’s persuasion whatever kind of job it may be.

Lit.: it did not help the lungs but it poisoned the liver/ Sense implied: Instead of help it became a harm to somebody.

My friend suddenly returned from Ga Mi-nyag.

sudden represion/sudden attack It is difficult to know when there will be sudden repression by the enemy.

There will be a mixture of joy and sorrow when a mother meets her son after a long time.

happily/ joyfully/ rejoicingly All Tibetans live happily during Losar.

to be happy and be contented/to be satisfied and pleased It is a religious practice to be satisfied with what one has.

Tomorrow is my sister’s marriage celebration.
close friends and well wishers. We were close friends from childhood on.

bubbled over with joy. All Tibetans bubbled with joy when they heard the good news.

to be unbiased. Public leaders should be unbiased.

Lit.: students of a good teacher; children of a good parents. Sense implied: A student will be as his teacher and a child will be as his parents/ an example of goodness/ This is used to appreciate someone’s children or students.

constructive suggestions and criticism. One should give constructive suggestion and criticism if the news writers are honest.

Lit.: white virtues and black non-virtues/ Sense implied: good and bad/positive and negative. Scholars will never mistake the positive and negative action.

Lit.: to explain virtues and to release (from) non-virtues/ Sense implied: to show what is right and wrong. It is the duty of the spiritual master to show what is right from wrong.

same opinion, assertion, thought and interpretation. The interpretations of the Kangyur and Tangyur are same.

to beg one’s pardon honestly/to ask for forgiveness. Yesterday I could not come to our appointment for which I beg pardon.

complete thought. An ordinary man cannot understand the complete thought of Buddha.

Lit.: no way but to resign. There is no way but to resign for he was involved in the misuse of government money.

dead anniversary. All Buddhists annually commemorate the Mahaparinirvana of Buddha Shakyamuni.
The United States government gave great consideration to the Tibetans.

Buy all the necessary things before the picnic.

Japan is a self-sufficient nation.

Whatever prayer one makes before the wish-fulfilling gem will be fulfilled.

What is the purpose of studying dharma.

One cannot find unnecessary decorations in a monk's quarter.

Lit.: nobody knows when the enemy will come or a son will be born/ Sense implied: everything is so uncertain or one should be ever ready

Lit.: the head and arms of an enemy killed by others/ Sense implied: to claim credit for other's work

Lit.: enemy's servant/ Sense implied: slave

Lit.: the arms should be ready before the enemy arrives/ Sense implied: making preparations in advance

Lit.: the thought of taking an enemy for a friend and vice versa is very dangerous.

Buddha does not distinguish an enemy from friend.

Being humans one should not mistake an enemy, a friend and a protector.

The government policy is to conquer one's enemy and protect one's friends.

Lit.: it is better to die than to become a slave of one's enemy.
Claiming credit for other's work is a very low deed.

Do not deceive and insult others.

Lit.: to bleed from a cracked head/ Sense implied: to be beaten until one bleeds In the state of intoxication, one will not know even if one has been beaten bloodily.

Lit.: a clever man losing his hat/ Sense implied: the defeat of a clever man

Lit.: to offer one's head and body/ Sense implied: to surrender everything after the defeat of a war If the war is defeated one has to surrender everything to the enemy against one's wish.

Lit.: no beginning; no end/ Sense implied: disorder/lack of discipline or incomplete work done in haste always takes more time/ Whenever one does work in hurry, it is normally not done in a good way. Therefore one has to it again. Then of course it will take more time to complete the work. In such cases we use this expression.

Infatuation with novelty in the beginning
are infatuated with the novelty of a project in the beginning but it is rare to find someone who will complete it.

Parents care for and bring up their children.:

Lit.: to stamp on the fallen/ Sense implied: to torture and insult someone in difficulty/ This is used when someone in difficulty is tortured and insulted. 

On the top of being ill, he was dismissed from the job. This is to torture someone in difficulty.

Lit.: matchless/ Sense implied: incomparable/excellent 

He is excellent in giving speeches.

There is a good tea-stall at the intersection of three roads.

One who knows the wise manner of living in a society is called wise person.

Parents guide their children in how to manage their lives.

very convenient to go or stay if you are alone. 

a traveller has no mind to stay/somewhat sarcastic remark

I have no one but a cat as my friend or companion.

Lit.: time of an old woman who carries gold at her back/ Sense implied: time free of social menace/ This proverb is used to indicate the good old days when even an old woman could travel safely with gold at her back.

the young obedient to the old It is well mannered to be obedient to elders.

to become older and older Although we are not aware of it, we are becoming older day by day

If we continuously fight against the Chinese, one day we will certainly get the victory.
The success of a project depends upon whether one has support or not.

to have support, power and friendship

Chinese had support, power and friendship with Russia in the past

One should not be insincere in one's work.

It is definite that the revival of Buddhism is possible after the Tibetan Independence.

This is used to show someone is matchless.

Shakya Thupba was the best teacher just like moon among the stars.

For the Independence of Tibet, no Tibetan should have a second thought.

The pudgy dancer is not beautiful.

I need two persons for the procurement of necessities for the construction of a monastery.
Lit.: hoping to be alive though the intestines are torn/ Sense implied: hope to the last
Even when someone is nearing death, he should have hope for Tibetan Independence.

Lit.: without causes and conditions No phenomenon arises without causes and conditions.

Lit.: beating indiscriminately/ Sense implied: equal treatment (with respect to punishment) without judging what is right or wrong It is not good to beat indiscriminately without investigation.

Lit.: One who steals an egg will steal a hen too/ There is a Tibetan way of saying that to steal an egg is a sign one will become a thief when one becomes an adult. (Just to express this we use this proverb.)

Lit.: an egg supports (lifts) a horse/ Sense implied: the strength of honesty or justice/ an example of justice

Lit.: a hundred mouths over-powered by one/ Sense implied: minority rule/ minority in power

Lit.: to go by hundreds and thousands/ Sense implied: a sign to show many to and fro travellers There are hundreds and thousands of travellers between Tibet and China.

Lit.: hundred percent true. His news is hundred percent true.

Lit.: to pick out and select from among hundreds and thousands/ Sense implied: best selected candidates

Lit.: hundreds and thousands/ Sense implied: many/in large number The Chinese killed thousands of Tibetans.

Lit.: to say hundreds and thousands/ Sense implied: beating around the bush If one does not work sincerely it is of no use in beating around the bush.

Lit.: irritating to the ear/ Sense implied: not listening to the government’s order irritating to the ear.
Lit.: I will go/ He will go/ Sense implied: to have a rush of volunteers. 

In the past there used to be many volunteers for work; saying that I will do; he will do.

proud and arrogant 

One cannot gain knowledge with pride and arrogance.

arrogance, hatred and anger 

One cannot serve one's purpose with hatred, arrogance and anger.

tolerant people/ quiet people 

In general Tibetans are quiet people

short tempered 

One cannot accomplish great things with a short tempered mentality.

good nature 

Good natured girls are very attractive.

Lit.: to unite the evil persons. 

If evil persons unite there is no peace for good people.

Lit.: to flatter evil persons. 

One of the most serious shortcomings of an administration is to flatter evil persons.

Lit.: evil persons becoming very strong or proud/ This is used when there is disorder in a society where the evil persons become very strong.

Lit.: If evil persons are not defeated, the good people cannot feel happiness.

indulged in bad habit/bad habit 

One should not indulge in the bad habit of drinking alcohol

Lit.: Evil persons praise themselves as crows praise their feathers./ This proverb is used to appraise for self-praise

Lit.: to appraise one's own evil deeds

Evil people will appraise their evil deeds.

Lit.: nine various evil deeds/Sense implied:
exploitations or atrocities deeds

Chinese exploited Tibetans in various evil deeds.

Tit for tat instruction is not said in the thought transformation texts.

opposite of tit for tat to repay the evil with kindness

To repay the evil with kindness is said in the practice of thought transformation.

to have always evil thought/always harbouring bad thought

If one always harbour bad thought one's fortune will diminish naturally.

natural urge/ involuntarily/ automatically/spontaneously

Bad thoughts spontaneously arise in us.

full of anger and spirit/angry and forceful

meeting the challenge of hardship with courage/willingly bearing hardships

One should put effort to meet the hardship with courage at the time of learning.

attempt becoming useless

If one does not think properly, there is a possibility that one's attempt might become useless.

a cry in lamentation/crying desperately for help

What is the use of crying desperately for help when one is in calamity?

uprising/ demonstrations against somebody/rebellion

The 35th national uprising of Tibet falls this year.

sycophancy/ flattery

I don't like those who flatter.

nepotism/favouritism

In every society of the world, there are people who indulge in nepotism.

Lit.: wrinkled face and tearful eyes/
Sense implied: an indication of suffering and unhappiness

Most of the Tibetan faces in Tibet are full of tears and wrinkles.

inseparable nature
One should cultivate the inseparable nature of one's Lama and the deity.

If the need arises to point out the lie, it would be very embarrassing.

There is no place in a society for those people who lack embarrassment and shame.

He who has a sense of embarrassment and shame is called decent.

One should not feel shy at the time of study.

Do not defame and humiliate others.

One should help others either directly or indirectly.

He does not understand even when told very clearly.

With the policy of seeking truth from facts, one can understand the whole issue.

You will see and understand the true condition of Tibet if you pay a visit to Tibet.

He is really a good person.

All your talk accords the actual experience.

We cannot agree those that are beyond actual situation.

I will help you by all means.

It is not suitable to perform the secret work very conspicuously.
a march or demonstration  
Every year on 10th March, Tibetans stage demonstrations.

Lit.: before, after and in between/ Sense implied: throughout the process  
Compassion is important throughout the process of bodhicitta.

to look back and think for the future  
At tender age, one cannot look back and think for the future

very early  
Soldiers have to get up early in the morning.

Lit.: to rise up early in the morning and to go to bed late at night/ Sense implied: to be very hard working  
Lazy people will never get up early in the morning and go to bed late at night.

past and present events/old and modern account  
My friend has many old and modern accounts to narrate.

continuing the old tradition  
I am happy for continuing the good old tradition.

unprecedented lavishness  
The unprecedented lavishness is not at all a good sign.

completely blue  
The shimmering blueness on the map is Kokonor lake.

to be disgraceful  
If one drinks wine, one might display one's disgrace.

to check and arrest  
Many checks and arrests are made at the Indo-Nepal border.

preventive measure  
One should apply a preventive measure before one meets misfortune.

prerequisites  
Many prerequisites have to be fulfilled before going to U.S.A.

at first  
I went first.

as before  
Today people are not as good as they were before.

An invention is a great contribution.
 clamour/too much talk/gossip Do not gossip too much in the meeting.

a great nuisance This man makes a great nuisance.

gibberish This man has nothing to say except gibberish.

Lit.: listening to whatever one says/ Sense implied: very obedient In the instruction of highest Tantra, the instruction of listening to whatever one (Lama) says is emphasised.

do one's best My friend did his best to help me.

as much as one can do/as best as one can He does his best. He cannot do more than this.

whatever one remembers/ whatever comes to mind One should not tell whatever comes to mind in the meeting.

casual talk/chit chat If one spends more time in casual talk, it is a waste of time.

in dilemma/ not knowing what to do next/ If misfortunes come all of a sudden, one will be in a state of dilemma.

to consider good whatever someone does/ This proverb shows how to relate, especially a tantric disciple, to a spiritual master.

like wild beast pouncing on meat/ Sense implied: very greedy One should not run after wealth just as a wild beast pouncing on meat.

Lit.: leaving not even one/ Sense implied: all One should buy all the books leaving none.

to give birth one after another My mother had her five children one after another.
killing two birds with one stone/being able to perform two works at a time by one person.

From Buddha Shakyamuni onward the transmission of bodhicitta has continued through one to the next.

Tibetans came to India continuously one after another.

A big crowd is formed at the market having gathered travellers one by one.

Our objectives are absolutely the same.

Nations of the world should help one another.

It is not good to give always negative response.

Trust worthy friends are very rare.
It is not good to hit back (talk) the elders.

One should uphold and preserve one's own language.

No one will like naughty persons.

One should generate genuine compassion for others' suffering.

One will know everything by knowing one relies upon the instruction of one's master.
to uphold and preserve 拉萨语言 One should uphold and preserve one's own language.

naughty persons འཕགས་པའི་ར་ རྣམ་པ་ རྫོགས་པ་ No one will like naughty persons.

genuine compassion ཤོན་པ་ རྣམ་པ་  རྫོགས་པ་ One should generate genuine compassion for others' suffering.

Lit.: small things/ Sense implied: insignificant/less important  རྣམ་པའི་ར་ རྫོགས་པ་ One should not spend more time on insignificant matters.

reliable རྣམ་པ་ རྫོགས་པ་  རྫོགས་པ་  རྫོགས་པ་ He is a reliable person in society.

All Tibetans recognize and trust the Tibetan government.

It is important to live according to the society's custom and tradition.

The shoes are wrongly paired.

One will not achieve good result if one is careless in one's work.

Lit.: problems hit the
(responsible) heads and famine hits the poor/ Sense implied: Whenever there is problem, the head is hit and he is in trouble but whereas whenever there is famine, the poor and down trodden are hit and caught up.

Do not buy easily breakable cups.

One cannot do whatever one desires in a school.

Mr. John Dove is partial and prejudiced.

The Chinese made the Tibetans homeless and destitute in their own country.

I had to give Rs. 100.00 as a tip in order to get the permission.

Lit.: giving water in return for wine/ Sense implied: to repay kindness with ill-treatment. To repay kindness with ill-treatment is a sign of bad nature.

Lit.: churning water produces no butter/ Sense implied: useless attempt/futile effort

Lit.: the source of water lies in the snow/
Sense implied: reliable source/ reliable origin

The source of Dharma is in Buddha just as the source of water is in the snow.

Lit: one hundred streams flowing under one bridge/ Sense implied: to be under the control of a single authority.

Lit: an ocean, a collection of water drops/ Sense implied: a collection of small things make a big thing

Even the virtue is of small type one should not ignore it as it was said in the saying that a collection of water makes the ocean.

Lit: to forget the bridge when the water is crossed/ Sense implied: to forget other's kindness

One should not forget others' kindness just as one gets the bridge after crossing the river.

Lit: to see fish in the clean water/ Sense implied: very clear/ no need to ask or to doubt.

His speeches are very clear just as one sees fish in the water clearly.

Lit: tepid water cannot cook meat/

Sense implied: loose disciplines do not work

Lit: wherever the start of water leads/ Sense implied: sloppy/ one who is easily misled by others/ to listen to others person without investigations

A stupid who is easily influenced by others.

Lit: if the water is disturbed, the fish are also disturbed and if the master is in trouble, the servants are also in trouble

Lit: to build dams before the flood comes/ Sense implied: precautionary measures

One should study properly before the examination just as a dam is built before the flood.

Lit: to give wine in return for water/ Sense implied: to return kindness even for a small thing

Lit: went to get water but returned with the empty vessel/ Sense implied: unsuccessful attempt/failure

Having been sent to school, if one does not study properly it would resemble returning with a empty vessel.

one who insults poor and down trodden/ Sense implied: evil and timid.
Lit.: a childhood friend, be it a boy or girl/
Sense implied: childhood lover
I always remember my childhood lover.

This house is of a suitable size for two people.

This house is big enough for one person.

to make a small sacrifice for big cause.

When the children grow bigger and bigger they become impudent.

I am ready to go.

moderately content
It is important to be moderately contented with whatever the work might be, big or small.

Lit. predisposition of dharma/
Sense implied: spiritual inclination
To have faith is a sign of spiritual inclinations.

It is important to study various religious traditions.

In the past India was a very good spiritual nation.

Lit.: to debate at the debate ground and to sing at the singing event/
Sense implied: to be very mindful of what things should be done where and when

His Holiness the Dalai Lama is the spiritual and temporal leader of Tibet.

He is a scholar who is skillful in teaching, debate and composition.

A trustworthy friend is one who can live and die together.
Lit.: Tea and teacher should be hot.
Sense implied: It's is better if the tea is hot and a teacher is strict.

Lit.: serving tea and wine/ Sense implied: warm hospitality  When guests arrive home, please serve them tea and wine.

Lit.: Tea tastes fine due to butter./ Sense implied: something that is good due to other's kindness

Lit.: giving water in return for tea and treating ill in return for the goodness one has done/ungrateful

It is very rare to be able to copy exactly the same in the examination.

It will become a problem if someone interferes in other's work/Poking one's nose in other's business will become a problem.

Lit.: a neck thicker than a yak's/ Sense implied: a very proud and haughty person.

polite and skillful deception  One should not be trapped by the skillful ways of deceptive people.

There is pin drop silence at night in the villages.

There is a common saying that one is not afraid of a leader, but of his power.

If digested, it is a medicine, if not it is a poison  If the food is digested, it is a medicine if not it is a poison.

very efficient (at certain context it is used as sarcastic remark)
If we take notice of his diligence there is no doubt of his becoming a good scholar later on eventually.

There is no danger of lagging behind at your studies.

Rejoicing at the virtues is the best means to earn merits.

This luggage is heavy.

Forgetfulness and laziness are the thieves of knowledge.

He felt inexpressible joy for securing the first position in the examination.

there is no doubt of lagging behind. There is no danger of lagging behind at your studies.

Rejoicing at the virtues is the best means to earn merits.

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This luggage is heavy.

Forgetfulness and laziness are the thieves of knowledge.

He felt inexpressible joy for securing the first position in the examination.
It is good that the youngers should listen to the elders.

Everyone admired a person of disciplined and simple nature.

He who is poor and in desperate condition must be helped.

May I request the spiritual master to guide me in the process of my practice.

Lit: when one finds a place for rest, needs more space to stretch out one’s legs/ Sense implied: greedy/demanding more and more (sarcastic remark).

Just to pass away the time among the things, in my days. Just to pass time with one’s work is not acceptable.

Lit: one day appears as long as one year/ Sense implied: to feel the day extremely boring/loneliness

Lit: one meal a day. When fasting, one cannot eat more than one meal a day.

Some businessmen work day and night to earn money.

It is very rare to meet such a good lama.

My black dog is man at day and dog at night. For many years I worked hard as a member of the family during day and as a watch dog during night.

Parents work regardless of day and night.

Lit: six times day and night/ Sense implied: always
His Holiness the Dalai Lama always works hard for the independance of Tibet.

It is not difficult to observe one whole day precept.

I am fine due to the kindness of god.

These days two of us are becoming closer and closer.

If one is not careful, others will put blame on one.

Even in religious countries, one finds punishment of the innocent.

It is a serious exploitation and oppression to deprive children of education.

Lit.: to tell one’s dreams before one sleeps/ Sense implied: to be extremely imaginative

His Holiness the Dalai Lama's banner of fame spreads in all directions.

Lit.: to leave the dirts and derive the essence/ Sense implied: avoid mistakes and to uphold essence. One should avoid mistakes and uphold essence, if one is wise.

Lit.: If the time for compassion is too long then the anger will never end/ Sense implied: There should be limit for forgiveness also.

My mother often gets sick.
I'm stone broke from gambling during the new year.

If the agreement of loan is not made carefully, there will be controversies in the future.

In the beginning, alcohol is taken little by little and later on one becomes an alcoholic.

There are about ten permanent resident monks at Nechung Monastery.

As for the population of the local residents in Lhasa, there are several hundred thousand people.

Lit.: Although the beginning of a talk is easy, the completion of a talk is not easy/ Sense implied: Easier said than done/ Though it is easy to start a talk it is, however, not easy to end a talk.

Back biting/ bad reputation

Lit.: one horse cannot spreading bad rumours One should stop this bad activity before the spread of bad rumours.

Losing both wealth and fame Having been defeated in the election, Migmar lost both wealth and fame this year.

To keep and take mortgage The keeping and taking of mortgages should be done in accordance to the agreement.

Our secretary is very efficient in all tasks.

Nobody will trust you although you may boast of having done this or that.

Lit.: An old horse has more experience over the roads, and an old man has more life experience/ Sense implied: the older the man, the greater experience he has.

Lit.: splitting a horse's tail into a hundred strands/ Sense implied: over cautious There is no need to be overly cautious over petty things.
carry two saddles/ Sense implied: one man cannot do two jobs at the same time.

Lit.: one horse needs one saddle/ Sense implied: one thing will necessitate the other.

Lit.: If a horse has the energy to run fast, he has the whole northern plain to run in/ Sense implied: This proverb is used to test how much one can do (a sarcastic remark).

Lit.: It is better to lead a horse before it is tired/ Sense implied: to do something before someone is completely discouraged.

Lit.: the path of a horse is blocked by a donkey/ Sense implied: This proverb is a sarcastic remark applied to that person who holds a certain post though it does not fit for him; becoming a barrier for future persons applying for the post.

permanent, a religious terminology No product phenomenon is permanent.

always/ constantly I cannot come to your place always.

Lit.: a horn with horn of a dzо/ Sense implied: very unsuitable

to look after/to inspect and to give an encouragement

When you inspect schools, it is essential to encourage the students and teachers.

sound philosophy and conduct A very sound philosophy and conduct is presented in the Buddhist texts.

Lit.: not feeling enough by seeing/looking at it/ Sense implied: wish to see again and again One never feels enough of seeing the beauty of goddess Tara. The beauty of Tara cannot be satisfied with a mere glance.

Lit.: high opinion; philosophy/ Sense implied: to be haughty and proud If you are a true practitioner, you should not be haughty.

food, clothing and reputation Every person works for food, clothing and reputation.

Lit.: to eat at home and to lay eggs outside/ Sense implied: unfaithful act

to treat heedlessly There is no scent of even good leadership if simple people are ill-treated.

relatively He is relatively quite good.
Lit.: the stripes of a tiger are seen outside and a person's quality is inside/ Sense implied: A person cannot be judged merely through his external/ This is used to say that one cannot judge a person from outer behaviour only.

Lit.: the head of a tiger and the tail of a snake/ Sense implied: impressive in the beginning and disappointing at the end/impressive beginning with poor ending

Lit.: A man kills a tiger but you claim the credit/ Sense implied: to steal other's fame or feat.

Lit.: Even if a tigress is starving, she won't eat her flesh/ Sense implied: in order to express something that one will never do.

This year many smart and young men came from Tibet.

Please leave it, if it is not convenient to cook food.

The vessel is completely empty as the cat drank the milk.

If one visits abroad, one

needs to have thousands and thousands of rupees for the expenses.

I am relieved at having finished the work.

Our sponsor is wealthy as well as strong.

We did a careful examination of this issue.

We will recognise the investigation of the committee.

Buddhists respect the holders of the Teaching.

Our little son is very humorous.

The teacher gave a commendable speech.
Many new terms are coined during translation.

Today's weather is very gloomy. It might rain.

People from the villages are scattered in the city.

One will perceive and mistake a striped rope for a snake if one does not have good eyesight, especially when it is dark.

An enemy neighbour is better than a far away relative.

A far off news is half true and half false.

He answered fluently/unobstructedly.
A very resourceful person is an efficient person. The union of method and wisdom is greatly emphasized in the Buddhist teaching. If one spares no effort, one can catch even a bird in the sky.

One's mind becomes unclear if one takes wine.

With great dedication, Mrs. Jetsun Pema improved TCV Schools.

Whatever is possible for one's mind is possible. Please do this work as much as you can.

The fineness of thue (Tibetan buttered cheese) is due to butter. Without butter, it would have been a solid piece of cheese and barley flour.

He bullies others. Pray to the triple gem without any doubt.

Yesterday, all of a sudden I had to go to the market. Lhamo Youdonma (a female oracle) spontaneously came into trance in the crowd.

Everyone is equal in the eyes of law.

Religious studies and contemplation are carried out at the monasteries.

Partial study cannot make good scholars.
The extent of the sky is infinite and boundless.

The ultimate finding of a phenomena is devoid of inherent existence.

The harmonious relationship is required for the happiness of a country.

What is the use of getting jealous?

Lit.: extent of seeing and hearing/ Sense implied: widely read. In order to become a good scholar, one needs to have read widely.

No decent person will ever belittle and have disdain for others.

It would be detrimental to unity if there were partiality among the region, and procrastination in the work.

Our guest drank one full bottle of liquor.

It is common to be fashionable at a young age.

Mr. Pasang was the very first Tibetan who visited the United States.

I have faith and respect in the biographies of the great holy persons.

Simply having devotion cannot become a real means of cultivating one’s spiritual master.

Until now I have lived in Tibet.

Mao reformed the Chinese society.

The very first/foremost Mr. Pasang who visited United States.

I have faith and respect in the biographies of the great holy persons.

Simply having devotion cannot become a real means of cultivating one’s spiritual master.
Tomorrow is oath taking ceremony day of the cabinet ministers.

Offer propitiation to the Dharma protector in order to restore the degeneration of commitment.

One should strive for knowledge when one is young.

According to Dharma teaching, precious human birth is very difficult to find.

It is not possible to lead life in leisure and happy relaxation.

I have taken the risk for the spiritual and temporal purpose.

When people lived in the time of peace and prosperity, there was a possibility of discrepancy due to carelessness.

The date for examination time is not yet confirmed.

As the relationship between two of them is not good, therefore I am mediating for them.

These days many young men are coming from Tibet.

One should give special attention and importance to give special attention to even trivial things.

Elders need to give special attention and to emphasize children's education.

If the government of India finds someone as a spy, he will be arrested and taken into custody.
I am being very careful even though it is a very insignificant case.

Beware of dogs.

I work sincerely.

One has to be mindful, introspective and conscientious in order to abanone negativities and cultivate virtues.

One should not get nervous at the time of interview.

It is indeed a shameless act to indulge in hitting stone on a kind person’s hand.

It is necessary to share the difficulties and hardships for the common cause.

Successful human life brings happiness for the self and appreciation by others.

It is a cause of downfall to praise oneself and belittle others.

One should not study like a brown bear catching mammoth.

Never one can obtain happiness under a tyrannical government.

It is necessary to share the sadness and disappointment/to share difficulties and hardships. It is necessary to share the difficulties and hardships for the common cause.

Successful human life brings happiness for the self and appreciation by others.

It is a cause of downfall to praise oneself and belittle others.

It is necessary to have mindfulness, introspection and conscientiousness.

One should not study like a brown bear catching mammoth.

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It is necessary to share the difficulties and hardships for the common cause.

Successful human life brings happiness for the self and appreciation by others.

It is a cause of downfall to praise oneself and belittle others.
Nobody cares when one is in difficulty.

If one does work in accordance with the faith, one will be happy and prosperous in one’s life span.

I am ready to substantiate the truth of what I have said in its entirety.

One has to prove the facts through reliable truth.

We have evidential facts to prove the authenticity of the Independence of Tibet.

How can one describe the true picture when there is no freedom?

His
Holiness the Dalai Lama is an incomparable among the leaders of the world. His Holiness the Dalai Lama is an unequal leader among his equals - the leaders of the world.

An example applied to many seemingly similar instances although not appropriate

Lit.: keeping the demon at the eastern gate and giving the ritual cake at the western gate. Sense implied: to criticise wrong persons/wrong criticism

Lit.: even if the rock is dry, it won't burn and the wood will catch fire even it is wet. Sense implied: possibility and the impossibility depend upon their causal factors

Lit.: It is impossible for flowers to grow from pebbles. Sense implied: An example of impossibility

Lit.: However small a stone may be it cannot be taken away by wind. Sense implied: unnecessary concern. 

A humble man should not worry as there is no danger of a stone being carried away by wind.

Still, even a small rock can break a clay pitcher. Sense implied: effectiveness in the work.
Talking about the branches leaving aside the main trunk of the tree/ Sense implied: to ignore the root of something/ beating around the bush

Lit.: confessing or admitting crimes

Lit.: ageing with sagging eyelids

Lit.: confessing or admitting crimes

Lit.: complete black

Lit.: the innocent loser due to other’s blame

Lit.: aggregating crimes
An innocent person got blamed for the murder.

If you show me a frowning face right in the morning, I am not happy.

Your recitation of prayers will not be different from that of a parrot reciting OM MA NI PAD ME HUM if you don't understand the profound meaning.

If there is a misfortune/problem at home, one will not be successful outside home.

If all is well at home, then things will go well outside and vice versa.

Disclosing a secret to the outside will become a schism.

Please inform me whatever the informal discussion may be.

Who caused the internal dispute?

When the inner bravery of a warrior is not lost, there is no need to fear the war of king Gesar from the outside.

Lit.: If one has salt in the morning, one doesn't have it in the afternoon/ Sense implied: This proverb is used to express the hard life of someone.

Rinchen Rilbu (a precious tibetan pill) is an example of a medication that cures a hundred illnesses.

Delek Hospital always helps the poor and chronic patients.

During war there is a separate unit to look after the wounded to save their lives.

Lit.: a period of war, starvation and sicknesses/ Sense implied: period of degeneration/bad era
the sky flower/ Sense implied: a common example of non-existence
Sky-flower is an instance of non-existence.

Today's function looks as usual.
Common sayings or oral interpretations are considered important in society.
Students study even at mid-night during the examinations.
I did best within the scope of my ability.
The United States defeated Iraq through air-attacks.
Russia too has an air defence force like that of the U.S.A.

Tibetans of all ranks have fallen in the same condition after losing their independance.
One should not take advantage of the shortcoming of one's government and leaders.
The issue will be clear if there will be proper discussion.
This time I am going to make a brief report.
Yesterday's arson created a big disaster.
Many slaves spend their lives under the fear & oppression of their masters.
Seeing once is better than a hundred hearings.
If someone's criticism rightly hits the target, then it is known as lancing the very centre of the boil.

Wholesome activity

A skillful person can lead the people.

Careless and distraction or impoliteness

Half of life is wasted in carelessness and distraction.

Lit.: to bang one's nose/ Sense implied: to be disappointed and to get a lesson

Yesterday I went to his home. I was disappointed. He was not there.

All sorts/variety

We see all sorts of cars and vehicles in the cities.

Hundred ways/hundreds of means

Where there is will there are hundreds of ways to do a thing.

Lit.: to put a warning finger at the nose

I made a mistake in the way I spoke for which he pointed a warning finger at my nose.

Negligence and careless

It is not advisable to be negligent and careless in whatever kind of work it may be.

Indifferent/insensitive

An insensitive person doesn't feel joy and sorrow.

Lit.: A white wool can be dyed in any colour one wants/ Sense implied: a child can be guided in any direction

Exhaustion of oil in a lamp/dying butter lamp

Human life slowly comes to an end day by day just like the exhaustion of oil in a lamp.

Lit.: pouring water into a leaking vessel/pot/ Sense implied: one who doesn't keep in mind what is heard from a teacher; one of the three basic faults of a listener
Please edit this article, making omissions and additions wherever necessary.

Miscarriage is more harmful to the health than delivering a child.

The grand-father and grand-mother went for pilgrimage.

Lit.: There is no need to twist one's arm around one's neck in order to eat a ball of Tsampa/ Sense implied: unnecessary effort.

The boundless or inconceivable rays of the sun pervades everywhere.

Cowardly people lose their heart and shiver at the fearful sight.

King Gesar was a very courageous and dauntless warrior.
Right now/At the moment this car is in good condition.

The Tibetan Cultural Printing Press is the publisher and distributer of the Political History of Tibet.

Businessmen are expert in fund raising or making money.

Many factories are set up for national economic development.

According to Buddhism, one needs to be generous in order to gain wealth and resources.

Tibetan women shoulder the responsibility equally with their men.

We are extremely happy over your securing first position.

If one follows the good example one will naturally become good.

His Holiness the Dalai Lama is like the eye of forehead and the heart within every Tibetan.

Thonmi Sambhota had been to India with great courage and confidence.

It is of no use to teach Dharma to a wolf. This proverb is used when someone preaches dharma to an un receptive who doesn’t listen.

My friend is very active and smart.
Although one nurtures a wolf-cub, it can not become a watch-dog.

Even if a wolf is very nice, a shepherded is unlikely to listen; Sense implied: unreliable/hard to trust someone

beneficial both to the individual and the society If one performs one's duty sincerely, it is a contribution to both oneself and one's society.

to bubble with joy We are very pleased with your visit here and would like to thank you whole-heartedly for the same.

Lit.: His father was like a sandalwood but he is like a hollow bamboo; Sense implied: opposite of "like father, like son"

a son following one's father's tradition/to take the responsibility of one's father The youths of today take the responsibility of their fathers by preserving their culture and tradition.

father's words imprinted on their sons If a son listens to his father, his words will be imprinted on him.

A bad father does not mean a bad son.

Although brothers become enemies, their lineage is gold (pure). This proverb is spoken to emphasise the importance of heritage and lineage.

respecting blood relationship It is a sign of good manner to regard and respect one's blood relationship.
undoubtedly the result of our bad karma to have been exiled from our native land which has been ours for many generations due to the colonialism of Communist China.

benefit and help. Doctors help and benefit patients.

to harm instead of benefit. The support of stupid persons sometimes brings more harm than benefit.

competition. There are many spectators to watch the competing sportsman in games.

mutual benefit. To teach others is a mutually beneficial job.

mutual respect. One should cultivate mutual respect to all religions.

It is very important for us to cultivate mutual patience for each other.

to create dissension. That evil person created dissension throughout the country.

to blame one another. We regret putting blame on one another.

mingle. The people of two neighbouring countries living at the border areas often mingle with one another.

competition. During good business the businessmen run here and there to acquire supplies.

offensive strategy. Right from the beginning if one wants to destroy someone, apply the offensive strategy.

to have many travellers/coming in and going out in hundreds. There are hundreds of travellers coming in and going out at the Nagchukha Business Centre/market.
Looking everywhere like a thief.

Don't look everywhere like a thief.

To fight with one another. Two dogs are fighting one another for a bone.

After crediting and debiting in the bank, only Rs.60.00 is left as balance.

Lit.: sticking towards here and there/ Sense implied: flattering or leaning towards here and there

A few silly Tibetans sometimes lean towards the Chinese and at other times they lean towards the Tibetans.

It would be alright to discuss one another about this matter.

It is waste of time to run all over the valley without any purpose.

Short sighted/one who cannot think much for the future

If one is short sighted, one cannot fulfill one's big aims.

Lit.: short sleeves with a long arm/ Sense implied: shortage of funds for a big plan

The thieves having fled up and down the valley, they are no where to be seen now.

Heaven is an excellent celestial abode.

The best article won the prize.

During youthhood, one may be naughty and showy.

Lit.: A brave man's heart has a room for arrows and spears/ Sense implied: A brave man can bear many difficulties.

The horsemen of Kham were very brave and their horses very swift.

In a democratic country, people work equally irrespective of sex.


A braveman’s heart has a space for hundred horses to run through. Sense implied: A braveman can bear many hardships.

A discussion with three mediocres would be better than an idea of a wiseman. The proverb is used to emphasise the importance of discussion.

All crows are equally black. Sense implied: All are equally guilty.

Until a crow grows white hair. Sense implied: a time that will never come.

Single (man or woman) When one is single it is very convenient to work.

In accordance with a divination He performed all the rites in accordance with the divination.

to implement and materialise or to succeed The resolutions put up at the meeting were meant to be implemented or were to materialise the aim.

co-operative effort
Many people have come to Gangkyi from everywhere.

On the other hand, the rain creates trouble and on the other hand it is very helpful also.

At the Kalacakre Initiation, people gathered from all directions.

Acharya Dharmakirti won the accomplishment of victory from all directions.

With the help of a microscopic machine, the invisible insects are identified.

The act of slander is a cause of non-virtue.

It is an act of madness to be deeply jealous of and stubborn to someone without any reason.

I know in every detail about this matter.

He helped me a little bit.

One should never disparage others.

Generating good-heart is beneficial temporarily and ultimately.

I approached the spiritual teacher for temporary and ultimate guidance.
to take it very easy. One should not take it very easy whatever the kind of work it might be.

Lit.: to feed cow during winter for summer milk. Sense implied: to think or prepare in advance.

Lit.: It is better to milk a cow than to kill her. Sense implied: to make use of something without harming the other to think for the long run.

The careful and the modest persons are respected in a society.

Lit.: witness and a rock that marks the boundary. Sense implied: witness and boundary line.

Britain is a witness like a boundary line between Tibet and China.

Although he is in great debt, still he is taking loans.

To ask for a loan one has to keep gold as mortgage.

He will not waste time.
convenient to use. Ball point pens are very convenient to use in the examinations.

Lit.: to consider a donkey worth a gold/ Sense implied: to give great regards to a humble person

Thank you very much for your kind consideration (toward me).

Lit.: to search for the donkey one is riding on/ foolishness/ Sense implied: stupidity

Lit.: A donkey will never vomit gold/ Sense implied: impossible expectation

There are many passes where donkeys have not crossed (sarcastic remark). This proverb is used to point out someone’s narrow scholarship.

Tibetans are overly hopeful and the Chinese are overly suspicious. This is used to express that Tibetans are always hopeful and Chinese are always suspicious of something.

Indians meditate upon one deity and actualize a hundred deities whereas Tibetans meditate on a hundred deities but do not actualise even one deity.

Lit.: to honour with award

The best article was awarded.

Lit.: Even if a vulture is starving it will never eat green grass/ Sense implied: to express that one will never do

Lit.: One hundred birds driven away by one sling shot/ Sense implied: a rule that binds all people

Lit.: shadow of black birds falling on white birds/ Sense implied: bad influence

Lit.: shadow of black birds falling on white birds/ Sense implied: bad influence

In the absence of a cock, a donkey would herald the dawn.

Lit.: a task of serious nature (negative)/ a disastrous work

Don’t do such a disastrous work, the karmic result is subtle and profound.

Lit.: catching birds and fish/ Sense implied: to do something in an unsystemetic way/ to touch many works at a time

Lit.: Even when cat is asleep, it thinks of (catching) rats.
to interfere other’s business  It is not good to interfere in other’s work.

Lit.: Like sand absorbing water/ Sense implied: to disappear

likely to do/ active or smart  That man is likely to do a job.

If wound is scratched, it won’t get healed.

exploitation of servants  Bad masters exploit their servants.

in a rush and hurry  Being in rush I forgot to meet you.

shocked and losing one’s spirit  If you scare children there is a danger of their getting shocked and losing spirit.

The religious and political heads were friendly with one another in Tibet.

Buddhas have unsurpassable knowledge.

This man is very saintly, honest and naive.

If a Lama can kill a goat why can’t a disciple make sausage(questioning someone with sarcastic remark).

One needs to observe the spiritual commitment between a teacher and his disciple.  One’s teachers and parents will give guidance.

A fool’s sincerity might prove more detrimental than beneficial.
I have only one faithful and caring friend.

Extremely good hearted persons will be happy in their life.

May good and kind hearted persons be happy!

One needs to perform work with courage, despite all kinds of difficulties.

People with single mindedness will accomplish their aims.

Mahayana and Hinayana Buddhism have been taught according to disciple’s scope of intellect and attitude.

That couple is very close as if they have been one thought and one mind.

If one is a Buddhist one must entrust the triple gem(s) whole heartedly.

I have just one faithful friend.

It is better to be decisive when one has been lingering in doubt.

I came to the United States with full resoluteness.

We can relax and be at ease when we reach India.

You can stay here in peace and relax.

The meaning of emptiness is inconceivable and inexpressible to ordinary beings.
mentally short-sighted  A mentally short-sighted person cannot think for the future.

sadness and unhappy  We were very sad and unhappy to hear the passing away of our paternal uncle.

to prefer or like  I prefer their teacher to be ours.

two pointed minds/ wavering  A needle with two points cannot stitch and a mind with two points cannot fulfill aims.

like minded/ common in ideology  People with the same ideology are friendly.

practising memorization and recitation  Monks practise a lot in memorization and recitation of prayers.

broad minded and open  Our boss is open and broad-minded.

a friend with whom one seeks advice and wisdom  Mr. Tashi is my friend with whom I seek advice and wisdom.

young intellectual  Many young intellectuals are coming from Tibet these days.

unity/ integrity  Tibetans unitedly fought against the Chinese invasion.

concentrated mind/ single minded  If one practises with a concentrated mind one will achieve the goal of realization.

wise and dexterous  My son is intelligent and dexterous.

comfortable/ relaxed and content  Tibetans in India are living comfortably.

a dictatorial command/ to scold harshly  Bad masters always dictate and scold their servants.

very poor/ impoverished  Africa is an impoverished country.
Muni Tsanpo, a king of Tibet, distributed the wealth of his subjects three times equally for them.

There is a vast gap in India between the haves and the have-nots.

All Tibetans have equally been suppressed by the Chinese army.

If studied with unfailing effort, there will be good results.

It is not easy to construct a house on a bumpy land.

It is easier to sleep on soft and spongy mattresses.

Many big nations of the world exploit the smaller ones, just as big worms eating the smaller ones.
brandishing an axe to kill an insect/ Sense implied: unnecessary torture
Beating the poor and down trodden is to brandish an axe to kill an insect.

There is no need to brandish an axe in order to kill an insect.

to shoot arrows without a target The work without aim is same as shooting without a target.

Apples are abundant in Manali in September.

boastful The businessman coming from abroad countries are very boastful.

rich harvest This year it rained heavily therefore there will be a rich harvest.

ripe fruit falling on the ground The ripe fruit fallen on the ground will be eaten by birds.

to stick to the points of resolution/ without violating the words (agreement) Government officials need to observe the rules of the government strictly.

to build a dam out of grain husks In 1959, the political condition of Tibet was like that of a dam built with grain husk.

Lit.: a dragon's head with the tail of a snake/ Sense implied: great beginning and poor end In 1959, the political condition of Tibet was like that of a dam built with grain husk.

Lit.: not only did he kill a wild deer but he made a flag out of its tail. Not only did he boast of it which is just like not only killing a wild deer but making a flag out of its tail.

Lit.: The frog's croak from the bottom of an ocean is not heard by the king of gods/ Sense implied: An officer in the high post cannot understand the problems of down trodden
Lit.: rolling laugh/ Sense implied: to roar with laughter. The chief of the bandits roared with laughter.

Lit.: compared to frogs a tadpole is a Buddha/ Sense implied: comparatively he is as innocent as a Buddha.

Our class is fully packed.

Although the bellows roar loudly, they are under the control of the hand.

He did thorough study of the religious texts from the monastery.

I studied the preparation, actual session and conclusion of the generation of boddhicitta.

If one knows pharmocology even poisons can be used as medicine.

Lit.: the coiled up snake unwinds itself/

Sense implied: The dispute must be settled within the parties.

Lit.: If you squeeze a snake you will see its hand/ Sense implied: If you interrogate a person you will see his true nature.
Bodhisattvas work for others' benefit without being asked for.

Good students do their study without having to be exhorted.

The Headmaster made the announcement to everyone's knowledge.

The new president was unanimously welcomed by all the citizens without discussion.

To bear a grudge against one another is a cause of suffering.

During feudalism the bad feudal lords were treated like gods by their subjects although they did not like them.

He is quite O.K. for this work.

This year I have no choice but to go to Tibet to see my parents.

One has to be satisfied with a monthly salary of one thousand rupees.

All these good signs arose spontaneously without prearrangement.

She faced many problems which made her breakdown and weep helplessly.
claiming capable of doing something although not/false claim. It is not good to make a false claim as if one can do it.

It is not good to make a false claim as if one can do it.

It is not to forget but to keep in the heart/to keep in mind. One should keep in mind what is taught in the class.

It is not to listen but to listen to the leader's order even if one does not want to.

It is a big negativity to blame others for one's own mistake.

They had to demolish many temples at the order of Mr. Mao.

To dispel wrong understanding and to understand that which is not understood, one needs to meditate on emptiness.

It is difficult to correct the wrong usages that have been coming through the ages unless special attention is given to them.

China seized Tibet and made false claim of her ownership.

Lit.: A black mother giving birth to a white son. Sense implied: A non-virtuous mother gives birth to a virtuous son.

Actually, I was supposed to become a monk.

Tomorrow I have to wake up early in the morning.

Our teacher scolded us continuously like reciting mani.

Our teacher scolded us continuously like reciting mani.

If one doesn’t recite mani mantra, pass the rosary to others.

Today I am your uninvited guest.
The cook is in the ocean of liquified butter, but if he dies, he will like an anchor, go to the depths of hell. Sense implied: A monastic cook who steals will go to hell after his death.

Lit.: The cook is in the ocean of liquified butter, but if he dies, he will like an anchor, go to the depths of hell. Sense implied: A monastic cook who steals will go to hell after his death.

Lit.: to advise not to do and not to look/ Sense implied: restriction. These days children do not listen to their parents inspite of their parents giving them advice.

Lit.: to experience all kinds of troubles. Tibetans have suffered all kinds of troubles under the Chinese regime.

Lit.: no choice but to bear it. If you do not study properly, there is no choice but to bear the problems.

Lit.: capital loan (help). If you do business, you can take a capital loan from the bank.

Lit.: to be compelled to eat or taking a bribe/ he had to eat since he was hungry.

When hungry one has to eat whatever kind of food may be available.

Lit.: to foresee the future/ to see beforehand. All of us should study with interest His Holiness the Dalai Lama's speeches foretelling the future.

Lit.: future prediction. Buddhists believe the future prediction of Lord Buddha.

Lit.: to pretend to be what you are not not to be what you are not to be a Tibetan when one is not. What is the use of pretending to be a Tibetan when one is not.

Lit.: extremely immodest. One should never encourage extremely immodest work.

Lit.: to be immodest and evil. The Chinese indulged in the immodest and evil destruction of monasteries.

Lit.: indecent and to deceive. You cannot
become decent if you are always surrounded by indecent and deceitful people.

One cannot be happy if one works with an ulterior motive.

If you work sincerely, you will have nothing to repent.

To cultivate one's teacher is an instruction for gathering knowledge without missing any.

I returned all his books without missing any.

We are in this cycle of existence due to ignorance.

You might face difficulties if you pretend to know English (when you do not).

Do not murmur in the class.

These days even the bank has only moderate amount of cash.

I have kept a large amount of money in the bank for my simple friend.

More and more westerners come to Dharamsala during the summer.

minority cannot challenge the majority
The weak cannot challenge the strong just as the minority cannot challenge the majority.

There will be a balance in the economy if one deducts from the rich and adds to the poor.

Mr. Tashi was elected as our president by the majority.

Don't take quintessential instruction as an adornment but ponder upon its meaning.

If you do not study well when you are young, you will feel singled out later in the society.

A word for a man of understanding and a whip for a horse that gallops well.

There is a Tibetan hotel just a little down from here.

Lit.: a white man with a black hat/ Sense implied: to accuse an innocent

Accusing the innocent is like inviting a case against oneself/getting involved in legal case.

Lit.: A black hat for a white man and a black rein for a white horse/ Sense implied: to blame an innocent

Today a man and a horse came to our village from Tibet.

Whatever work we do we should see that no bad reputation comes to us.

I have no time to go to Tibet tomorrow.

A word for oneself and others
You will be happy if you can make other people happy.

I was sent on deputation by the LTWA to attend the International Seminar on Tibetan Language.

When people get older they remember their native country and when birds get older they remember their nest (wood).

When fighting against an enemy, unanimity is required.

There won't be peace and happiness in a country if evils collaborate with each other.

If you rely on an evil person you will know indecent things.
Lit.: an earthen pot broken between two people/ Sense implied: too many cooks spoil the broth.

tо praise too much One should not praise children too much.

tо blame an innocent person and to say a stone has an edge when it does not/ Sense implied: false accusation

tо tell something that is not true as if it is true China cannot deceive the world by stating or declaring false statements as if they were true.

the noble class Most of the noble class families are rich.

tо think wildly/ to think too much What is there to think too much about for this short life?
Thousands of Tibetans were exiled in 1959.

In all the different sizes of population we find various types of people.

He has to do this work.

Chinese Indian soldiers do all sorts of things.

The mouths of people are poison but their hands are gold.

The political leaders are patient with public criticism.

The president addressed the public gathering.

A deserted place is very good for retreat.

If one does not either amass wealth or study from young age there is a danger of wasting one's life.

In my opinion, it is difficult to have a meaningful life if one does not encounter Dharma.

One should care for one's reputation as name lasts longer than one's life.

We will help according to the size of the population.

All sorts of travellers gather in that hotel.

Do not make children do things which are unfit for them.
The racial discrimination of Germans invited the II World War.

Who will listen to a shameless argument when there is no truth in it.

I cannot speak to everyone of you.

The parents do all sorts of work for the benefit of their children.

This year he had to face the extinction of his family through death.

One should never pretend to know something when one does not.

If you talk too much people will not trust you.

People do not have the same mind, just as they do not have the same face.

I am determined not to indulge in killing humans and causing bloodshed regardless of how desperate the situation may be.

People think of all sorts of things when they face problems.
You should wear glasses if you have a problem with near-sightedness.

The leaders of nations are far-sighted people.

In a competitive society, many imitate bad examples.

In a civilized society, people imitate good examples.

It is not good to adopt gambling gradually in the society.

This is true news. I have seen it with my own eyes and heard it with my own ears.

It is very difficult to have one's eyes and ears accustomed to a new text when studying.

To drink chang even after knowing its effect is same as leaping off the cliff with open eyes.

You are responsible for your problems just as your hand is responsible for causing eye-pain.

Ignorance is just like a
grit in the eye and a thorn in the flesh, for us seeking liberation from this cyclic-existence.

**Lit.**: like a thorn in one’s eye/ Sense implied: to dislike somebody

The Tibetan Youth Congress has become like a thorn in the eye of Chinese Government.

**Lit.**: an eye lotion soothes the eye/ Sense implied: to use property for what it is meant

I shall dedicate your donation towards that for which it is meant.

**Lit.**: an eye for an eye and a tooth for a tooth/Sense implied: revenge.

**Lit.**: the work in accordance with one’s title/ to accord one’s deed with one’s name

Whatever the type of work it may be, one should be performing it worth its name.

**Lit.**: to have both name and purpose

Those who work for the welfare of others have not only name and purpose too.

**Lit.**: The true picture of a man is within; the stripe of a tiger is on the outside.

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Lit.: In addition to famine, there is an extra month/ Sense implied: The extra month has prolonged starvation during famine.

Lit.: limitless/ endless/ boundless

We have been wandering in this boundless cyclic existence until now.

Lit.: to continue

We need your help to continue this project.

Lit.: follow blindly

When one does not know, one should ask. It is not alright to follow.

Lit.: groping in the dark

You won’t find things at night even by groping when there is no light.

Lit.: to measure darkness by armspan

Pretending to know something although one does not, is same as to measure the darkness by armspan.

Lit.: dark and dull/ inactive

Since he has fallen ill, he has become dull and inactive.
Lit.: fire and smoke are distinct/ Sense implied: Though friendly still different. Although the two friends are friendly, yet their accounts are different.

Lit.: A needle point fire can burn mountain/ Sense implied: A spark neglected burns the mountain. Freedom of expression is indispensable to people these days.

Lit.: flaring up flame in the sky/ Sense implied: The Tibetan studies flourish in all the directions just like the flaring up flame in the sky.

Lit.: However small a flower is, it's still an offering to god/ Sense implied: The gift however small it may be, it is still a token of gratitute.

Lit.: cease-fire/ to make a cease-fire/ Sense implied: At present there is cease-fire between India and China.

Lit.: adding fuel to the fire/ Sense implied: to excite people or instigate. To abuse somebody on top of being unfriendly is just like adding fuel to the fire.

Lit.: let the fire cease and the smoke fade away/ Sense implied: to calm/ pacify on its own. Freedom of expression is indispensable to people these days.

Lit.: to be exposed to fire when burnt by fire/ Sense implied: to respond with similar treatment. The attachment has led us to this cyclic existance. This is like exposing fire when burnt by fire.

Lit.: bilateral decision/ an agreement/ A mutual decision was taken to send students to India.

Lit.: acceptance/ The government of India gave acceptance to our recommendation.

Lit.: too many commanders spoil the strategy/ too many cooks spoil the broth
to humiliate and defame/ to criticise
One cannot bear humiliations and insult for all the time.

Lit: covered with red-blood/ Sense implied: badly wounded
Yesterday my friend was badly wounded in his fight.

Every year the Tibetan government provides specific aid to the poor and destitute.

Whatever work it may be, it is important to work focussed on the main goal.

He gives special attention to the poor people.

The Tibetan government provides special facilities to the monasteries.

The Indian government opened many Tibetan schools at the special request of the Tibetan government.

If it helps to cure the sore even if it’s dog’s fat, apply it.

If the house’s foundation is not strong one cannot build the upper stories.

The biggest danger of blind loyalty or prejudiced regionalism is found in a democratic nation.

The members of staff have one hundred rupees per month as a medical allowance.

If you give poison in response to medicine, it is an ugly reaction.

If you act eccentrically people will not have regard for you even if you are a prince.
miscellaneous/ odds and ends  Buying those miscellaneous things during Losar is costly.

Lit.: to use sandalwood as a fire-iron and brocade as dustcloths/ Sense implied: extravagance

to squat (like a rabbit) The watch dog is squatting in front of its master.

health and hygienes  It is the duty of both the government and the individuals to take care of health and hygiene.

perfectly clean/ immaculate  All the areas of the high mountain are perfectly clean.

of prime importance  Education is of prime importance at a young age.

oppressive command/ to be under duress The Tibetans have been kept under control through the oppressive command of Chinese authority.

by force He seized my books by force.

One who supports the poor and rises against the oppressive authority.

If one is really educated, one should support the poor and rise against the oppressive authority.

One who yokes the tyrannical and are parents for the poor The Communist leaders are supposed to be the ones who yoke the tyrannical and are parents for the poor and down-trodden.

to talk of only dirty things/ romantic Inspite of being a monk he always speaks about romanticism.

dew drops on blades of grass In Buddhism all phenomena are viewed as dew drops on blades of grass.
If a tenet has a sound and reasonable backing, one cannot destroy it completely.

If a thorough investigation is carried out then it will be clear who is a traitor (spying for other nations).

Most of the things in the museum are completely worn-out.

We get oxygen from plants and crops for our survival.

When one becomes thin, we see their ribs coming out.

When we calculated the travelling expenses one hundred rupees was the remainder.

One cannot ignore and insult the king’s order even if it is not right.
The difficult and vital points in dharma are analysed through debates.

The goodness and badness of a person depends upon how one regards and views that person.

To strive for non-virtues is a wrong effort or enthusiastic perseverance.

Some people are very stable while others are very restless and nervous by nature.

While giving education one needs to apply both strict and gentle means.

All the orders of the ancient kings were very strict, emphatic and forceful.

The labourers vigorously worked hard for many hours.

It is necessary to discuss salary when all the members of the staff are assembled.

sometimes complete and sometimes incomplete/ shortage
I will lend you money if there is a shortage of money for buying books.

If one is a qualified as well as a modest Bhikshu, dogs cannot bite one (it is said).

Iraq challenged the USA in military strength.

Schools recognize each others’ certificates.

Please, distribute this money properly among the elderly people.

The holiday was completed in haste.

Of the great men who have come in succession to this world, His Holiness the Dalai Lama is one of the greatest.

I will stay at Bodhgaya until the completion of the teaching.

The general populace should not get deceived by empty and dry words of their leaders.

There will be a clear cut settlement of the case today.

When the nations are not friendly, they pass cynical rebukes to one another.

A good composition should have few words with complete meaning.

Mr. Gedun Chopel’s compositions are elegant in expression and contain good meaning.

The purpose of making a treaty between nations is to implement their words.
Be patient if you are getting angry.

The disciples of a Buddha should be ethical and modest.

The disciples of a Buddha should be ethical and traditional.

If you can live in society ethically and traditionally, you can work better for others.

If you wish to be decent you must behave modestly and in accordance with traditional rules of decency.

If the students will behave immorally when the teachers themselves behave that way.

One needs to search for a life-partner that suits one's personality.

Jetsun Mila achieved the state of Buddhahood in one life span.

The Triple-Gems are the protectors of all sentient beings from life after life.

There is no difference between wasting a life and spending one's life only for amassing riches.

Manual work is very difficult but of little benefit.

No matter how sharp the thorn may be it cannot pierce rock.

One cannot do business at two business seasons at a time.

One never knows where business and fights will take place. Sense implied: uncertainty

It becomes an insult if you underestimate a person.

Considering a child to be a great scholar is a fallacy of over-estimation.
Professor Namkhay Norbu is a famous and eminent scholar. All of us should respect the fame and reputation of the Tibetan nation.

During rainy season sometimes I sleep until noon.

It is extremely difficult to generate pure renunciation when one is young and beautiful.

There is always a rush in India whenever one travels from one place to another.

It is difficult to earn a living if a family has many children.

I am thinking of undertaking a business to have a steady and good livelihood.

Using harsh words and idle gossiping are in the list of ten non-virtues.

If you harbour senseless words it will make you unhappy.

If one uses hackneyed language in the meeting, definitely the chairman will certainly stop one from speaking.

One should never disobey one's teachers.
keeping things topsy-turvy/ wearing clothes untidily/ a mess of things
Never keep one's home untidy/in a mess.

My lazy friend is wandering aimlessly.

In the seventh century, Tibet and China had a profound friendship. In the old Tibetan society wherever the finger was pointed at, that was the east.

Never keep one's home untidy. The young ladies go to market taking great care of their beauty and elegance.

The princesses are beautiful as well as grand.

To all husbands, their wives appear beautiful and lovely.

Beauty lies in the eyes of beholders.

Although I am not well-educated, I have more experience like an old dzo.

Please hand-over this letter to the manager and the staff.
the three: preservation, promotion and propagation. The activities of missionaries are to preserve, promote and propagate their religious beliefs.

The beginning and the end of a class The bell rings at the beginning and the end of a class.

Five hundred thousand rupees were received in donation for the development of a factory.

There is no need to feel happy with all those who smile.

Though he strove hard to enter in the army, he could not get admission.

It is uncivilized to be careless about a country's laws.

One forgets to be careful after getting drunk.

Where did the very naughty guy go?

The Dharma protectors always stay in a domineering and wrathful position.

If one wishes to become a practitioner, one needs to abandon lying and uphold the truth.
Lit.: a coward fox challenging a lion. It must be a bad omen for a cowardly fox to challenge a lion.

Lit.: taking a shoe as an example to make a hat. Sense implied: wrong model

Tibetans offer service and respect as best they can to the spiritual communities.

Panchen Rinpoche had thousands of lay and monk retinues.

Some people collect donations from the rich and offer these to the poor and down-trodden.

His mouth is like an eight petalled lotus and his mind a thorny plant.
Yesterday, he smiled at me.

In terms of methods, secret mantra can be classified into peace, increase, power and wrath.

Being peaceful, humble and modest are the features of a spiritual guide.

Tibet was a peaceful, happy and civilized nation before Chinese came in.

It is essential to keep an army for the security and peace of a country.

If the people in a country are harmonious, naturally there will be calm and peace in a country.

In Buddhist treatises, both peaceful and wrathful means are explained.

The three: farming, forestry and the animal husbandry are absolutely necessary to improve the techniques of farming, forestry and animal husbandry.

Most of the Indian farmers are poor.

The system of feudalism is not bad in all respects.

There is happiness when feudal serfs and feudal lords are in good terms.

Lit.: machines for ploughing land/ Sense implied: tractors. Tractors are used in Tibetan settlements also these days.

I have hired fifteen people for farming.

The beer was very good.
You need a lamp to look for another lamp.

It is necessary to have undaunted courage to achieve a big task.

If all of us are not over-powered by hatred and animosity, there will be happiness automatically.

Though one shows enmity like liquid poison toward the enemy, it does not harm the enemy but in turn it harms oneself.

I never hold evil thoughts in my heart since I received an empowerment from His Holiness the Dalai Lama.

If one is a practitioner, one should abandon cruel thoughts and deeds.

When I travel in an automobile, I get nausea.
He is a great scholar who need not depend on others.

Buddha Shakyaminin is a great outstanding perfect teacher.

If one's activities are in conformity with the dharma, there will be happiness for one's self and others.

One ought to feel compassionate but not happiness at others' suffering.

It is the commitment of Bodhisattvas to take the responsibility for others' welfare.

If relations among the political leaders are strained, there will be dispute and partiality in the society.

It's not right to follow simply at what others say, one should examine whether it is good or bad.

Due to the inconceivable kindness of Buddha, His teaching is flourishing in this world.

To disparage others with baseless under-estimation or insult is a cause for one's going to hell.

It is a baseless over-estimation to praise somebody for having good knowledge when he/she has not.

It is more difficult to start something from nothing compared to improving an already existing school.

We hope the day of the reunion of the Tibetans inside Tibet and those in exile will come very soon.
At present the foundation of the Tibetan government in exile has become well established.

Seven fundamental rights are mentioned in the Indian Constitution.

It is announced that the basic conditions in Tibet are quite good today.

The Tibetans constructed well the high-ways in Himachal Pradesh.

People with unwavering patriotism are called nationalists.

If one has a firm and sincere loyalty to one’s government, one cannot be deceived by the enemies.

It is very important to advise the students to develop pure loyalty to one’s government.

An old man’s wisdom is better than a young man’s might.

I don’t know whether he stays in Lhasa or not at present.

Who is the chairman of the plenary session?
to eat and drink frugally/ wise living
If you eat and drink frugally, your food and drink will last long.

It is better to have more food and drinks, and fewer complaints.

It is better to go without food than to be the source of others' gossip.

Lit.: Even though one may have a mouth for eating, one does not have a throat for it to pass through. Sense implied: Wanting something yet not being able to have it

Lit.: If one does not limit one's eating, the belly is up to the knees. Sense implied: Over-eating is self-destruction

For a healthy body, it is very important to have proper things for eating and drinking.

unfolding or the discovering the profound

and essential meaning
One can discover the profound and essential meaning with the help of a teacher's instruction.

uninterruptedly/ continuously
The practice of moral discipline has been uninterruptedly carried out from the teacher, Shakya Muni, to the present day.

to feel lazy/ inactive
If one is very tired one feels lazy.

food, clothes and wealth
It is best to practise dharma when one has prosperity, an abundance in food, clothing and wealth.

Bad food is body's enemy and an evil man is country's enemy.

If one is frugal in eating, there will be no shortage of food and if one is frugal in wearing, there will not be shortage in clothing.

Lit.: food, wealth and property. Sense implied: prosperity. America is a very prosperous country (with abundance of food, wealth and property).
It is difficult to get peace for the mind like this which is full of hustle and bustle.

There is a class at just about 9 o'clock.

There is no need to tell anything about this information. An indication is enough.

Tibet is discussed in a small disgression in that book.

The Chinese government always sarcastically criticizes the Tibetan government-in-exile in India.

To scold one's daughter but hurts the bride.

In the almanac, it is said that there will be heavy rainfall this year.

The fruits are about to fall from the tree.

If one is not careful in meditation, it won't be fruitful.

One should be very cautious when one reaches the Indo-Nepal border.

empty vessel sounds much

Lit.: a donkey wearing a tiger's skin/ Sense implied: artificial/ not real/masquerade

Lit.: a musk deer hopping near a leopard's lair/ Sense implied: a cowardly fellow pretending to be bold

Lit.: a shadow without a form/ Sense implied: baseless blame

It is an insult to complain about a shadow without a form.

to create a form where there is no form/
If there is no form there is no cause for a shadow.

No one will criticize if one works honestly and impartially.

There will be ups and downs in one's life. If one practises dharma, one's mind gets better and better.

In the company of good people, tea and chang are served and in the company of bad people, one gets a beating.

Even though you do good to mindless/thoughtless people, they feel as if you have done bad to them.

To respond negatively for the good done is a sign of bad person.

Without interaction one will not know whether or not a person has good mind.

There is a vast difference between sublime and evil people.

In schools one is taught to abandon bad actions and to adopt good behaviour.

The able and wise administrator can respond positively for the good done and negatively for the bad done.

A man is ruined by sleeping, not by eating.

By eating too much your mouth has gotten used to eating and by walking continuously you become familiar for climbing up the hills.

I became groggy during the new-year celebration from drinking too much.
A drunken person brings his secrets to the lips of his mouth.

The things that are made in Japan are good both in terms of quality and make.

There will be development in a country if there is an improvement in agriculture, industry and nomadic life.

All the developed countries have excellent factory production.

The Chinese have exploited the Tibetans unbearably.

I shall not seek others' help until I am in total desperation.

The scatter-brained persons will not complete their work.

The inattentive students do not listen well to the teacher during the teaching.

A person may do anything when he is desperate and helpless.

Lit.: A desperate dog jumps at the walls/ Sense implied: helpless

The mob is running towards me in uproar.

Wise people are not overpowered by disrupting rumours.
Don’t be such an exaggerator.

They spent the whole night yesterday in an uproar.

We two friends are very friendly, hard to be separated like milk in the water.

All that glitters is not gold.

The sun with thousands of rays of light rises from the top of the eastern hill.

Anyone who is given a deserving job will definitely accept the responsibility.

Please appoint a deserving student as prefect.

It is very fitting and appropriate for him to become a teacher.

Growing old is like the setting sun.

Only religious practice can help when one becomes old.

The translator Marpa Chokyi Lodoe visited India by crossing nine mountains and nine valleys.

If you cross many mountains and valleys toward the north of India, you will reach Tibet.

There will be good time after every difficult time in our life.
Lite: long arm with short sleeves/
Sense implied: man of ideas but having financial problems
I cannot do any work because of financial problems.

Lite: hand print/
Sense implied: legacy/ feat
Thonmi Sambhota is credited for leaving behind the legacy of Tibetan writing system.

Lite: to climb a rock with a maimed hand/
Sense implied: a fool’s attempt
A meditation done without hearing teachings is just like a handicapped person climbing a rock.

Lite: tight hand or fist/
Sense implied: stingy/miser/opposite of spendthrift
Our master is very stingy.

Lite: remembering a pincer only when one’s hand is burnt/
Sense implied: to think only when it is high time to do something
Studying hard during the examinations only is like burning one’s hand and then remembering the use of a tong.

Lite: clapping with one hand/
Sense implied: impossibility
It is not possible to clap with one hand.

Lite: liberal hand/
Sense implied: generous/spendthrift/extravagant
If one is not generous, people will not come to one.

Lite: If one has a piece of meat in the hand, the birds will hover in the sky/
Sense implied: If one has knowledge and wealth, others will gather around him.

Lite: deserving to put into practice
One should put into practice those things that deserve implementation.

Lite: to practice as much as we can
We will implement the resolutions passed as much as we can.

Lite: ways of putting into practice
If one is not intelligent, one will not know the ways of implementation.

Lite: flawless practice
It is difficult to have flawless practice if you do not have experience.

Lite: various crafts
He is skilful in various handicrafts.
Meats are hanging from the roof in the butchers' shop.

I have been awake since 5 O'clock.

One has to try again and again for the accomplishment of a great task.

It is very important to complete a work without any complaint.

A son who killed his father has his reasons to state. Sense implied: justifying one's wrong doings.

Knowing how to retreat when one is on the wrong path. Sense implied: to know how to confess. To avoid wrong path is wise.

Lit: If one loses one's way, one can retreat, but if one says something wrong, it cannot be revoked. Sense implied: This shows the seriousness of the situation when the wrong information has been conveyed.

It is difficult to learn Tibetan fast.

Lit: To stand the test of the law of karma. Sense implied: honest. It is very good to perform one's duty that stands the test of the law of Karma (honestly).

Buddhists believe in the infallibility of karma and its result.

I will continue this work next year.

Lit: To hang sheep's head and sell dog's meat. Sense implied: to play at fraud or to
The Chinese policy on Tibet is like hanging or showing a sheep's head and selling dog's meat.

Lit.: to lose a sheep and obtain a horse/ Sense implied: good bartering/ gain profit

It does not matter if you lose a sheep for a horse.

Literal: Analysis of good and bad/ Sense implied: wisdom for analysis/intelligence

One should accompany a man of intelligence.

Lit.: to distinguish good from bad/ Sense implied: examine, probe, investigation, distinction, difference

There should be a distinction between good and bad from the administrative side.

Lit.: to increase goodness and avoid evil/ Sense implied: correction

The duty of responsible people is to promote correct behaviour and stop immoralities in a society.

Lit.: whether one accepts or not

I offer it to you whether you accept it or not.

Lit.: To be medicine for a hundred years and become a poison at death/ Sense implied: Very helpful for a very long time and just the reverse at the last moment.
Every year I go to Bodhgaya.

The inner realization cannot be generated so easily even when you strive for years after years.

Lit.: increasing crops and cattle/ Sense implied: A very good year in which there is good harvest and animal breeding.

Lit.: the leaves covering the fruits/ Sense implied: too much writing spoils the meaning Do not let too many words obscure the meaning like leaves covering fruits.

Lit.: Even the blind can see the three realms/ Sense implied: Something that is well known to all.

Lit.: skinny and dry bones/ Sense implied: weak and feeble He worked hard for the Tibetan cause until he became skinny and skeletal.

Lit.: letting the soup absorb into meat/ Sense implied: to put into an intended use Using government money for governmental projects is just like letting the meat soup absorb into meat.

Lit.: To have taken away meat as well as skin/ Sense implied: to take away everything The Chinese took away everything from Tibet.

Lit.: progeny People of one race have the same blood lineage or progeny.

Stale meat is poison and rancid butter is medicine.
Lit.: to add butter to meat/ Sense implied: to give help to those who do not need it.

Lit.: dispersing of flesh and bones/ Sense implied: to destroy completely.

Lit.: the energy of a stag and the pace of a male antelope/ Sense implied: an example of strength.

appearing very affectionate/ pretending to be very affectionate.

pure love.

One cannot expect sweet words from an affectionate person/mouth.

Lit.: unavoidable love/ Sense implied: sincere loyalty.

prominent nose.

prominent nose.

It is of great service if teachers teach out of pure love for the children.

Even if you weep like anything for help, evil persons will not care.

He was very busy last night and this morning he slept like a corpse.

to settle at one place for a very long time although one does not like it (mainly due to service).
Tibetans mostly stick to their first job for a very long time.

Lit.: Hoping to obtain sinew from a louse. Sense implied: empty hope. Expecting peace and happiness in a communist country is same as expecting sinews from a louse.

Lit.: even if a louse crosses the neck, it is (still) at the other side of the collar. Sense implied: one cannot go too far.

Lit.: coming of a louse in between one’s nails. Sense implied: to verify or prove. His information has been verified as truth.

Lit.: There is no need to brandish an axe to kill a louse. Sense implied: unnecessary action.

Planting plants is being carried out for the environmental protection.

Lit.: If the root of a tree is not rotten, the leaves won’t dry up. Sense implied: If the root of anything is not spoiled one day it will come up.

Lit.: to let good wood spoil under its bark. Sense implied: For eg. burying one’s knowledge and skills uselessly.

Lit.: A skillful carpenter need not be a good artist. Sense implied: One need not be skillful in every field.

Lit.: A wooden saw cannot cut wood. Sense implied: Persons of equal rank cannot control one another.

Lit.: to boast of strength though one lacks it. What a pity! He boasts of strength he lacks.

Lit.: A momo in a glass show case. Sense implied: attractive but of no use. If a prince is not able, he would be like a momo in a glass show case.

Sixteen intelligent Tibetan boys were sent to India with the minister, Thonmi Sambota.

Lit.: extent of knowledgeable and observation. It is good if the extent of knowledge and observation is great.
The head of a nation should be wise and broad-minded.

The hypocrites will pretend to be knowledgeable and honest. The students from good schools are well educated and well behaved.

The extent of one's knowledge and ability will determine how much help I will extend to you according to my knowledge and ability.

Lit.: One who is low in educational standard and efficiency/ Sense implied: Used for an expression of one's humbleness concealing one's knowledge and experience.

Lit.: to take poison knowingly/ Sense implied: to risk danger knowingly/ 

There is a danger of taking poison knowingly when one is not happy.

One can utilize well one's knowledge and learning if one has a good motivation.

Discuss and get suggestions from intellectual persons.

Separate Tibetan schools were opened for educating the Tibetan Children.

Lit.: paper absorbing oil/ Sense implied: permanent mark

If one accompanies a bad friend, one will catch bad habits, as permanent a mark as a paper absorbing oil.

One should not be like a paper carried away by wind as soon as news is heard.

Lit.: taking a paper for a cloth/ Sense implied: Pretending to be what you are not.
Lit.: to inflate a paper bag/ Sense implied: To provoke someone against others.

Lit.: scolding to death/ Sense implied: to rebuke or scold terribly. Yesterday the teacher rebuked him and me like anything.

A good centre of metaphysics and meditation are equally important.

easy to talk to and meet/ accessible Our Director is very easy to meet and talk to.

A person with whom one gossips/ companion/ friend He is a very good friend with whom I can discuss things.

Lit.: Scolding one's daughter is a subliminal remark on the bride./ Sense implied: An indirect hint.

Please rinse the milk pot.
Yesterday I reached home just before dusk.

Lit.: To use a lamp before dusk./ Sense implied: Too early to do something.

Lit.: Clean earth and clean rock./ Sense implied: Clean areas. The Buddha statue is made of clean soils and rocks from the great holy places.

Lit.: Insects on earth have their company and birds in the sky have their company./ Sense implied: Everyone must have one’s company

Lit.: To weave silk underground./ Sense implied: To plot a conspiracy, to instigate. The riot was caused by underground instigators.

Lit.: whosoever challenges me, I will challenge whosoever it might be.
It is difficult to finish a task if one procrastinates.

Lit.: Dying tomorrow or the day after tomorrow. Sense implied: The uncertainty of death. Who can tell when one will die, tomorrow or the day after tomorrow, as humans are not clairvoyant.

Lit.: Tomorrow and the day after tomorrow./Sense implied: Procrastination

Lit.: to teach Buddha the alphabets./Sense implied: Unnecessary and improper efforts

Lit.: Hell is grateful to Buddha and Buddha is grateful to hell./Sense implied: Everything is interdependent or mutually beneficial.

I cannot say who is better and happier in their life.

My friend is meek and simple.

unassuming and modest scholars are very rare.

One thousand Tibetans were fully determined to go to the United States.

It is of no use to be sad and mournful over the death of a person.

We should never let our parents feel sad and distressed.

One cannot perform a great job if one is not broad-minded.

You need not worry about this task.

Some silly people spend their lives in hesitation and nervousness.

It is wise act
to encourage someone in/for studies.

 advisers/ to fall in love A man falls in love with a beautiful woman.

 relaxed and easy going Most of the villagers are relaxed and easy going.

 Monks and laity; old and young/ Sense implied: All people. I wish Tashi Delek to all, monks and laity, and young and old.

 agricultural implements All the agricultural implements in India are produced from industries.

 Lit.: It touches the palate when the teeth is exhausted./ Sense implied: Becoming older.

 alone/ one-self It would be nice if the house is owned by you.

 each and every/ one’s/ individually Everyone will strive hard to do his/her work.

 doubt/ qualm/suspicion When one feels doubt over the meaning of a text, one should ask.

 Cutting any of the ten fingers would be painful.

 reliable and durable Stone buildings are durable and reliable.

 immutably firm The pledges of great beings are immutably firm.

 Lit.: A cannibalist disguised as a human./ Sense implied: The wicked pretending to be good. The Chinese implemented the policy of a cannibalist disguised as human on Tibet.

 School-going age He has two children of school-going age.

 to advise and guide Parents always advise and guide their children.

 To hawk or disclose secrets everywhere.
One of the duties of spies is not to disclose secrets in the market place.

To teach Tantra in a market place (sarcastic remark) It is a great non-virtuous act to teach Tantra in a market place.

disclosing a secret There is no doubt that secrets will be disclosed outside if the members of the club are not friendly.

One may be wise in keeping the secret but others are wiser in disclosing them.

inconceivable secret All qualities of Buddha are secret as well as inconceivable.

brand new/ fresh A brand new computer has been brought to our office.

neither new nor old Some people like clothes which are neither new nor old.

Lit.: neither clear nor ambiguous/ Sense implied: dim Some of the meanings in this book are neither clear nor ambiguous.

One who is skillful in the art of speaking. The people from Lhasa are very skillful in the art of conversation.

Lit.: To mix gold with sand./ Sense implied: To have both good and bad together.

Lit.: Even though gold is beneath the earth, it shines in the sky.

Lit.: To kill, beat and torture./ Sense implied: exploitation and murder The Chinese always exploited and killed Tibetans.

Lit.: tea and biscuits/ Sense implied: refreshment Refreshments are arranged after the function.

gift/ reward/ prize Today is the Prize Distribution Day of the school.

Practice of the accumulation of merits
and purification of non-virtues. My teacher is good in the practice of the accumulation of merits and purification of non-virtues.

Due to the evil thought of destruction of the Chinese we had to flee our country.

Lit.: putting the ideas into practice/ Sense implied: to fulfil one’s wish.

If one does not work hard it is difficult to fulfil one’s wish.

A very evil thinking person.

A good practitioner is never an evil minded person.

Evil designs cast upon another will rebound oneself. Do unto others as you would be done by.

One who is unable to think or remember anything, is called a stupid person.

Some students are always engaged in bad thoughts and deeds.

He knows about this without misunderstanding.
moderate climate/good climate throughout the year.

Lit.: to curtail one’s budget/ Sense implied: economical
If one is economical, Rs. 500/- will be enough for one month.

Lit.: The three-fold way of burning, cutting and rubbing (for experimenting with gold)/
Sense implied: the correct way of experimenting. Whether there is a mix-up with gold or not can be ascertained through the three-fold way of burning, cutting and rubbing.

study and training (generally in monasteries). If one studies well and get trained properly in a monastery, one will become a good scholar.

A lesson learned is better than a hundred pieces of advice.
Notes


6. Melvyn C. Goldstein and Nornang; Modern Spoken Tibetan: Lhasa Dialect; University of Washington Press; Seattle and London.
