Compiled and Translated by: Pema Tsewang Shastri
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Introduction:

Someone has very beautifully said, “Nothing defines a culture as distinctly as its language, and the element of language that best encapsulates a society’s values and beliefs is its proverbs.”

Gang Jong, the land of snows is, like many countries of the world, very rich in proverbs, sayings, idioms, adages, phrases, maxims and gnomes. Tibetans use them not only to express their ideas, feelings and opinions clearly, but also to drive home the meaning of their expression while communicating or interacting with one another. According to Lhamo Pemba, “proverbs added an important and colorful hue to the tapestry of Tibetan folklore, especially so in the colloquial world of expression.” The importance of proverbs in the social interaction of Tibetans is best expressed by one such proverb that says: Kha la mngar
mo sbrang rtsi yin/ rna la snyan po gtam dpe yin/ (For the mouth, honey is sweet; for the ear, a proverb is music). Many of these sayings, naturally glued to the tongues of many Tibetans, are terse and telling, poetic and pithy, precise and succinct, loaded with value and wisdom, witty and expressive. These proverbs also reflect the culture and the way of life of the Tibetan people, who inhabit the highest plateau of the world, and possess a distinctive language, culture, history and way of life. Like many cultures of the world, many of the Tibetan proverbs revolve around spiritual practice, relationships, traveling, social etiquette, socio-economic life, politics, animals (both wild and domestic), birds, mountains, valleys and pasture etc. that clearly reflect the agro-nomadic and comparatively peaceful life of the majority of Tibetans.

For instance: ‘khor ba khab kyi rtse mo la/ bde ba nam yang yod mi srid/ bde ba cung la chags pa de/ chen po’i bde ba thob mi srid/ (On the needle tip of Samsara/ It is impossible to have happiness/ Attach-
ment to small (mundane) happiness/ Can never bring big (divine) happiness), clearly indicates the fundamental Buddhist belief system in which the samsara (cyclic-existence) is perceived as suffering in accordance with the Buddha’s very first teaching of the first of four noble truths where the enlightened one had categorically asserted, “Now this, Bhikkhus, is the noble truth of suffering....etc. and suffering must be ascertained.” Similarly, ‘sems kyi rang bdzin ‘od gsal ba/ dri ma rnams ni glo bur ba/ (the nature of the mind is luminous; its contaminants are adventitious) indicates the philosophical view or the pith instruction of the Dzogchen or the great perfection vehicle of Buddhism.

Interestingly, the concepts of Tibetan terms like ‘khor ba, samsara in Sanskrit, (cyclic-existence) and ‘khor lo, chakra in Sanskrit, (wheel) seem to have played and are still playing a very significantly important role in the life of Tibetans. Though, in modern times, we see wheels everywhere in our life, on our
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chariots, wagons, cars, trains, planes, machines, and daily equipments, no one knows who invented the first wheel. It is believed that the oldest wheel found in archeological excavations was discovered in what was Mesopotamia and was over fifty five hundred years old. But ever since the invention of the wheel, from a rudimentary wagon to the sophisticated rocket, the western world has harnessed its power for the material welfare of the people, and whereas the Tibetans are concerned, they seemed to have harnessed its potential power for the inner development of the individual. At the most the Tibetan usage of its power for external benefit seemed to be in spinning wheels and handloom wheels for weaving chuba material, water-powered flour-mills for grinding grains, and horse chariots for travel and battle.

From the fundamental concept of ‘srid pa ‘khor lo’ (wheel of life) to ‘kalachakra,’ (wheel of time), the highest esoteric and ultimate path of enlightenment, the Buddhists in general, and Tibetans in particular,
unlike other peoples of the world, have always harnessed the power, usage, application, metaphor and symbolism of the wheel for the expressed purpose of development and training of one’s mind. Terms like ‘khor ‘das (samsara and nirvana), dkyil ‘khor (manda-la), chos ‘khor (dharma chakra), ‘phrul ‘khor (magic wheel), dus ‘khor (wheel of time), dpal ‘khor lo sdom pa (chakrasamvara), tshog ‘khor (heap of offering) etc. are applied as tools to understand the reality of the phenomena or to tame one’s mind for the purpose of attaining enlightenment rather than for the material development, as in physical and mechanical sciences. In their daily life Tibetans rarely say “the Buddha gave teachings,” or “preached.” They would rather say (Sangs rgays kyis chos ‘khor bskor) “the Buddha turned the wheel of Dharma.” Likewise many of the Tibetan proverbs that I have selected here, in this small volume, speak of a unique Tibetan civilization developed through the social, spiritual, political, and economical life of the Tibetan people. Many of the
proverbs carry two meanings; one literal and the other metaphorical. For instance, Yar ‘gro shig gi gom pa/ mar ‘gro gla ba’i mchongs/ (Going up with the steps of a louse, Going down with the jump of a musk deer) literally means the pace will be slow while climbing up a mountain and the pace will be much quicker while walking down from a mountain. The metaphor of Up and Down also refers to bde ‘gro (higher states) and ngan ‘gro (lower realm) and also progress and degeneration. Structurally, some of them are quite poetic and beautifully rhymed, some are simile, and others are personification. Some proverbs like dkar po nag sla/ ring po chag sla/ (white is easily blackened, long is easily broken) uses double analogy for stress and emphasis.

There is no doubt that the Tibetan proverbs originated and developed along with the start and development of Tibetan civilization. The earliest written record of Tibetan proverbs can be traced to Dunhuang manuscript in which it says: mi drin can mi yi sems
mi gsod/ lta lha’i lta la sgal mi dbyung/ (One must never hurt a grateful man’s heart, one must never wound the back of a divine horse). The most recent addition to the Tibetan proverb seems to be the one by His Holiness the Dalai Lama when he often says: re ba de bzang sa dang/ gra sgrig de sDug sa nas byas/ (hope for the best and prepare for the worst). Another feature of Tibetan sayings is that many of them have just one or two separate clauses without any subject. For instance, gling bu gtong rgyu dang/ rtsam pa ‘gam rgyu/ (Playing flute and eating Tsampa simultaneously). Such expressions clearly show the richness and depth of the language as well. Since the early times Tibetan literature grew leaps and bounds and it wouldn’t be an exaggeration to say that Tibet has produced the largest amount of literature in the world in proportion to its population. A huge chunk of this literature deals with Buddhism, medicine, logic, grammar, art, astrology etc. and much less of folk literature. Until recently many aspects of the Tibetan folk
literature like the Gesar stories, proverbs, novels and folk stories, though very popular, remained oral or unwritten as majority of the Tibetan population was illiterate or uneducated. Maybe that was the main reason why a number of elderly Tibetans have the proverbs by heart.

Tibetans prized a ready and comprehensive knowledge of proverbs so much that a man possessing this knowledge would be hired by others in his hometown as legal representation in courtroom battles. Inside these ancient government courts, much like the modern law courts, the representative with the highest powers of persuasion, skillfully deployed and demonstrated through the use of the appropriate proverb, won the case.

My late mother, Dawa, was a treasure trove of Tibetan proverbs and a wonderful story-teler as well. She could tell many chapters from the Gesar epic by heart. When I was young, during a time when television had yet to invade the privacy of our homes, my
mother used to tell us Gesar stories in the evening. Moreover in our daily conversations at home she used one proverb after another to make a point or bring home the meaning and that was how I learned many Tibetan proverbs by heart. Since 1994, in addition to the ones that I already know, I have started collecting the Tibetan proverbs whenever I come across one. For this small volume I have also referred to a couple of Tibetan proverb books already available in print.

I have also added a few selected English and Hindi proverbs, and rendered them into Tibetan, in order for the readers to taste the beauty of distinction and similarity of expressions in diverse cultures. Interestingly, some of the proverbs like: Empty vessels make the most noise (English), Adhajal gagari chhalakat jae/ (Hindi) and Phyed tsam gang ba yo ‘khyom mang (Tibetan) and One hand does not make a clapping sound (English), Ek haath se tali nahain bajati/ (Hindi) and Lag pa gcig gis zlog pa mi yong (Tibetan) are similar in all three languages.
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As is the Tibetan tradition, I have chosen to arrange the proverbs alphabetically and not thematically. Except for a few, I have tried to select those Tibetan proverbs which are not only universally used in all the three provinces of Tibet, but also in the Himalayan regions like Nepal, Bhutan, Sikkim, Spiti, Zanskar and Ladakh. The main reason why I have made this small attempt to render the Tibetan proverbs into English and the English and Hindi proverbs into Tibetan is, not only to introduce the general English speaking public to an aspect of Tibetan folksy-artsy culture, but also to encourage and inspire younger Tibetans to acquaint themselves with this unique Tibetan art of expression. Also included in this volume is a list of some commonly used, terse and telling, Tibetan phrases, which the readers might find useful.

Footnote:

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la, India, in 1996.

* Bellis, Mary, “The Invention of the Wheel,” from the website.

* A typical Tibetan outfit for the lay people, generally long sleeve and knee length for the man, and long ankle length and sleeveless for the woman worn with a sash.

Wealth of Wit & Wisdom:
Terse & Telling Tibetan Proverbs

 Compiled and Translated by: Pema Tsewang Shastri
ཀ་སྡེ།

Giving hints to the beam by circumambulating the pillar.

ཀ་བར་བསོར་ནས།

Patching the pillar with a blade of straw.

ཀ་བཙོད་འཇག་མའྱི་ལྷན་པ།

Patching the pillar with a blade of straw.

ཀ་ར་བཞྱིན་དུ་དྲང་དགོས།

One needs to be straight (honest) like a pillar, and firm like a pillar-stone.

ཀ་ར་མྡེད་ན་གུར་མྱི་དབུབ།

One cannot put up a tent without tent poles; (a king) cannot achieve anything without his subjects.

ཀུན་དང་མཐུན་པ།

To live in harmony is the essence of human morality.

ལུས་ངག་ཡིད་གསུམ་གྱི་སོམ་པ་དགའ་
It is better to live with purity of body, speech and mind than to be the owner of horses, sheep, and yaks.

It is the essence of the Dharma when one keeps the vows; it is the harbinger of Samsara when one transgresses the vow.

One cannot arrive at the meadow of happiness without climbing the cliff of hardship.

It is the spatula that worked hard but it is the ladle that enjoyed the fruit.

Work hard first, enjoy the fruit later.

A great effort, but little meaning.

The cup is broken, but the pattern lingers in the mind.
White is easily blackened, long is easily broken.

If white, be curd; if red, be blood.

Pursuing the white upward, pursuing the black downward.

A good or bad friend is known at the time of adversity, the strength and stamina of a horse is known in a marsh.

A useless decree is sent back to the king, a useless bride is sent back to her mother’s doorstep.

Not knowing how to use knowledge is a waste; not knowing how to cultivate is an empty field.
Do not beat an unpropitious drum during an auspicious performance.

Knitting with one needle, clapping with one hand.

There is no way to catch a fish by hand without getting one’s feet wet.

Piercing the sky with one’s head without putting one’s feet on the ground.

Reaching for the moon. (English)

The pebble under one’s feet bouncing on to one’s forehead.

It is the chief who forbids stealing and it is the chief who needs valuable things.

Theft is committed by an acquaintance; a lie is
told by a stranger.

Arrest the ring-leader if you want to arrest thieves and bandits, dig out the root if you want to clear the weeds.

Even if the thief has miraculous strength, the owner has wisdom eyes.

Locking the door from outside by leaving the thief inside.

Crediting a thief with a heroic scarf and setting a wolf free. (Used in cases where miscarriage of justice takes place)

A sign of guilt always lives on a thief’s face.

A negative deed of a thief is one, negative deeds
of the owner are hundreds. (A thief commits one sin, whereas the owner commits hundred sins).

A single wild ass does not get water, a bachelor man does not get tea.

When the wild ass catches skin disease, it destroys all other wild animals.

A blackbird should not make fun of another blackbird, for both have red beaks.

It becomes more apparent to others when a foolish man pretends to be clever.

If a stupid person did not show his foolishness, he could have been mistaken for a prince.

A news must have its source; a weapon must
have its handle.

Dogs dislike a long cane, people dislike a long speech.

Talking too much creates trouble and eating too much creates illness.

Though the lion is more famous, the dog is more helpful.

Knowing many languages is good, but forgetting one’s father-tongue is a shame.

Each star produces a different light; each scholar produces a different strategy.

Although the body is as big as Mt. Meru, the mind is as small as a pellet of a mountain-mouse.
A single sun with hundred thousand rays, a single body with hundred manifestations.

Happiness & suffering in life is like thickness and thinness of a string.

The tip point of a thread is led by the needle, the tip point of rain is lead by the wind.

Caressing the chin after cutting off the throat.

It is a hungry ghost if the neck is longer than that and it is a hell realm if the depth is deeper than that.

Inviting lasso by sticking out one’s neck, and inviting stones by bringing out the earthen-pot.

The neck is desired, but the goiter is not.
ཀ་སྡེ།
The torso’s confidence in the belt not slipping down.
སོམ་དུས་ཆང་གྱིས་མྱི་ཕན་ན།. རྫ་མའྱི་ཐྱིམ་བུ་བརྡོལ་ཀང་བརྡོལ།
If the Chang does not relieve one’s thirst, let the bottom of the pot break.
བསོས་པའྱི་ལས་ལ་ལོག་ཐབས་མྡེད།. དཔྲལ་པའྱི་གཉིང་མར་ཕྱིས་ཐབས་མྡེད།
The wrinkles of the forehead cannot be wiped off, the destined karma cannot be avoided.
སྐྱ་རྱིང་ནམ་མཁའ་མ་ལངས་པར།.ཁྱི་གདུགས་ཉྱི་མ་ཤར་ཐབས་མྡེད།
There is no way the umbrellic-sun can rise before dawn breaks.
སྐྱག་རྫུན་སད་ཆའི་འགོ་ཕོགས།.མནའ་སྐྱྡེལ་བསམ་དོན་འགྲུབ་ཆེད།
Telling lies is the tendency of a conversation,
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taking oath is for accomplishing a purpose. 

The chief tells the lie; the servant carries the punishment. 

In good times, even the birds of the sky will flock to you; in bad times, even your son will run away from you. 

If you want happiness, be the wife of an old man; if you want suffering live with a step-mother. 

The unhappiness caused by mental imbalance, cannot be cured even by the power of the best medicine. 

Ride the horse of happiness together; bear the load of suffering together.
If one did not feel the joy during the time of happiness, one will be ruined when the suffering knocks at the door.

If one does not make oneself happy, it is likely that others will make you suffer.

If the happiness is in excess, even one’s torso aches while riding a horse.

Never get over-inflated (arrogant) while happy; never get dispirited while sad.

Happiness must be withstood; suffering must be tolerated.

Warmth or chill depends on the sun, happiness or
unhappiness depends on one’s mind.

If one did not experience both happiness and suffering, one might not be able distinguish joy from sorrow.

When happy, one intends to visit other countries; when sad, one intends to return to one’s own country.

Happiness, unhappiness and livelihood are the three where our luck has been written.

When happy it is due to the grace of the Triple Gem; when unhappy it is due to the karma of one’s past life.

Happiness and sunshine have no fixed time for occurring; suffering and darkness have no fixed time for disappearing.
If one has not met with sourness, every sweet thing would taste dull.

A muddy water is full of dirt and mud, a bad person is full of controversy.

Where there is birth there is death; where there is union there is separation.

A man, once born, needs name and fame; a task, once started, needs completion.

In the heart of a superior man, there is space
enough for an eagle to glide down.

In the heart of a mediocre man, there is space enough for an arrow, a spear and a knife.

In the heart of an inferior man, there is not space enough even for a needle.

Pulled upward by (virtue of) birth; pulled downward by behavior.

When in labor, one does not remember desire; when desiring, one does not remember labor.

If one knows how to treat, even an enemy becomes a friend; if one does not know how to treat, even a friend becomes an enemy.

Even though the tips of one’s hair are moved by the wind, the roots of hair are glued to the scalp.
If the merit of the Triple Gem were given form, even the universe would be too small a vessel.

(The hunter) aims at the musk deer even though he circles the mountain.

Becoming arrow when stretched; becoming bow when bent.
Milky mouth, thorny heart. (Sweet mouth, bitter heart).

If you don’t drink from the same cup, you won’t catch the same cold.

Think eighteen times (six times three) before (your mouth breaks and nose tears) the misfortune strikes.

Do not multiply enemies by harsh words; if something hurts, keep it in your mind.

Even one’s parents will be forgotten when the separation becomes too long.
There won’t be any dispute when one keeps silent; there won’t be any wind when one keeps one’s head inside the blanket.

Garrulousness is the root of dispute; hyperactivity is the harbinger of misfortune.

Getting one’s gum stuck by bone after having eaten the butter.

Some think of the Lama; some think of the Torma.

One cannot withdraw what is spoken from one’s mouth, but one can always return back from a mistaken path.
Even one’s mother cannot be trusted if she does not stick to her words.

ཀུན་གྱུར་ཀུན་ཐེག་བེན་པར་འཛིན་པར་འཇིག་

A confirmed route is easily traveled, frank speech is easily understood.

ཁ་ནོར་ལམ་ནོར་གཉིས་པོ་དེ་།.ཉེས་རྡུང་གཟེད་པའི་གཞི་མ་ཡིན།

The wrong speech and the wrong path are the two bases on which one gets a beating.

ཁ་ཡོད་ཚད་ལ་བུ་རམ་དང་།.མྱིག་ཡོད་ཚད་ལ་ལྟད་མོ་དེ།

There is no molasses for everyone who has a mouth and no spectacles for everyone who has eyes.

ཁ་མ་ཐུག་གོང་དུ་སྣ་ཐུག་

The wound within the mouth must be healed inside the mouth.

ཁ་བདེ་པོ་མྱིའི་དཔོན་པོ་རྡེད།.ལག་བདེ་པོ་མྱིའི་གཡོག་པོ་རྡེད།

The meeting of the noses before the meeting of the mouths. (The implied meaning indicates the conduct of a person who is very temperamental and fights without listening to other’s explanation).
A skillful orator is the people’s chief; a capable craftsman is the people’s servant.

Honey is sweet to the mouth; proverb is music to the ear.

The Tathagata of one’s mouth never purifies the obscurations of the body.

All eloquent persons are not necessarily intelligent; all strong persons are not necessarily heroic.

A tooth that fits the mouth, and a hat that fits the head.

No freedom of expression even though one has a mouth; no freedom of watching (sight) even though one has the eyes.
The snow accumulates on the shadowy side of the hills, but the sun shines everywhere.

Sweet talking will never clear a debt; greed for wealth will never purify a negative deed.

Speech is a water bubble; implementation is a drop of gold.

Talking the talk, but not walking the walk. (English).

One mouth, different thoughts; one pillow, different dreams.

A smiling mouth is just a stretch of skin but reality that is written in ink cannot be erased.

Eating from the pasture, but carrying one’s dung
to the forest.

While not wanting to eat peach, the pretext was put on its sourness.

Even the donkey runs faster than the horse when the weight of the load falls on oneself.

Why should the street gets hurt, when the burden is borne by the donkey?

One must not fail to make the choice when the risk and benefit are in one’s own hand.

When the cuckoo returns to Mon, the hoopoe enters into the wall crevice.

When there is no one to provoke anger, how shall patience be practised?
There is no suffering like anger; there is no happiness like patience.

The anger was directed to the yak but the kick was given to the mule.

There is no reason to collect soot (symptoms) on one’s face if there is no disease inside.

Even though one’s heart burns, do not let smoke come out of one’s mouth.

Let nothing remain in the pot and let nothing stick to the ladle.

A dog, supposed to be restrained by the owner, was restrained by the guest; the speech, supposed to be made by the father, was made by the mother.
The threefold, dog, woman and children, is the fundamental cause of all disputes.

Dogs and children can recognize friends; birds and wild animals can recognize enemies.

If the bitch does not wag her tail, there is no reason for the dog to sniff her.

A dog should not allow its tail to be left behind on the spot where it slept.

There is no dog that does not like blood, and there is no man who does not like wealth.

To give a lion’s name to a dog.

What the dog does not eat is steel; what the man does not eat is his oath.
If there is no competition between the neighbors, there will not be any progress in the household.

If one intends to retrieve Garuda’s egg, one requires the dexterity to fight the Garuda.

I have crossed more bridges than you have walked on the road.

When one’s sparkling eyes are not defective, the spectacle can be watched from anywhere.

A sinful hawk eats a thousand birds; a sinful bird eats thousand worms.

It is better to die with scrupulous honesty than to amass wealth with shame and embarrassment.
One needs fame on the day of a gathering; one needs bravery on the day of a battle.

A law binds hundreds of people, a rope binds one person.

When a chief indulges in lawlessness, to whom should the people cry for help?

The end of a built fortress is its collapse; the end of a man’s birth is death.

The wise considers education as wealth; the foolish considers gold and silver as wealth.

Even to a wise man, meaning that is not analyzed is like the light of buried gold.
Though it is possible to respond to hundreds of wise men, it is impossible to respond to one stubborn person.

A scholar hates scholars; a prostitute hates prostitutes.

The quality of a wise man is in his heart; the quality of a stupid man is on his tongue.

A white conch appears as yellow to a person plagued by jaundice; a white mountain appears as blue to a person plagued by wind disease (nerve disorder).

When cold, the weight of cloth is irrelevant;
when hungry, the taste of food is irrelevant.

Conflict exists even in the land of Gods; conciliation exists even in the land of cannibals.
However much others revile and berate you, to bear it with patience is the mark of a wise man.

One becomes skilled in what one likes.

Where there is happiness it is one’s country, whoever loves one is one’s parent.

Each individual has his/her own way of doing things; each plant has its own way of growth.

When the horse is absent from the mind, the rein inside one’s sleeve cannot be held.
There will be Tsog-offering until midnight, if one meets Guru Rinpoche; one has to remain hungry for one’s whole life, if one meets Milarepa.

For an old ox who does not understand, a stick is more effective than the king’s order.

If understood, be it the molasses in your ear; if not understood, be it a nail in your heart.

Three whips are enough for a horse that runs fast, there words are enough for a son who understand.

He who eats black poison invites death, he who fights with a chief is crazy.

Pleasing the powerful and bullying the weak.
The ocean is not possible without the collection of water drops, one cannot reach four corners of the world unless one makes the first step.

Bottom most of the three layers of clothing; top-most of the three layers of mattresses.

Embroidery upon the brocade; a patch upon a tear.

The pattern endures even though the brocade becomes old.

The wall collapsed last year; this year the dust blows.

Every incline has a decline; there is no path with-
out ups and downs.

No hope for reconciliation when the rivalry is between tiger and leopard.

The start of the dispute is heavier than the mountain; the end of the dispute is longer than the river.

Monks have dirty mouths; nuns have dirty hands.

A disrobed monk looks like a peacock for three years, after that he becomes a father of the household.

A blunt knife is irritating to the hand; a meaningless speech is irritating to the ears.

An unfiled (unused) knife collects rust; an uncontrolled man becomes a liar.
Moving the handle on top of stabbing with a knife; waving the tail on top of killing the Drong.

One must take one’s knife and bowl wherever one goes, because no one knows whether one meets with an enemy or a friend.

How can the man on the horse see the ant struggling for survival?

Good fortune inside the mouth was pushed out by the tongue.

Throwing the baby with bath water. (English)

A friend deceives you with a smile; a liar deceives you by weeping.

A single sheep is vulnerable to wolves, a single household is vulnerable to thieves.
Mourn for at least three days even when a neighbor’s cow dies.

Ask others for suggestion, make the decision yourself.

Playing the flute and eating Tsampa simultaneously.

It is the tumor of liver if it does not benefit the lung.

Do not smile immediately when pleased; do not frown immediately when angry.

Sharing secrets when happy; becoming enemies when sad.
One can win hundreds by smiling; one cannot win even one by frowning.

The milky way is the sash of the sky; without the sash the sky is an untied gown.

The umbrella like sun is the one that warms the earth; if it cannot warms the earth, then there is little meaning in calling it the Sun.

Never argue with a Geshe; never collide with a pillar.

The wild goats go to the pasture, and the swans go to the sea.

If you hit the monastery’s dog, you might hurt the Lama’s heart.
Necessity is the mother of invention.

Falling short when required; leaving surplus when not required.

Not sleeping at night like a horse; not waking up in the morning like a cow.

Even a well-entrenched fortress cannot overcome the collaboration of enemies inside and outside.

If the enemy is not vanquished when all the brothers are present, how can there be mental peace?

You are a fox, if no revenge is taken with an enemy; you are a dumb, if no response is given to a conversation.
The nose not sensing the head rotting.

No time to rub one’s head even if it catches fire.

A big head without brain; a broad chest without courage.

There is no end to the talk of the triangle mouth unless the network of brain inside the skull breaks down.

Taking one’s empty head outside only to be filled with a wet brain by others.

Even though the horns on one’s head are the crown ornaments, they become enemies of the eyes.
when bent inside.

Levy tax on braid for the hairless.

The wound greater than the head.

All who have shaved heads are not Bhikshus; all who are attired in saffron are not lamas.

All that glitters is not gold. (English).

Shiny gray mule comes from the donkey breed; chocolaty stout mdzo comes from the slaty ox breed.

For the entertainment of a new guest, the old cane was put on the fire.

Trampled by foot in addition to the fall; an additional month on top of the famine.
Applying salt to the wound. (Hindi)

A traveler must make his traveling arrangement, as he cannot take along a hotel on his back.

A traveler has no intention of staying.

A decisive walk is far more pleasant than an indecisive horse ride.

If one plans to go forth, it should be like water bursting out; if one plans to stay, it should be like a swirling ocean.

A walk more skillful than that of the cat; Sitting up more stably than the hare.

Ribs might fail where the shoulder held fast.
The old woman shivers before dying; the child smiles before crying.

An eagle never eats green grass, even when hungry.

One needs a long rein to lead an untamed horse; one needs a long handle to axe an old tree.

Not getting quenched after drinking the ocean; not getting filled after eating the mountain.

Deeper than the ocean, higher than the Mount Meru.

An ocean does not make fun of water drops since
it knows that it is made up of water drops;

A mountain does not make fun of rocks, since it knows that it is a heap of rocks.

The Brahmin aged even before Gyalu comes of age.

Chinese are clean outside; Tibetans are clean inside.

When China is in power one becomes Chinese; when Tibet is in power one becomes Tibetan.

The spoon between the mouth and hand, the translator between China and Tibet.

Chinese speak in Tibetan when they are desperate; Tibetans wear Chinese costumes when they are pampered.
One thinks of Dharma when the stomach is full; one thinks of stealing when the stomach is empty.

Farts drop when over stuffed; the word escapes when afraid.

A horse is steered by its reins, a king is steered by his minister.

Royal power depends on the merits of the king, but the happiness of the subjects is in the hands of ministers.

There is the wisdom eye in the mouths of the public.

A beggar sets limit to the king’s treasure.
A king needs subjects in order to be benevolent; a queen needs ornament in order to be beautiful.

A King’s law is broken by wealth; a meditator’s hand gesture is broken by lice.

The decree of a king is like a rolling stone from a steep mountain; it is impossible to roll the stone upwards.

One must not stay behind a thousand people, even if one could not reach ahead of one hundred people.

Even if you can close the mouths of one hundred
people, you can’t close the eyes of one thousand.

སྒྲ་བཞི་ཉིད་མེད་པར་ཐོབ་དེ་བོད།

The best among the present, the yolk from the egg.

སྡོམ་པའི་དབྱིང་གསུམ་བཟོ། སྡོམ་བུར་བར་བསངས།

The smell of garlic can be sniffed from afar even though the garlic was eaten in secrecy.

སོག་པ་ལོག་ལ་བཟས་ཀང། སོག་བུར་ངོས་ལ་ཁ་བ།

An empty sack cannot stand by itself.

སྒྲ་མི་ནོར་ལ་ཆགས་དྲགས་ན། དངངས་སྐྱོད་འཇྱིགས་གསུམ་རྒྱུན་མྱི་ཆད།

When a person is over attached to illusory wealth, there is no end to apprehension, concern and fear.

རྒྱུ་བོད་ན་ཨ་གུའི་ཚ་བོ་རྡེད། རྒྱུ་མྡེད་ན་ཨ་གུའི་གཡོག་པོ་རྡེད།

If wealthy, one becomes the uncle’s nephew; if poor one becomes the uncle’s servant.

སྒྲ་བུར་འདི་ཐོག་མེད་པར་ཐོབ། སྒྲ་བུར་འདི་ཐོག་མེད་པར་ཐོབ།

A person without wealth has many ideas; a sky without cloud is more spacious.
River finds its way to the confluence, wealth finds its way to the king’s treasure.

It is natural to become a swindler when there is no wealth; it is natural to become a loafer when there is no employment.

The informed will laugh when the uninformed talks about information.

Even though the lamp is bright, it cannot see its own bottom.
An inflated balloon of arrogance does not hold the water drops of virtue.

Mother is the one who made me like this; snow is the one who made the mountain white.

Being egoistic brings loss; being humble brings gain.

An egoistic wife makes her own husband a servant.

Without making enough effort that makes one cry, the food that makes one laugh is not possible.
If the swan shows off the sea, the owl shows off the rocky cliff.

Unless one encounters a bad man, one would not value a good man.

Accompanying good people brings tea and Chang; accompanying bad people brings beating.

A bad person acting as the chief of the community is akin to a wolf acting as the shepherd.

Unless the evil people are annihilated, the good people cannot be happy.

Praise cannot serve (sustain) the dear ones; harsh words cannot vanquish the foes.
A face like a heap of dark cloud; eyes like red thunder.

Not knowing whether to cry or to laugh.

The baby sheep, who was supposed to cry, did not cry; but the wolf, who need not cry, did cry.

Let alone beating the drum, one did not even touch the drum-stick.

If one beats a rusty drum, all the rusty nails will jump up.

Even though a camel has a long neck, it cannot retrieve the stars from the sky.

One must dance according to the beat of the drum.
Slower than the Lama in the morning, busier than the attendant in the evening.

Casting off whatever was done in the past; accepting whatever comes in the future.

Once frightened to death by a poisonous snake, now one does not trust even a striped piece of rope.

Expressing plans before the event is strategy; expressing after the event is regret.

That which was suitable as a hat in the past is now unsuitable as a shoe.

Release my fist, at least, even if there is no blessing.

To be able to purchase with money and deceive with sweet words.
Do not listen to what is being said; examine carefully what is being done.

Even the wild animals do not eat one of their own.

It is the fault of another when not agreeable to one; it is the fault of oneself when not agreeable to all.

When one has to urinate, then the toilet is remembered.

Hit when the iron is hot; act when the purpose is fulfilled.

Strike the iron while it is hot. (English)
Hit the iron when hot; cure the leather when wet.

Even though one could not erect a support for the willow, one must not crush its roots with stones.

There is no need to rejoice when the willow grows in three years; there is no need to worry when the poplar withers away in three years.

When the willow park is surrounded by hawks, how will the small birds take flight?

Unable to learn that gait of the lady, I lost my own walking style.

Stabbed on the same spot where the cut was.
One cannot become a father of the family if one does not know how to calculate by heart at thirteen.
Perceptions and opinions differ about unconventional fashion styles.

It is curd if it coagulates, it is whey if it does not coagulate.

The disaster strikes at the head and famine strikes at the bottom.

The horse ate the fodder, but the blame fell on the donkey.

A person invites calamity if his skills and activities outnumber others.
If the Chang-song is absent then you might as well be a donkey drinking water.

ཆང་ལན་ཆུ་འཇལ། བཟང་ལན་ངན་འཇལ།

Repaying water for Chang and cruelty for kindness.

ཆང་རང་གྱིས་བཏུང་ན་མགོ་ན། དངོས་པོ་བཟུང་ན་སྱིང་ན།

Chang if consumed by oneself gives a headache, Chang if consumed by others gives a heartache.

ཆང་ཁས་བཏུངས་ཀང༌། རྗེ་བཙོ་ཡིས་བཟུང་དགོས།

One’s awareness needs to be held by the ferment even if the Chang is consumed by the mouth.

ཆང་ཞྱིམ་པཟུགས་ལ་ཕན། གཏམ་སན་པོ་སྡེམས་ལ་ཕན།

Intoxication by Chang can clear; intoxication by wealth does not clear.

ཆང་གྱིས་བཟྱི་ན་དྭངས་མཐའ་ཡོད། དུ་བསྟོན་སྒོ་ཟིལ་ཤེས་ལོ།

A delicious Chang benefits the body; a sweet speech benefits the mind.

ཆང་གྱིས་བཟྱི་བའྱི་ཡོན་ཏན་ལ། གནས་ངོ་མྱི་ཤྡེས།

The quality of intoxication by Chang is such that one does not recognize a dog from a calf.
Look at the defects of a drunkard, if one intends to quit Chang.

Chang is diluted by water; man is diluted by chang.

The torrents of the river originate from the snow; without snow there is no way that the river would flow.

That which cures the cold inflames the sinus.

Even though the rain had stopped, the leak continues.

The cuckoo bird never drinks from puddles in the ground, even when it is thirsty.
Rain supports water and sun supports fire.

Even though the drop of water is small, it still pierces holes into rocks.

(Even a small drop of water can pierce holes in the rock).

Butter cannot be obtained by churning the water; oil can not be retrieved by squeezing the slate.

The bank stays behind even if the river moves on.

Do not be a catalyst for hail and frost, even if you cannot be a help of rain for water.

Though Drichu and Zachu are the bigger rivers, the more helpful is the spring well at the center of the
A big river, though slow, moves on; prayer flags, though busy, stay behind.

Water has the rain to support; the rocky cliff has the owl to support.

Once the boatman becomes familiar with the current of the water, he could cross the river even with a broken boat.

One needs to move the oars according to the currents of the river.

You can hit the lake with a stick, but it won’t matter to the fish.

A small stream makes more sound; the less educated are more egoistic (arrogant).
Empty vessel sounds much. (English)

There are vessels that can retain water but none that can retain speech.

Forgetting the bridge after crossing the river; forgetting the doctor after recovering from the illness.

Unadulterated, single-minded cooperation is akin to milk dissolving into the water.

Even though the mouth of blue river is too wide, a good boat could cross back and forth.

Returning with an empty vessel after having gone to fetch water.

Erecting a dike before the water comes; preventing the disaster before an event unfolds.
བོད་ཀྱི་གཏམ་དཔེའྱི་བང་མཛོད།

If the dike is not built when the water is low, the valley may be flooded.

If the fire is not extinguished when the amber is tiny, the thick forests may be burned.

Sending off with porridge at the death-bed, without having nurtured with milk during childhood.

Holding on to small issues without knowing where the bigger issues have gone.

If one possesses contentment, less or more wealth does not make any difference.

Dharma came from India; law came from China.

How can a Dharma protector lead human beings
when he himself is in the Samsara?

Go to central Tibet if one wants to practice the Dharma; go to China if one wants to become rich.

In order to teach others, one has to have a pure morality.

Where Dharma flourishes, so does evil.

There are few who do penance for the sake of Dharma; there are many who cross the torso-deep river for the sake of love.

The level of steps remain at the center, even if the stupa falls upside down.

It is better to be soft-spoken and kind hearted
while alive than to cry loudly while dying.

One who is afraid of dying is not brave; one without strategy is a stupid.
Tea and teacher are better when hot. 

Tea without salt, speech without meaning. 

Better to be physically healthy and mentally happy even if there is nothing to drink more than tea and water. 

Delicious tea is due to grace of butter, without which it will be twigs boiled in water. 

Too many strategists make the plan fail. 
Too many cooks spoil the broth. (English) 

The one who has strategies does not have author-
ity; one who has authority does not have strategies.

Even though the colors of rainbows are wonderful, they are essenceless.

Mundane life requires a partner; life without a partner is empty.

The path of mundane life is full of zigzags; the life of human beings is full of unevenness.

Eat according to one’s digestion; work according to one’s ability.

The sword of Manjushri can be wielded, but it cannot be used.

It is medicine if digested; it is poison if undigested.
One cannot expect fruit from a dried plant.

It takes ten years to raise a plant and a hundred years to resurrect a good man.
མངོན་ནུབ། ནང་མཛོད།

A fish without water is without life.

མངོན་ནུབ་ལྷག་གི་ཤིང་པ་དུ་དུ་བཏང་།

Killing the fish to feed the dog.

མངོན་ནུབ་ལྷག་གི་ཤིང་པ་དུ་དུ་བཏང་།

If one knows how to boil the head of fish, a bowlful of oil can be procured.

མངོན་ནུབ་ལྷག་གི་ཤིང་པ་དུ་དུ་བཏང་།

Do not drink too much before sleeping; do not talk too much before dying.

མངོན་ནུབ་ལྷག་གི་ཤིང་པ་དུ་དུ་བཏང་།

Go ahead and cut off one dre from my wages, nothing is more enjoyable than a pleasant sleep.

མངོན་ནུབ་ལྷག་གི་ཤིང་པ་དུ་དུ་བཏང་།

Sunshine cannot be blocked by one’s palm.
The sun is warmer before setting; life is happier in old age.

Days getting longer and longer; Tsampa getting tastier and tastier.

No reason for the frog to be jealous when fish glides in the water.

The time will come when the sun emerges from the clouds.

Humbler (more modest) than God during the day; naughtier than the devil at night.

Even though the eastern snow has melted, the western dew drops still remain.

There is no flower that lasts for one hundred days; there is rarely a friendship that lasts for a life-
time.

ཉྱིན་མོའི་མྱི་དང་མཚན་མོའི་ཁྱེ།
Man during the day and dog at night.

ཉྱིན་མོར་གཉིད་ཉལ།.ཟ་དཀར་ལ་ཤྱིག་སྒྲུག།
Sleeping during the day and picking lice during the night.

ཉྱིན་དཀར་ལྷ་མོར་གླུ་ལེན་རོགས།. མཚན་ལ་འདྡེ་མོར་འཐག་འཐག་རོགས།
Helping the goddess to sing during the day; helping the demoness to weave during the night.

ཉྱིན་མོར་འགོ་འགོ་མ་མང༌།.རྱི་མགོ་ཐམས་ཅད་མྱིག་ཡྱིན།
Do not move too much during the day as all the hill tops are eyes.

Do not talk too much at night as all the crevices of the wall are ears.

ཉྱིན་གསུམ་བ་མའྱི་ལགས་མདུད།.དྡེ་ནས་ཤྱིག་གྱི་ཤྱིག་ཚང༌།
For three days it is Lama’s blessed string, after that it becomes the nest of lice.
Never do business with near ones; never exchange stories with distant ones.

Incriminating the innocent, killing the innocent.

Better to have a peaceful dream than a sound sleep.

Telling the dream before one has slept.

Relatives, however good they may be, are good for one meal; one’s field, however bad it may be, yields one sackful of grain.

An industrious person will pierce a hole into a rock.

When compassion degenerates, anger enters one’s heart.
Never share your deep secrets even with your friend.
A trustworthy load to a trustworthy donkey.

Bag without handle is difficult to hold, a speech without proverb is difficult to express.

Rare is the honest guest; rare is the impartial chief.

Pot drops from the hand, words slip from the mouth.

Better to go to hell with a good name than to stay alive in this world with a bad name.
Speeches and arrows are better straight; roads and bows are better crooked.

A short stirrup is easier to ride, a short speech is easier to listen.

Humor is the start of a conversation; going for refuge is the beginning of the Dharma.

It is pleasurable if an attractive cloth is watched from afar, it is wonderful if a meaningful talk is closely listened to.

A speech is not made without jokes; a meal is not eaten without offering to the gods.
Begin the talk with a smile; end the talk with a smile.

People do not talk when you ask, but they talk when you wait.

Even though speech has no sharp edge, it can cut the human heart into pieces.

Hold the heart piercing speech at the root of your tongue.

Both the dog and bird wouldn’t mind if the Torma is thrown into the water.

A disfigured Torma is repaired by thumb and forefinger; a degenerated ritual is restored by the hundred syllable mantra.
An arrow, once released, cannot be called back; a guest, once arrived, cannot be sent back.

The northern plain is empty (wide open) if the horse has the stamina to run.

If the horse over runs, at the end it falls into the abyss.

A horse being fed with fodder returns its gratitude with kicks.

However strong a horse may be it is still under the golden saddle; however unruly a man may be he is still under the baton of law.

A long-jawed horse is considered old; a slow
man is considered an idiot.

A donkey blocks a horse’s path; a boulder blocks river’s path.

The sun shines on the old dog when lightening strikes the old horse.

An old horse, treated for its back sore, considers it as torture; a pig, well fed for its meat, considers it as kindness.

It is easier to ride a small horse; it is easier to talk to a young person.

The colt gallops before the mare.

A horse’s mouth is steered by the reins; a man’s mouth is steered by talk.
When the rein is shorter, it is more comfortable for the rider; when the speech is shorter, it is more comfortable for the listener.

When you have a horse you need a saddle.

A horse can be caught when it bolts; a word cannot be caught once expressed.

A wild horse can be caught if it escapes; a harsh word cannot be caught if it escapes.

Horse, yak and sheep are the ornaments of the hill, wheat, barley and pea are the ornaments of the field.
Digging holes on the horse-track, pouring water on the fire.

The dawn has not risen on the forehead even when the sun has risen on the occipital.

One view has two perspectives: Even the butt of a monkey looks like a garden.

A pond devoid of its source, a hero without companions.

Re-watching the evil apparition and re-smelling the stink.

An evil sign turning into good luck; a bad event turning into a blessing.

A blessing in disguise. (English)

Eat while your appetite is good; leave a bequest
while your mind is clear.

Eats at home, but lays the egg outside.

If you hit the ax on rock, the loss would be to the iron.

Tiger’s pattern is outside; man’s pattern is inside.

The claws never dry even after the death of the tiger; the fur never degenerates even after the death of the fox.

The tigress never eats her own flesh even when she is hungry.

If the tiger has eighteen great leaps, the fox has nineteen hiding holes.
Goat skin squeezes in at the place where tiger and leopard felts are arranged.

If one does not go into a tiger’s den, how can one capture its cubs?

No price for selling, no gratitude for giving.

Everything that is empty is light, but an empty stomach is heavy.

The lower part grows faster than the upper part.

Never feeling the need to move aside even when the mad elephant comes, never feeling the need to bow down even when the Buddha arrives.

Mt. Kailash can never be melted by fire; a peacock can never die of poison.
This impermanent and unstable life is akin to the sun on the western horizon.

One’s conduct needs to be in accord with human, even if one’s realization is equal to God.

Caution has betrayed no man.

If one does not analyze carefully, one could mistake smoke for steam.

Praise becomes an insult when one lacks the art of eulogy; an insult becomes praise when one lacks the art of condemnation.
A small hearth with warm fire.

If one throws ash in the sky, half of it will fall on one’s head.

A neighborly enemy is better than a distant relative.

The urther the place, sooner one hears the news; the closer the place, the rarer the news.

A rope needs to be long, a speech needs to be short.

The difference in quality of the fabric is made by
the weft even though the warp threads of the loom are the same.

When an issue can be resolved through negotiation, it is madness to use arrow, knife and spear.

It is positive action when everyone is pleased; it is the return of gratitude when parents are pleased.

Drops of water make an ocean; grains of sand make a boulder.

One pot with two ladles; one sheath with two swords.

Overflowing bowl of porridge is a sign of love and overflowing cup of tea is a sign of indignation.
The small-hearted person should not be so concerned, as a small pebble would never be blown away by the wind.

The richness of cheese-cake is due to the kindness of the butter; without butter it will be just a dough of cheese.

The thunderbolt fell in Nyalam; the tremor was felt in Lachi.

If the lightening is to strike, strike it on the head of gnome; but do not harm me.

The lines of fate on one’s forehead cannot be erased; therefore it is better to go along with the lines.

Seeing once is far better than hearing one hun-
dred times.

If one does not examine what was heard, it is as good as not having heard at all.

Meditation without hearing is like climbing the rock without hands.

Though one desired for a beard, even the cheek remained hairless.

It does not work without a ring of faith even though there is the hook of compassion.

Black magic was performed on the other, but the evil effects fell on oneself.

It is comfortable to be with a compatible person; it is better to keep the incompatible persons separated.
A 'dom length did not reach where a mtho length has reached. (Where one handspan has reached an arm’s length has not).

Though it is better to be higher, it is more stable to be lower.

If one climbs a high cliff, there is every likelihood of falling down the abyss.

A pellet on the threshold does not know whether it is going to fall to the right or left.
If one’s faith is firm even the dog’s tooth transforms into a sacred relic.

Even though there might be hundreds of faith gurus, there is only one root guru.

While prosperous, even enemies become friends; while poor, even relatives turn into enemies.

One does not make offering during leisure hours, but summons gods and nagas when in desperation.

It is the wind that does not allow the flags to stay still.
Keeping a poisonous snake harms human beings; keeping a wolf harms the unlucky white sheep.

When the snake is poisonous, it does not matter whether the it is thick or thin.

Two tongues like a snake, two faces like a drum.

The baby conch is nourished with milk to fend off the crocodile.

When the time comes, even mushrooms can break open the lawn.

Dying today means a short life, dying tomorrow means long life.

If one does not talk by examining meaning, even
a wise man shows a sign of stupidity.

Patience is needed to accomplish a great purpose.

Honesty does not work with enemies; dishonesty does not work with relatives.

Even an egg could withstand a horse if vertically straightened.

Dogs won’t be pleased if a stick is in hand, people won’t be pleased if told the truth.

The fish of memory needs to be caught by the hook.

A fragrant flower attracts clouds of bees even from a distance.
If one does not reciprocate kindness with kindness, one is akin to an ungrateful dog.

It is too bad if one is without one’s grateful parents, but one dies without sun and fire.

One bell with two different sounds; one mouth with two different tongues.

Yeti catching marmots.

When there is no shame on the face, there cannot be good behavior from the body.

It is better to be a spinster than to be married to an ugly husband.

The touchstone is where gold and brass are tested, a court is where truth and falsehood are whetted.
If truth was butter, it would not melt; if lies were iron, the bottom would still break.

When the mind is unable to withstand the truth, the illusory dreams have no end.

Killing two deer with one arrow.
Killing two birds with one stone. (English)

Propitiating like god in public; beating like a demon behind the back.

White teeth smile in the front; black frowning gesture behind the back.

Desire eclipses decency.

A greedy person wants everything; he/she remains attached to wealth even after death.
Do not show valuables to the greedy person; do not reveal secrets to the unreliable person.

A grasping person finds no contentment; an aggressive person finds no friendship.

A jealous person finds no happiness; a parsimonious person finds no wealth.

Keeping the demon inside while sending the ransom outside.

It is purposeless to send the ransom toward the western door when the demon dwells at the eastern door.

Do not trust a person who is little acquainted with you.
Too much familiarity makes a dog to bite a lion; too much intimacy makes the eyes to overlook eyelash.

However small a stone may be, it can break a pot; however small a fire may be, it can singe your hair.

Even the smallest stone cannot be carried away by the wind; even the smallest mountain cannot be held on one’s lap.

The butter loses if it is being hit by a stone; the butter loses even if it hits a stone.

The vajra and bell are offered to the hands of the lama; whether to use them or not entirely depends on the lama.
One does not feel happiness unless one has experienced suffering.

When a great sinner is ready to go to hell, his fortune burns like fire.

Carrying a cauldron of sin on one’s back, yet reciting six-syllable mantra from one’s mouth.

One needs a long rein to lead an unruly horse, one needs to be broadminded to be a community leader.

When people are distracted by Chang, they postpone tomorrow’s task to the day after.

When the vow was present, the vinaya was absent; when the vinaya was present, the vow was absent.
ཉིད་གཅིག་དཔེ་བོང་མཛོད།

It is better to have a sudden death than a prolonged illness.

Even the cow of an astrologer gets lost when it is to be lost, even the mother of a doctor gets sick when the illness is to strike.

A youthful feature cannot avoid death.

If a friend does not prove helpful while you are ill, you cannot call him a lifelong friend.

The parrot got into a cage because of its speech; other birds move freely because of their dumbness.
A woman’s endless talk blocks a rider’s day traveling.

Wood for fire is scarce in a forest; water for tea is scarce near an ocean.

If the situation at home is inauspicious, the accomplishment of purpose outside is impossible.

If one does not show one’s emotions to the outside world, how can outsiders discern one’s inner emotion?

If the inner line of warriors is not broken, there is no need to fear the outside war of Gesar.

An old patient is a doctor.
If the illness is serious any doctor will do; if one is hungry any food will do.

Dress according to the season; eat according to the size of your Tsampa bag.

The sky is clear of clouds; the earth is clear of dust.

It will be easier to travel when the dawn arrives; it will be easier to comprehend when one speaks frankly.

Day and night differ in length, and the river and the bank differ in height.
To disturb birds of the sky; to disturb insects of the earth.

Where dawn breaks equally for all, who would be willing to loan the fire-blower?

If one does not restrain one’s lengthy tongue, it is likely that one’s spherical head will be in trouble.

The value of a thing is ascertained by seeing it; the quality of a man is ascertained by knowing him.

Wealth is impermanent like water bubbles.

Friends are impermanent like birds on the window sills.

Life is impermanent like a drama on the movie screen.
Groping in the dark; initiating a task without confidence.

Dawn is compelled to arrive when chased by the sun; dusk is compelled to arrive when chased by the shade.

It is easier to go when morning dawns; it is easier to do a job when asked to do it.

A longer night has more dreams; a longer talk has more flaws.

The time is kept by the rooster; the credit is taken by the donkey.

A poor man yearns for good food and elaborate
ornaments; he pretends to be a scholar without learning the texts.

When the jewel was in hand, the worth was not recognized.

Wearing the sky over one’s head; lacing the clouds under one’s chin.

The blue sky is the one to stay; the white cloud is the one to go.

If you kick the sky, you will likely hit the back of your head on the ground.

Prick the boil with a pin; point a finger at the defect.

To the eyes of a superstitious person, the forms of a demon will always appear.
When superstition arises as one’s enemy even an empty house invites thieves.

For the treasure house of Vaishravana, a hungry ghost is caretaker.

The white color of serge is easily changeable to any color.

Making advances to the hostess in spite of having been hosted.
In order to eat spags there is no reason to feed it from the way of occipital.

A pasture has patches of green and gray; a man’s life has periods of joy and sorrow.

The white lotus flower in the pasture blooms during the three spring months, but the chill of three winter months brings down the head of the lotus.

Even though the lotus flower is beautiful, it needs to be ornamented by green leaves.
A jackal (cayote) dies of starvation under the rhododendron tree.

Not knowing Piwang is akin to crying; not knowing Shanayi is akin to laughing.

Better to die on your feet than to live on your knees.

(To die by standing straight is better than to live by kneeling down).

If one gets a chance to climb on the Kalpavriksha, let the brocade outfit be torn into pieces.

Suppress the heads of enemies with one’s heroism; hold one’s strategy with intelligence.

The strategy of a coward disintegrates when he
sees the majesty of a hero.

The shoulder must stand still if one has no bravery; the tongue must restrain itself if there is nothing meaningful to talk.

When brave, one challenges the authority; when coward, one salutes the dog.

The heroic rhetoric is louder than a dragon’s roar; the resulting performance disappears like a rainbow.

The heroic anger of Yama’s emanation destroys the heart-beats of evil death; the sun riding the seven-horse chariot opens up the veil of dark-ignorance.
An owl becomes brave if the rocky cliff where it lives is entrenched, a coward will make empty talk if there is a strong force behind him.

The shoulder gallops like a wild-horse; the anger bellows like a dark smoke.

The master has only reprimand to give; the servant has only back-biting to do.

A leader’s judgment should not be swayed by gossip; a servant’s self-respect should not be swayed by complaints.

People are afraid, not of the chief but of his power.
As soon as the master looks back, the servant stands arms akimbo.

If the chieftain sleeps like curd, the subjects might boil like blood.

If the spring sowing were late by one day, the autumn harvest would be late by ten days.

If the flowers did not bloom in the spring, how will there be autumn fruits?

As for the spring snow flakes the farmers might like it, but the nomads does not.

Raising a wolf cub will not beget a watch-dog; raising a beggar child will not beget a landlord.
A wolf is a wolf whether black or white; a tail is a tail whether thick or thin.

One should not expect the sheep carcass from the mouth of a wolf.

Eyes like bright morning stars; hair like Indian willow leaves.

To use a personal plough on the public field.

Even poison can be turned into medicine if one knows how to use it.

The temperature of a place is known from the water, the quality of one’s behavior is seen from one’s deed.
Even a beggar’s cane has a head and a tail.

When a cloud as big as bird’s head is not in existence, a lightening as big as horse’s head is impossible.

A lion’s gesture of grandeur is more wonderful than a monkey’s dance.
Never forget one’s father tongue (mother tongue), even if one’s country is bad.

A meat eating eagle father siring a shit eating crow son.

One’s parents and relatives are the assembly of the deities of one Mandala.

Children of the same parents have different fortunes.

Parents, spouse and home are the three elements destined to us by our previous lives.
An aged father becomes a shepherd; an aged mother becomes a baby sitter.

Even though one’s relatives rose up as enemies, their bones are as dear as gold.

The uncle cannot offer protection when the father is absent; the aunt cannot offer protection when the mother is absent.

The money purse of a good father becomes the tea-purse of a bad son.

Neither the dung beyond the river, nor the basket behind the back.

A pig sees its own sty as a divine abode.

A pig sees the sky only once.
A man who makes a journey has a story when he returns.

གང་སྲོལ་བཞིན།

Collaboration between a wild-dog and a wolf.

ཕུ་ལུང་པའི་ཕུ་ཐག་རྱིང་ཐུང་དྡེ།.མདའ་གཙང་ཆབ་སོན་མོ་མཐོང་བས་ཤྡེས།

The distance of the upper valley can be judged by looking at the blue river of the lower valley.

Padmasambhava was the unchangeable Lama (priest) of the upper valley; Trisong Detsen was the unchangeable sponsor (patron) of the lower valley.

It is better not to have disputes in the lower valley than to establish a monastery in the upper valley.
It is better to reconcile two persons in the lower valley than to sit in meditation in the upper valley.

It is far worse to split a couple in the lower valley than to destroy a stupa in the upper valley.

A discussion among three mediocre individuals is better than the intelligence of a superior person.

A person is known through his behavior; a country is known by its language.

A brave person’s heart should have the space for arrows and spears.

A fifty-year old man has no label (sign) of old age, a thirty-year old woman has no label (sign) of
A young horse must not aspire to run, a young man must not aspire to be ambitious.

A man, at fifteen, can conquer the enemy; a woman, at fifteen, can keep up the household.

A man, though heroic, needs a supporting force from behind; a woman, though beautiful, needs a son on her lap.

If a man is incompetent, his sharp weapons will become a tool for his enemy.

When a hero goes to war, he needs the agility of a tiger and cleverness of a hawk.
Teeth, when old, resent fried grains, man, when old, resents young damsels.

A coward will surround his body with weapons, but when there is a fight he’ll likely be the first to get killed.

Though there is a difference between a hero and a coward, where their mortality is concerned there is no difference.

A superior man is deceived by speech; a mediocre man is deceived by wealth; an inferior man is deceived by food.

A superior man talks when required; a mediocre man talks when asked; a inferior man talks when the
A superior man argues for communal welfare; a mediocre man argues for self-interest; an inferior man argues for his own bowl.

A man is betrayed not by eating but by sleeping.

When a man oversleeps, he misses the head of his enemy; when a woman oversleeps, she would miss the start of work.

If a man does not have vigor and valor, he is as good as a bag of food.

It is the demon that provokes the crows; it is the wind that blows the hay.

A man like a canal requires a woman like a pond.
ཕ་སྡེ།

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ཕོ་ཁོ་གས་བསླུ་དུས་དགོད་བཞྱིན་བསླུ།. དམན་བུ་མེས་བསླུ་དུས་ངུ་བཞྱིན་བསླུ།

Man deceives with laughter; woman deceives with tears.

He who can control himself is a king; he who can limit his diet is a doctor.

A horse’s direction is steered by the rein, a man’s speech is steered by a woman.

A man loving a woman is similar to shooting an arrow to the meadow; a woman loving a man is similar to throwing a stone in the ocean.

The surface is wrapped with silk and brocades; the center is rotten with debts.
In order to perform the dance outside, the footsteps need to be in sync in the household.

The outer physical health is not the reality; the inner mental health is the reality.

Better to have a glowing interior than a showy exterior.

One must not bring an outside enemy home and must not reveal inside information outside.

Outer dirt is washed by water; inner dirt is cleansed by speech.

Inner leakage is worse than outer rain.

Inner leaking continues even when the outside rain has stopped.
Look at the present body to see what one did in the past; look at the present mind to see where one will go in the future.

The iron fence outside and the wish-fulfilling jewel inside.

Rich people are driven by wealth; poor people are driven by the stomach.

Do not look at the wealth of rich people; do not listen to the speech of a tyrant.

Listening to one side is confusing; listening to both sides is clear wisdom.

The sun of opposition has risen before the dawn
of proposition has set in.

Eat according to the size of one’s Tsampa bag; walk according to the path of the abyss.

Seedlings of merit do not grow on the cliff of jealousy.

A rosary (mala) is the whip of the mouth.

Children smile before crying; old people blink their teary eyes before dying.

A child’s knowledge lies on the tip of the whip.

Parents are the ones to whom children complain; authorities are the ones to whom grievances are brought.
Children are akin to eggs, they are likely to rot if not raised properly.

Do not frown immediately after meeting someone; do not reveal your secrets immediately after getting to know someone.
A cow to be milked in summer has to be raised in winter.

Churning butter without a cow and expecting eggs without a hen.

Even though the spotted cow has left for the hill, her spotted calf remains in the pen.

The loose dung will not stop until the cow dies.

It is better to milk the cow than to butcher it.

A Nepalese knows the taste of an apple from its color, even if he has not eaten it.
The sugarcane is cut for its taste; the fox is killed for its skin (pelt).

A son, if not crazy, is better off being naughty; a daughter, if not stupid, is better off being calm.

Though one desires to expand wealth through loan and interest, the likelihood of going bankrupt is much greater.

A mother is helpless when her daughter suffers.

Giving a hint to the bride while talking to the daughter.

For a girl to return to her own country, the constellations need not be consulted.
A donkey cannot withstand a golden saddle, a girl cannot withstand happiness.

One is rich if there is no debt.

A son’s birth during a bad time is a coincidence.

The father owns the son and the mother owns the daughter.

A child is raised by his parents; if he is not helpful to his parents during their old age, little was the purpose of having eaten delicious and sweet food.

Never reveal your secrets even to the mother of your three sons.

The canter of a new horse lasts for three days,
the love of a woman lasts for three days.

ཅིའི་ཉིད་དངོས་པོ་ཟེར་ཞེས་་ཚོས་བོས་པའི་ཤེས་རབ་དངོས་པོ།

A cow that does not give a calf is better to be butchered than raised.

བོད་དེ་བོད་པའི་ལོ། རོང་བཞིན་འས་ཊང་བའི་བོད་དེ་

Looking for the donkey while riding on it.

དགུ་ཡོད། རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊད་པའི་

If the donkey has eighteen ways to lie down, its owner has nineteen ways to make it stand.

དགུ་ཡོད། རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊལ་ཁྱིམ་ རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊལ་ཁྱིམ་

There are many paths that the donkey has not traveled; there are many kinds of knowledge that you have not seen.

དགུ་ཡོད། རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊལ་ཁྱིམ་ རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊབ་ཁྱིམ་

Chinese are betrayed by suspicion, Tibetans are betrayed by hope.

དགུ་ཡོད། རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊབ་ཁྱིམ་ རང་དོན་ཁྱིམ་ཐོན་མི་འུ་ཊབ་ཁྱིམ་

Chinese die due to aversion, Tibetans die due to superstition.
Hundreds of birds look to the East, and bats look to the West.

Every activity is an imitation; the best imitator becomes the winner.

The dawn arrives even though the rooster is absent.

Too many actions break one’s own leg.

The tactic of retrieving the egg without disturbing the bird.

A beautiful hen does not lay eggs; a beautiful girl does not work.

A bird, when aged, misses its nest; a man, when
-aged, misses his country.

An old bird with exhausted feathers; an old man with exhausted hairs.

A crane among the flock of birds; a hero among the group of men.

When all other birds face the east, a hoopoe faces the west.

A bad bird praises its feather; a bad boy praises himself.

A bat shows its teeth when birds are charged; displays its wings when rats are charged.

The sky is limitless if the bird has its flying skill.
Try to retrieve the egg without frightening the bird; try to fulfill the wish of the people without frightening them.

Birds of the same feather flock together.

The northern salt lakes are a treasury of jewels, whoever has the longer hand can collect them.

If the strong northern wind does not blow, the southern forest of sandal wood will not move.

Do not expect sunshine from a north-facing window.

If, in case, and perhaps are the three worst of expressions.

If one knows how, even hell can be pleasant.
The place where the Jolmo sleeps is a thorny bush; if one knows how to sit there the thorny bush is softer than wool.

There is no need to estimate the weight of butter while keeping the scale and balance aside.

The gray old ox cannot challenge the horn-strength of a wild-yak; a bearded-mastiff cannot challenge the majestic splendour of a snow lion.

The heart of a red ruby stone being filled by a black demonic (nylon) string.

As a shepherd is skilled in using a sling shot, if trained well, one becomes an expert in every field.
A passionate person gets destroyed by desire like a moth jumping into the flame.

If you do not make sweet talk to the rocky mountain, how can you expect a sweet echo in return?

Receive the teaching while the Lama is present; receive the award while the boss is present.

When the Lama himself is not self-reliant, guiding the consciousness of a dead person is impossible.

The Lama decides where he keeps his bell; the bell does not decide where it keeps the lama.

It is a miraculous activity when a Lama does it; it is debauchery when a monk does it.
The monks roared the chanting even before the lama knew what to chant.

The lama needs dying people to guide; the chief needs disputes to settle.

Most of the lamas are born to rich people; most of the flowers are grown on the river bank.

When the lama was present there was no faith; when faith was present there was no lama.

Whatever the lama says is Dharma; wherever he points is east.

The Lama’s butter is eaten by the lama’s own dog.
Torma too is a dough of Tsampa, Lama too is a human being.

It is better to be denounced by the wise than praised by the stupid.

To the eyes of stupid people, a monkey trainer is more wonderful than a wise man.

A mistake committed by a fool is one mistake; a mistake committed by a wise man is hundreds of mistakes.

A double-tipped needle cannot make a stitch, having two thoughts will not accomplish the purpose.

A commander who is not broadminded is like a fox in armor.
An object for pinning one’s confidence and hope on, as well as offering one’s respect and prayer to.

The small field getting burnt by drought, after relying on the snowy mountain.

One relied on Grodpa, but Grodpa released the water.

One is helplessly bound by the messenger of time, even if one possesses great skill, strength and intelligence.

Even the dancing waves of the great river remains under ice during winter.
How can a great king last if he is not honored by his ministers and subjects?

How is a palace of king possible if the beams are not supported by the pillars?

To have a high position is an embarrassment if one does not possess intelligence and skill.

A lion made from wood, though impressive, is devoid of essence.

The property belongs to the mother even though the father is more powerful.

Having too many chant-master ruins the prayer recitation; having too many strategists ruins the strategy.

When a poor man possesses wealth the rich man can’t sleep.
If the central Mountmeru stands firm at its place, there is little doubt that the circumambulation of sun and moon around it would be off course.

In summer, do not walk on the edge of the river; in winter, do not go to the top of the mountain.

During the summer, the servant of uncle’s work on the farm; during the winter, the servant of aunt’s work with wool.

Better to accumulate a merit as small as a mustard seed than to make an endeavor as great as a mountain.
A man without knowledge is more egoistic, an ear devoid of grains stands tall.

A nomad, pushed by dogs, reaches the head of the line.

A wild yak never becomes a beast of burden; a tiger never becomes a watch-dog.

When one sees the frog the tadpole is a Buddha.

One diseased frog will destroy a whole community of frogs.

Great thundering sound has only a brief rain.

The roaring sound of the thunder is an empty sound; the beautifully colored rainbow is just an appearance.
Do not express any unrelated opinion; do not purchase any unnecessary thing.
It is impossible to become learned without learning; it is impossible not to learn after being taught.

If the mother is skillfully expressive, her son will recognized as an reincarnated Lama.

If the mother has no brother, how can the son have an uncle?

An unchanging mind is not a mind; an unrelenting heart is not a heart.

When one becomes a widow without experiencing sex; it makes one laugh in trying to cry.
Better for a terminally ill patient to die; better for a non-functioning couple to separate.

If one jumps to reach the unreachable sky, one might break one’s heel.

An idea is free until it is expressed; once expressed, that speech is without freedom.

An unspoken word can be spoken any time; once spoken, the speaker falls under the power of the words.

Do not invite the future. When one invites the future, think about the example of Dawa Dakpa.

Even the unfamiliar dry northern plain, once one is adapted to it, becomes one’s own home.
Too much talking irritates the king’s ears; too little talking confuses the ministers.

Examine your speech when in the midst of many, examine your mind when alone.

Remove a strand of hair from the butter, remove a bad element from among the good ones.

The mouth of the public is poison; the hands of the public are gold.

A stick cannot judge a dog’s behavior, one man’s mind cannot be read by another man.

Thirty mdzos have sixty horns, thirty people have thirty minds.
A pot depends on its handle, a person depends on another.

Listen to the advice of old people; look at the feather of young birds.

When a man lives too long, he sees the corpse of god.

A horse becomes valueless in old age, a man becomes powerless in old age.

If all the minds of men are united, they could move even Mount Meru from its place.

Putting a black hat on a white man’s head and a black bridle on white horse’s head.

It is better to beg for Tsampa in the valley of
Nyangtod than to sow seed in a barren field.

Goat does not stay where it is comfortable, man does not stay where he is happy.

Do not joke with a temperamental person; do not involve yourself in an adversarial speech.

When a person is unlucky even the gold turns into sand.

A bad dog barks loudly wherever it goes, a bad man brings a bad name wherever he goes.

There exists gold in the sandy earth, there exists a wise man amidst many people.

It appears that whatever the public likes is the truth and that to which the majority agrees is the tenet.
To invite a cunning man as one’s friend is similar to putting a spherical stone in the wall.

A spherical stone stirs the wall, a bad man stirs the community.

If a person has competence, physically, one does not need to be bigger than a goat.

Size doesn’t matter. (English)

What tree does not want is a gnarl, what man does not want is a dispute.

If a bad man is given power he would measure even water by the bre (litre).
Men need property, but property needs management.

སྒྲ་རིང་རྒན་པར་བདེ་བྱེད།
A pot needs handle, a man needs fame.

སྒྲ་རིང་རྡེ་བཞིན་། བདེ་བཞིན་ལྔ་སོགས།
When a man has no power, his words have no weight.

སྒྲ་རིང་བོ་བཞིན། བོ་བཞིན་ལྔ་སོགས།
The color of grass alternates between green and gray, human beings alternate between happiness and unhappiness.

སྒྲ་རིང་བོ་བཞིན། བོ་བཞིན་ལྔ་སོགས།
A louse whose life is exhausted finds itself under the nails of man, a man whose life is exhausted reaches the door of the demon.

སྒྲ་རིང་བོ་བཞིན། བོ་བཞིན་ལྔ་སོགས།
Life resembles the tides of water; sometimes it is high and sometimes it is low.

སྒྲ་རིང་བོ་བཞིན། བོ་བཞིན་ལྔ་སོགས།
An old man, an old horse and an old dog, even
though successful in their lives, are hated by everyone.

A white conch’s inside is filled with an insect, a bad man’s heart is filled with cunning.

If a bad man is allowed to lead the assembly he will turn the wheel of lies.

A bad food will stir the upper and lower parts of the stomach, a bad man will stir the upper and lower valleys of the country.

A wet piece of wood gives lots of smoke, a bad man brings many disputes.

Do not look at the actions of a bad man; look at the feathers of a good bird.
There is no man in the world who is without shortcomings; there is no tree in the Kongpo forest which is without gnarls.

Desperation leads men to implore the gods; desperation leads the gods to tell lies.

Undesired things and events come incidentally; desired things and events refuse to come even when sought for.

It is better to soften leather with your hands than to advise someone who does not listen.

A man with no shame is a dog; a dog with no tail is a demon.
Not recognizing wild animals even after having spent one’s whole life on the mountains.

A tiger’s stripes are outside his body; a man’s stripes are inside.

There is no man who does not like wealth; there is no dog who does not like blood.

The name remains on the earth even when the man has gone under the earth.

Even though there is happiness in other’s country, it is only for three days; even though one’s own country is bad, it is yours for life.

Flooding other’s country with light; leaving one’s own empty.
Defects of man needs to be told; defects of wood needs to be cut out (plained).

The longer one gets acquainted the more short-comings one sees in a human, the longer one gets acquainted with animals more fragrant smell one gives.

The depth of a stone could not be measured by water, the depth of the human heart could not be understood by man.

Setting a bad precedence destroys an empire.

The right and left eyes are the same size; both boys and girls deserve the same treatment.

Do not listen to what others say; do what others
do.

What dogs don’t eat is iron, what human beings don’t eat is their oath.

Husk inside the eye and thorn within the flesh.

Singing on the smooth street is more enjoyable than the tea and chang in the dark.

Shooting an arrow in the dark; throwing a stone in the ocean.

Even though the flower grows in the mud, it is an offering for the temple.

If the flower is flagrant, the bees are naturally attracted toward it.
A marigold is the ornament of the meadow, a friendly chief is the ornament of the people.

There is no hope for fruits when the flower is destroyed by frost.

One cannot make a fire without smoke; one cannot boil water without steam.

Reflection inside a mirror; dumpling inside the display glass.

Adding pieces of wood to the burning fire.

Adding fuel to the fire. (English)

Fire dies when stirred; the penis stands when stirred.

The more beautiful the girl is, the better the income she brings.
To be elegant, a woman needs to ornament herself; to be articulate one needs to use proverbs.

The foul mouth of a bad woman and the quick hands of a bad man.

The bluish cuckoo bird of Mon comes from south Mon. Even though it is a divine bird with a sweet voice, it has no choice rather than to live in the forest.

Wear the spear at your waist when you accept the battle.

Do not hate the lowly ones; do not challenge the higher ups.
It is the depth of the ocean where the white bel- lied fish of the deep sea lives; despite its golden fins and eyes, it has no choice other than to face the waves of the ocean.

One does not believe in the Buddha unless one has seen hell.

The hell beings are happy in hell.

A peacock has its feathers to show off; a monkey has its ass to show off.

The peacock is the ornament of the forest; the guest is the ornament of the house.

A peacock and a crow can never be friends; an
elephant and a cow never mate.

Apply even dog’s fat if it cures the wound.

A lamp eliminates darkness, literacy eliminates ignorance.

The son of a doctor dies of illness; the son of tantric master gets carried away by the malignant spirit.

The moon is the one that eliminates the darkness; if it does not eliminate the darkness of the four directions, then there is little meaning in calling it the moon.

Fog arises from the sea; if there were no sea there would not be any fog.
བོད་ཀྱི་གཏམ་དཔེའྱི་བང་མཛོད།

ཙ་སྡེ། ཐོན་དན་ཤུག་པའྱི་ཀ་བ་གཉིས།. མདུང་མ་འདེགས་པའི་ནུས་པ་མཚུངས། སཱུ་བུའི་སྡེ་ལ་གཡིར་ཀ་གཡོག

The pillar made of sandalwood and the pillar made of cypress offer equal support to the beam.

ཙི་ཙི་མ་མས་གོས་བྱས་ཏྡེ།.ཞུམ་བུའྱི་སྡེ་ལ་གཡིར་ཀ་གཡོག

Putting a bell on the cat’s neck after the mother of mice was consulted.

གཙབ་གདན་རྡོ་ལ་བྱས་ན།.སྐུ་གོང་ལྕགས་ལ་ཕོག

If you use a stone as a cutting-board, the steel will suffer.

གཙོ་བོ་ངན་པ་རྟག་བཀུར་ཡང༌།.གསུག་དང་བྲལ་བ་ཙམ་གྱིས་སང༌།

Even when you honor a tyrant perpetually, he’ll hate you as soon as you withhold the bribe.
ཙ་སྡེ།

Yoke of the tyrant and parent of the poor.

བཙན་པོའི་གཉའ་ཤྱིང༌།.ཉམས་ཆུང་གྱི་ཕ་མ།

To sell is to lose; to purchase is to find.

བཙོང་མྱི་ཤྡེས་དཔྱིད་ཀར་རྟྡེའུ་བཙོངས།.ཉོ་མྱི་ཤྡེས་སོན་ཀར་རྟ་རྒན་ཉོས།

Selling a colt in spring without knowing what to sell; buying an old horse in autumn without knowing what to buy.

རྩ་བ་རུལ་པའྱི་ལོན་པ་ལ།.རྟྡེན་པར་བྱད་པ་བླུན་པོའི་རྟགས།

It is a sign of stupidity to rely on a tree whose roots are rotten.

རྩ་ལ་རྩ་བ་མདེད་ན་རླུང་གྱིས་འཁུར།.གཏམ་ལ་ཁུངས་ལུང་མདེད་ན་རྫུན་དུ་འགོ།།

Grass without roots will be blown away by the wind; news without source will become a lie.

རྩ་བ་སྨན་ཡིན་ན།.ཡལ་ག་དུག་ཡིན་མྱི་སྲྱིད།

If the root is medicine, the branches cannot be poison.
Weeds never get exhausted; a bad man never dies on time.

Tsampa-eating and flute-playing never go together.

An unskilled rider’s love for a horse will break his limbs; a poor man’s love for feasting will render him to beggary.

Saving alone will not solve poverty when one does not have fundamental merits.

The deeper the roots of the tree, the higher the tip.

The astrologer’s cow gets lost; the doctor’s
mother dies.

The roots have not rotten even though the branches have died.

If the love is true and deep it remains steadfast like a rock.

An industrious person can bore a hole into the rock.

An industrious person is rich in knowledge; a lazy person is rich in sleep.
If the weight of salt could not be balanced by wool, wet the bundle of wool with water.

A patternless Tsa-tsa mould will leave no impression on Tsa-tsa.

A friend who expresses harsh words loves you from the heart.

Empty talk causes headache; empty (purposeless) fire burns one’s forehead.

There will be more listeners when the words are sweet to the ear; there will be more eaters when the food is delicious to the mouth.
Slapping the son while enraged at the father.

Word within a word and marrow within the bone.

A needle, even though small, has a sharp tip, harsh words, even a few, trouble the mind.

Shorter stirrups are easier to ride, fewer words are easier to listen to.

If you want to suffer for your whole life, seek two wives.

The result of whole life’s retreat blown away in one morning.

A hundred good works can be destroyed by one mistake. (Afghan)
Future lives are more important than this life; Yama is more terrifying than the present chief.

If you want to suffer physically, stamp on a dog’s tail.

If you want to suffer for the whole life, be an enemy of the chief.

No amount of power and decree could change the karma that is ripened in this life.

One remembers the sole of shoes only when pierced by a thorn.

Limitless business is the sign of eventual loss; limitless talking is the sign of getting whipped on the
A cat only thinks of mice, a businessman only thinks of profit.

Though there is rich and poor in terms of livelihood, happiness and unhappiness depends on one’s mental stance.

Though the surface of the lake is calm, deep down it is full of crocodiles.

The fish naturally suffer when the sea dries; the king naturally becomes poor when the country is poor.

Do not talk at night as all the crevices have ears.

Neither sending off the night stars, nor welcoming the morning dawn.
Inviting the stone by carrying a pot.

When the pot breaks, it is a common loss; when the bowl breaks, it is a personal loss.

One pot with two ladles; one bride with two grooms.

Wherever the finger is pointed becomes east.

All five fingers are not the same in length.

Every beautiful lady is not a beauty; the one who steals one’s heart is a real beauty.
For the sake of beauty, one washes one’s face with milk, but this grows ugly pimples on one’s face.

ཐེག་ཕ་རིགས་ནུབ་ཏེ།
The sleeve became short even though the fist was long.

མཛོ་མགོ་རྱིང་ཡང་ཕུ་དུང་ཐུང་བ།
An old mdzo may not have strength, but it has a better knowledge of the road.

མཛོ་རྒན་སོབས་ཤུགས་མྡེད་ཀང་ལམ་རྒྱུས་ཆེ།
During the time of planting it was a flower; while growing it became a thorn.

འཛུགས་དུས་མྡེ་ཏོག་བཙུགས།.སྐྱེ་དུས་ཚེར་མ་སྐྱེས།
One becomes a trusted friend after fighting three times.

བརྫུ་ཆེ་བ་དཔོན་གྱི་ཡོན་ཏན་ཡིན།.ཆེས་དྲགས་ན་ཁྲྱིམ་རྐུན་ཡང་ཡང་སང༌།།
Dignified deception is the quality of the chief, but too much of it will invite frequent lawsuit and theft.
If a fox is made the king of the jungle, it will be especially hateful toward the foxes.

Killing a fox is for the sake of its skin; robbing a friend is for the sake of his wealth.

It is pity if a baby eagle falls from the cliff, but a baby fox does not fall from a plain ground.

Even if a fox dies, its fur does not degenerate; even if a tiger dies, its claws do not degenerate.

It is better to die elegantly like a tiger than to run
away like a fox with its tail.

Even though a fox is skillful in deception, it cannot escape from a hunter’s trap.
Where there is no mongoose, the rhetoric of the field mouse is louder than the wild ass.

A hat sits best on the head; a flower looks most beautiful on the meadow.

Standing separately arms akimbo after having danced together.

Even though the speaker does not know how to speak, the listeners need to know how to listen.

The ladder is for climbing, the chief is for informing.
The cat thinks of mice even when asleep.

The cat’s being humble is the pre-warning of eating mice.

The beggar remains at ease when the farmers and nomads have a bountiful harvest.

Avoid eating all the delicious food and wearing all the best clothes, lest the mouth and body cause oneself to suffer.

If the food is delicious, let one die from overeating; if one’s self interest is served, let the style of clothing be deplorable.
Chang and tea may be tastier but the mountain will be climbed by spag.

Even though the face has a radiance of a lotus flower, the heart is plagued by crooked gnarls.

The violent waves of blood brewed when peace coagulated like a curd.

Make preparation for one hundred years even if one does not have the confidence to remain alive for one day.

A lover for three days needs to be beautiful; a lover for life needs to be good (faithful).

Missing sleep for one night makes ten tiring days.
Although molasses is more delicious, tsampa lasts much longer.

Act as if one likes the enemy even if there is hatred in one’s heart.

When thoughts of anger explode, the thread of compassion snaps.

Gift of whey in the country of curd.

Not rising early like a cow; not sleeping early like a horse.

Even though all the reflections of moon and stars appear in the sea, the sea cannot see its own depth.
It is difficult to see one’s own behavior, even though it is easy to see other’s faults and qualities.

Even though one has eyes to see others, one needs a mirror to look at oneself.

Who would be deafer than a person who does not listen to other’s advice?

It is the essence of the sublime Dharma to eliminate the sufferings of others.

The income from the dance is one zho whereas the fee for borrowing the costume is one srang.

An old man’s butt-prints are many compared to the foot-prints of a young man.

When young, the mind did not accomplish. Now old, the body does not allow.
The skillful idea of an old man is more effective than the strength of a young man.

One needs a lamp to look for a lamp.

However bright a lamp may be, it cannot see its own base.

The fundamental source of four hundred diseases; the seed of blackish red poison.
ཟ་སྡེ།

Stretching out the long neck of crane when it is time to eat, keeping an appearance of Mikyod Dorjee when it is time to work.

The nose determines whether or not something is worth eating; the eye determines whether or not something is worth wearing.

It is better to have things to eat and drink; it is better not to have disputes and arguments.

No pain, no gain.

The way of eating, sitting and wearing are the
three lessons that children learn from their grateful parents.

Overeating brings illness; overtalking brings dispute.

If one does not control one’s eating habit, all that is above one’s knee is the stomach.

Delicious food lasts for just one meal; a bad name and scandal lasts for thousands of eons.

The chief is fated to eat; the servant is fated to work.

If the stomach is bigger than mdzo’s while eating, the performance is poorer than a dog’s while working.

Getting a bone stuck in the gum after having eat-
en butter.

Food becomes less when kept in other’s hands; talk becomes more when it travels through other’s mouths.

Even though one knows that the food belongs to others, one does not know the stomach belongs to oneself.

A bad food disturbs the upper and lower parts of the body; a bad man stirs up the upper and lower parts of the land.

Seeing the whole by looking from a side.

The daughter-in-law gets hurt by the speech that was directed to the daughter.
A god like animal has a demon like owner.

The moon is brighter during its waxing period; the meeting of parents is during the early part of life.

It is impossible to reach a level ground unless one has climbed a steep rocky cliff.

It is a golden drop even though small; it is a braid of three nylon threads even though thin.

There wouldn’t be any shadow if there was no form.

Creating a shadow without any form; leveling an accusation without any crime.

An impartial and intelligent person learns from others.
བོད་ཀྱི་གཏམ་དཔེའྱི་བང་མཛོད།

Good work should not be postponed, bad news must not be told.

Where the good person works, a bad person watches.

It takes years and months to repay a debt; it takes just one morning to take revenge.

To become a good person takes three years; to become a bad person takes three days.

To repay kindness with cruelty, and wine with water.

A good man becomes softer than wool when he degenerates; a bad man becomes rougher than wood when he fattens.
Tea and Chang go after good people; a beating with sticks goes after bad people.

In the heart of a good person, there is space even for a spear; in the heart of a bad person there is not enough space even for a needle.

If the couple mutually agrees, even porridge would serve the purpose of food.

One never loses by eating, but one does by sleeping.

Look at the little red face whether one has eaten or not; look at the fringe of sleeves whether one has toiled or not.
Even honey affects one’s lung if eaten in excess; even a father’s advice affects the son if given in excess.
Even if one becomes desperate, do not disgrace one’s parents.

One remembers horses when tired, one remembers relatives when desperate.

When a man is desperate he will jump up a cliff.

An owl wishes for darkness to arrive; a cock wishes for the dawn to arrive.

An owl boasts of the rocky cliff; a swan boasts of the sea.

Drops of blood in the ocean of milk.
Better to silently accomplish the mission than to trumpet the rhetoric.

Walking the walk is better than talking the talk.

(English)

Churning milk produces butter; churning water produces bubbles.

If one falls into the crevice once, one develops a new wisdom.
Mutually beneficial positive merit develops between a cultured authority and a civilized public; the ocean and streams alternately become friends.

A cultured person is broadminded; an uncouth person is ill-willed.

A cultured person is well-versed in respect and politeness; an uncouth person indulges in sleeping and eating.

A cultured person is betrayed by shame; an uncouth person is betrayed by aggressiveness.
ཡང་ཡང་གཏམ་ལ་སན་ཆ་མྡེད།.སྐྱར་བ་མང་ན་ཟོས་སྐྱོན་ཡྱིན།
Constantly repeated talk loses its impressiveness and acquires the defect of repetition.

ཡང་རྩྡེའྱི་སང་ལ་ཡར་སྒོན།.མཁས་པའྱི་ནང་གྱི་གཙུག་རྒྱན།
The crown jewel among the experts; an additional ornament at the ultimate peak.

ཡར་ལངས་ནས་ཆེ་རུ་དང༌།.མར་བསད་ནས་ཆུང་དུ་འགོ་རྒྱུ་མྡེད།
One does not grow bigger by standing and does not grow smaller by sitting.

ཡར་འགོ་ཤྱིག་གྱི་གོམ་པ།.མར་འགོ་ག་བའྱི་མཆོངས་རྒྱག
Going up with the steps of a louse; going down with the jump of a musk deer.

ཡྱིད་དམ་བྱོལ་སོང་ལ་བཅོལ་ན།.འགོ་ས་དམྱལ་བ་ལས་མྡེད།
If one relies on an animal as one’s tutelary deity, the place where one will go is no other than hell.

ཡུན་རྱིང་ན་སྣལ་མས་ལྕགས་ཟ།
Even a woolen thread could eat away steel if given enough time.
If one lives in Yarlung, one needs to worship the Yarlung deity—Yarlha Shambu.

When in Rome do as the Romans do. (English)

When one’s country is lost to the hands of the enemy, there is no pleasure for a man to live long.

When one drinks the water of the land, one needs to abide by the laws of the land.

If there is happiness in the country, we can even let a nun be its king.

Local people will be the best to invoke the local deity.

For a gain as small as a louse, the loss as big as a mountain.

A decisive journey on foot is better than waiting
for an uncertain horse.

Wishing to save in addition to the existing wealth;
wishing to spend in addition to having nothing.

Knowledge is difficult to gain in the first place;
easy to forget without vigilance (frequent recollection).

Exchanging a turquoise for a Dolo stone and bartering a horse for a donkey.

Bigger yaks do not produce bigger dungs.

While the right hand was gesturing, the vase slipped from the left.

If a cunning lady flirts with her charm, even Zambhalha bursts into laughter.
There is no fox who is not cunning and there is no tigress who does not eat meat.
བོད་ཀྱི་གཏམ་དཔེའྱི་བང་མཛོད།

Smiling while eating goat’s meat and weeping while paying the goat’s price.

Jumps by a goat cannot break the pillar; jumps by a hen cannot break the ladder.

One srang for the goat’s head and another srang for the sheep’s head.

Sling made from goat hair hits the goat’s head.

Goats like rocky mountain and sheep like meadowy hills.

Sheep shiver when a goat is killed; pigs bolt
when a dog is beaten.

When a she goat climbs on a rock, it gives her the feeling of being a lion.

The goat with long horns invites the lasso; a person with great wealth invites intimidation from the authorities.

If the horn grows round, it becomes the enemy of the eye; if a bad nephew is born, he becomes the enemy of his uncle.

Throwing ash in the eyes when one has only the forehead to depend on.

Hope for the best, be prepared for the worst.

Chang prepared by oneself needs to be drunk even though unpalatable (not delicious).
To have a straightforward attitude is a jewel for one’s whole life.

Having a possession that benefits neither self nor others is similar to having nothing.

Digging out other’s faults with fingers while covering one’s own defects with one’s palm.

Make comments on other’s body by taking the example of one’s own.

Talking about other’s welfare by raising one’s eye-brows, while keeping one’s own interest in the heart.

If one is skillful in keeping secrets, others are skillful in revealing them.
Self-appearance becoming one’s enemy, like an old dog barking at the rocky cliff.

Hitting one’s own head with one’s hammer.

The three vices of selfishness, greediness and cunning might work in the short term but are unreliable in the long term.

Leaving one’s own country at the back and taking other’s country on the lap.

Let the style be ugly if it serves the self purpose.

Unable to bear the needle prick oneself; threatening others with the stiletto prick.

The disintegration of the mountain cannot be
stopped by rope; the collapsing wall cannot be raised by the stick.

Hitting Mount Meru with the wings of a fly.

It snows even in summer if the mountain is high; seedlings grow even in winter if the valley is low.

Rabbit’s concern for the sky falling on it.

The sky is the only one to call forth when the rabbit is being attacked by a hawk.

Snow is the one that made the mountain white and my wife is the one that made me like this.

Winds cannot blow away the big mountain; fire cannot dry the big ocean.
However high the mountain may be, it still remains under the cairn; however broad the river may be, it still remains under the bridge.

Not being satisfied even after eating the mountain; not being quenched even after drinking the ocean.

Intelligence is similar to the fire in the pasture; perseverance is like piercing a hole in the rock.

A low caste person, if he grows a little richer, boasts like a king.

It is very rare to have a precious human life adorned with the eight leisure, even though the womb of six realms remains infinite.

Hope rested on the sky and the sun scorched the earth.
Even though one has nutritious and delicious food, one needs a stomach to digest.

Crying even before seeing the corpse.

The name remains above the earth even when the corpse had gone under the ground.

An oxide of heat on the person of the ravine.

Throwing away the amber stone when turquoise and ruby becomes available, leaving an old friend when a new one is around.
A single blanket has no warmth, a bachelor’s home has no happiness.

At the top of the pass, whatever the robber says goes. In the harbor, whatever the boatman says, goes.

It is like a bird’s corpse if one dies at a pass; it is like a corpse of fish if one dies near the river.

The birds glide in the sky when there is meat in one’s hand.

Clapping with one hand and dancing with one foot.
There is no way to restrain from negative actions when one is fated to be a butcher.

When one has not committed any serious sins, one need not be afraid of Yama.

Pending work is similar to the mustache of an old man; it only increases after each shave.

The strength of a horse is known through a long journey; the character of a man is known through a long relationship.

The design of fate prevails and not one’s wishes.

For he who boasts of his acts, no credit (recognition) is due.

No one dies from overwork, but many rot from
Look at the foot-prints to see whether one worked or not.

One regrets in the evening what one did not do in the morning; one regrets at old age what one did not learn during youth.

Less credit is earned by the one who overly boasts of his work to others.

It is a fact that the baby-sheep will be carried away by the wolf if the shepherd gets himself deceived by tea and chang.

The Lama said not to kill the sheep; then the lama placed the order for meat.
Each country has its own language; each lama has his own tradition.

When the whole country is covered by water, a slate cannot remain dry.

Asking for food, cloth and name in lieu of offering one’s body, speech and mind.

What the body does not want is illness; what the mind does not want is suffering.

What remains is the foot-print; what follows is the shadow.

A bad harvest lingers for one year; a bad name lingers for one’s whole life.
Medicine for one hundred years and poison at the time of death.

If one does not possess wealth and splendor, being born of high caste is meaningless.

A blind man leading another blind man.

If one does not have an inherent quality, external pretension is of no help.
The delicious meat was eaten by brother wolf; the bad blame fell upon sister fox.

A saucer is the only container for a srang of meat.

A piece of butter on top of the meat; embroidery on top of the brocade.

The most delicious meat remains in between the bones; but the servant gets to relish it, not the boss.

Unless the white color of the skin comes from the depth of the bones, using soaps and detergents is
not going to help.

Only a tiring endeavor for the brother and leg pain for the hunting dogs.

Consider for the golden plate, if not intended for the lean meat.

Even mushroom is meat when meat is absent; even a nun is one’s partner when the real partner is absent.

It is enough to put one’s finger into the soup of the meat, even if one did not eat the meat.

It is easier to eat if it is meat; it is easier to throw away if it is bone.
A piece of meat cut from the same chunk and a piece of frill cut from the same leather.

Meat that is slowly chewed is nutrition; words that are thought over are speech.

Sweet expression does not come from the affectionate mouth.

The lama advises not to eat meat; but the lama is the one who wants fatty meat.

Medicine for jaundice is not tasty, words spoken out of love are not music to the ear.

Even though the antlers of deer are long, they cannot become ladders to the sky.
The two actions of deer coming out from the pass and Palha shooting his arrow became coincidental.

To fill the valley with the barking of dogs without catching any deer.

The profundity of Shariputra in front of the Shakyamuni.

For the peacock of east India, the only thing it can show off, in this life, is its feather.

Obscurations cannot be purified by rhetoric; negative deeds cannot be cleansed by tears.

For the flea, louse and nit the place where they die is under the nails.

There is no need to wield an axe to kill a louse.
Tea cannot be made with one piece of wood; a hearth cannot be maintained by a bachelor.

A good tree rots under its bark; a good person rots under his shame.

A tree has bark and man has shame.

There is no uncrooked tree in the forest; there is no infallible person in the world.

One cannot become a mason even if one is an expert carpenter.

Even though the axe is wood’s natural enemy, its handle is still made from wood.

Wood, though wet, burns; a stone, though dry,
does not burn.

Even though the king has strength, there is no one to challenge him; even though the beggar has intelligence, there is no one to ask him.

Dumplings inside a display glass cannot be eaten even though they look delicious to the eyes.

Wisdom rots in the brain if one does not express what one knows.

No one comes learned from the mother’s womb; there is nothing that cannot be known after learning.

The idle talk of an uncultured woman digs oth-
er’s defects without remembering one’s own. An un-heroic coward would rub his own shoulder and speak about his heroism without remembering his own defects.

A person who does not respect his teacher would be unable to utilize his knowledge even if he is a consummate scholar.
Seedlings will be better when the seed is good; fruits will be better when the seedling is good.

Nothing is happier than the agro-nomadic life; nothing is more difficult than the semi-servant’s life.

The stones will rise up when one digs the earth.

Not happy in an alien country; not comfortable on mdzo’s back.

Look for the lamp before it gets dark.

The groans so loud that even the earth is unable
to withstand; the cry of fear so loud that even the sky is unable to cover it.

Today’s bone is more delicious than tomorrow’s meat.

A bird in hand is better than two in the bush.
(English)

The Brahmin became old when the Buddha was born.

The Buddha does not need to be taught the alphabet; the sun does not need to be shown the lamp.

When an un-enlightened being himself is confused, to help guide other beings to the higher state is out of question.
Ringing the bell from under one’s palm without having to wield the cymbal in the air.

The lion cannot be harmed by any other animal, except by its own parasites.

The snow lion remains a snow lion when it lives on the snowy mountain; the snow lion becomes a dog when it comes down to the valley.

Turquoise manes are the snow lion’s ornament; education is man’s ornament.

A lion cub, even though small, is a breed of lion; a terrier, even though full of majestic manes, is a breed of dog.
Even though the dream horse gallops in the sky, practically one cannot even bite one’s own palm.

Many misfortunes fall on the simple-minded person; more sources of gain arise for the greedy person.

When one acts with malice to others the harsh reaction rebounds on oneself.

Even though the mind moves mountain, the body cannot move its knees.

Better to drink chang with a positive mind than to visit the temple with a negative mind.
Singing with a positive mind is better than reciting Mani with a negative mind.

If a person is not able to understand the nature of the mind, whether he is learned or not does not make any difference.

Tiger’s stripes are on the outside; man’s stripes are on the inside.

The nature of the mind is luminous; its contaminants are adventitious.

The more a miser saves, the more there is for a greedy person to consume.

A miser does not become surrounded by his relatives; a cunning person does not become surrounded by friends.
A toothless person remains without food; a pauper remains without relatives.

An ugly way of eating even without teeth; an ugly way of staring even without eyes.

Harvest is difficult without farming; accomplishment is difficult without perseverance.

It is impossible to turn the color of coal into white even if you wash it.

There is no use to being secretive; the foot-prints are left in the snow.

If one is skilled in keeping the secrets, others are skilled in divulging them.
Even though Tantra is not a secret, it is kept secret from the unwise individuals.

The gold remains buried, but the glare reaches the sky.

One who exchanges gold for brass is crazy; one who mistakes turquoise for Dolo is stupid.

If one ill-treat others, the retribution will come to oneself.

To bask in the sun with positive intention is better than to recite Mani with bad intention.

To think before the act is a sign of wisdom; to think after the act is a sign of stupidity.
བསོད་ནམས་མདོད་ན་གསེར་ཡང་བྱྡེ་མར་གྱུར།
For an unlucky person, even gold turns into sand.

In a mortar of ill-fortune, pounding fat collects no grease.

One lesson is better than a hundred pieces of advice.

If the mind is positive, the ground and the path will also be positive; if the mind is negative, the ground and the path will also be negative.
Extremely rare is the kind of barley grain, very difficult is the work of an intelligent person.

How could one obtain a truth as big as a yak, if one did not tell a lie as big as a mountain?

Prostrating toward the back while leaving the deity in the front.

A new explanation for the old temple.

Old wine in new bottles. (English)

The oracle, the divinator and the magician are the three greatest liars of the Universe.
an old woman of Lhasa never sees the Jowo image.

Where there are more deities, there are more demons.

Even though the Lhalung Paldor had fled to the mountain, the foot-prints of his horse were left on the plain below.

How wonderful it would be if the faith inspired inside the temple were found everywhere.

The Dharma practice will fizzle if the divine lama sleeps; the law will be overturned if the higher authority sleeps.

Make offerings to the deity and give ritual cakes to the hungry ghost.
An old demon is better than a new deity. 
Old is gold. (English)
God likes offerings; man likes praise. 
Wind drives one inside, hunger drives one outside. 
Bad smell from a rotten shoe; bad news from a bad man. 
The mountain never gets drowned by water; the valley never gets blown away by the wind.
If the mother’s son has the necessary qualifications, the Gaden throne is not sealed off to him.

The kindness of mother, sun and grain-ear should never be forgotten.

If one obtains the mother, the daughter will automatically follow.

There is a difference between a dance by a goat and by a man.

The yolk of the egg, the best amongst the present.
The fad (infatuation) of the pea-flower disappears within a month.

A fad (infatuation) is faster than a horse; its tail is shorter than a sheep’s tail.

The excitement of bush flame is warm while it burns, but momentary in duration.

There is no such instance as a mother who has never been a daughter or a daughter who will never be a mother.

If the mother’s son has perseverance, he can transform a rod into a needle by whetting it.

If one wants to look beautiful, one must bear the pain of heat.

People from Amdo have no torso; people from
Gyalrong have no intestines.

The fist knows what is inside the pocket.

To patch one’s bottom (ass) by cutting off one’s ear.

The temple was built with great expectations; unfortunately, it became a nest for the pigeons.

It is the demon that provokes the crow; it is the wind that blows the straw.

One needs to adjust the cloth according to the baby.
Selected English Proverbs:

A change is as good as a rest.

A chain is only as strong as its weakest link.

A drowning man will clutch at a straw.

A friend in need is a friend indeed.

A golden key can open any door.

A good beginning makes a good ending.

A hundred good works can be destroyed by one mistake.
A good man is hard to find.

A house divided against itself cannot stand.

A house is not a home.

A journey of a thousand miles begins with a single step.

A leopard cannot change its spots.

A little knowledge is a dangerous thing.

A miss is as good as a mile.

A new broom sweeps clean.
A nod is as good as a wink to a blind horse.
རྟ་ལོངས་བ་ཞྱིག་ལ་མགོ་གཡུགས་དང་མྱིག་བཙུམ་གཅྱིག་པ་ཡྱིན།

A penny saved is a penny earned.
པད་ཤག་གཅྱིག་ཉར་འཚག་བྱས་པ་དྡེ་པད་ཤག་གཅྱིག་འདུ་འགོད་བྱས་པ་ཡྱིན།

A person is known by the company he keeps.
རོགས་པ་བསྡེན་སངས་ལས་མྱི་གཤྱིས་གོ་ཐུབ།

A picture paints a thousand words.
པར་རྱིས་གཅྱིག་གྱིས་ཚིག་སོང་མཚོན།

A poor workman always blames his tools.
བཟོ་པ་སྐྱོ་བོས་རྟག་ཏུ་རང་གྱི་ལག་ཆར་བསད།

A problem shared is a problem halved.
དཀའ་ངལ་མཉམ་འཁུར་གྱིས་དཀའ་ངལ་ཕྡེད་ལ་གཏོང༌།

A prophet is not recognized in his own land.
སོན་པར་རང་གྱི་ལུང་པར་ངོས་ལྡེན་མྱི་ཐོབ།

A rising tide lifts all boats.
འཕྱུར་བཞྱིན་པའྱི་རྦ་རབས་དྡེས་གྲུ་ཚང་མ་འདྡེག

A rolling stone gathers no moss.
རྦབ་ཏུ་འདྲྱིལ་བའྱི་རྡོ་ལ་ཤ་བལ་མྱི་འགོས།

A soft answer turneth away wrath.
A stitch in time saves nine.
A thing of beauty is a joy forever.
A volunteer is worth twenty pressed men.
A watched pot never boils.
A woman’s place is in the home.
A word to the wise is enough.
Absence makes the heart grow fonder.
Absolute power corrupts absolutely.
Actions speak louder than words.
Adversity makes strange bedfellows.

All good things come to he who waits.

All good things must come to an end.

All roads lead to Rome.

All that glitters is not gold.

All is fair in love and war.

All is well that ends well.

An apple a day keeps the doctor away.

An army marches on its stomach.

An ounce of prevention is worth a pound of cure.
Any publicity is good publicity.

April showers bring forth May flowers.

As you sow so shall you reap.

As is the God, so is the votary.

Ask a silly question and you’ll get a silly answer.

Ask no questions and hear no lies.

Attack is the best form of defence.

Bad news travels fast.

Barking dogs seldom bite.
Selected English Proverbs:

Beauty is in the eye of the beholder.
མཛེས་པའྱི་ཆ་དྡེ་བལྟ་མཁན་མྱིག་ལ་ཡོད།

Beauty is only skin deep.
ཕྱིའྱི་མཛེས་སྡུག་པགས་པའྱི་སྲབ་མཐུག་༼གཏྱིང་མཐའ་༽ཙམ།

Beggars should not be choosers.
སོང་མཁན་ཚོ་འདྡེམས་མཁན་བྱྡེད་མྱི་རུང༌།

Behind every great man there’s a great woman.
སྐྱེས་པ་གགས་ཅན་ཚང་མའྱི་རྒྱབ་ཏུ་བུད་མྡེད་གགས་ཅན་ཞྱིག་ཡོད།

Better late than never.
རྩ་བ་ནས་མ་སྡེབས་པ་ལས་འགོར་འགངས་བྱུང་བ་བཟང༌།

Better to light one candle than to curse the darkness.
མུན་ནག་ལ་དམོད་བོར་བ་ལས་མར་མྡེ་གཅྱིག་སྤར་ན་བཟང༌།

Beware of Greeks bearing gifts.
སྐྱེས་འཁྡེར་བའྱི་གྱི་རྱིག་པ་ཚོ་ལ་དྭོགས་ཟོན་བྱོས།

Big fish eat little fish.
ཉ་ཆདས་ཆུང་བཟོས།

Birds of the same feather flock together.
བྱ་སྤུ་རྱིགས་གཅིག་པ་རྣམས་མཉམ་དུ་འདུ་བ་ཡྱིན།

Blood is thicker than water.
བོད་ཀྱི་གཏམ་དཔེའྱི་བང་མཛོད།

Brevity is the soul of wit.

Business before pleasure.

Charity begins at home.

Caesar’s wife must be above suspicion.

Cheats never prosper.

Children should be seen and not heard.

Cleanliness is next to godliness.

Clothes make the man.

Cold hands, warm heart.
Cowards may die many times before their death.

Crime doesn’t pay.

Cut your coat to suit your cloth.

Day without laughter is a day wasted.

Dead men tell no tales.

Devil is in the details.

Discretion is the better part of valour.

Distance lends enchantment to the view.

Do as I say, not as I do.

Do unto others as you would have them do unto you.
Don’t bite the hand that feeds you.

Don’t burn your bridges behind you.

Don’t cast your pearls before swine.

Don’t change horses in midstream.

Don’t count your chickens before they are hatched.

Don’t cross the bridge till you come to it.

Don’t cut off your nose to spite your face.

Don’t keep a dog and bark yourself.

Don’t look a gift horse in the mouth.
Don’t put all your eggs in one basket.

Don’t put the cart before the horse.

Don’t put new wine into old bottles.

Don’t rock the boat.

Don’t throw the baby out with bath water.

Don’t try to walk before you can crawl.

Don’t wash your dirty linen in public.

Doubt is the beginning, not the end of wisdom.

Early to bed and early to rise, makes a man healthy, wealthy and wise.
East or west, home is the best.

Easy come, easy go.

Eat, drink and be merry, for tomorrow we die.

Empty vessels make the most noise.

Enough is as good as a feast.

Even a worm will turn.

Every cloud has a silver lining.

Every dog has his day.
Every Jack has his Jill.

Every man has his price.

Every picture tells a story.

Every stick has two ends.

Everybody wants to go to heaven but nobody wants to die.

Fact is stranger than fiction.

Failing to plan is planning to fail.

Faint heart never won fair lady.

Fair exchange is no robbery.
བོད་ཀྱི་གཏམ་དཔེའྱི་བང་མཛོད།
Faith will move mountains.

དད་པས་རྱི་བོ་གཡོ་འགུལ་བྱྡེད།
Familiarity breeds contempt.

Feed a cold and starve a fever.

Fight fire with fire.

Finders keepers, losers weepers.

First come, first served.

First impressions are the most lasting.

First things first.

Fish always stinks from the head downwards.
Fish and guests smell after three days.

Flattery will get you nowhere.

Fools rush in where angels fear to tread.

For want of a nail the shoe was lost; for want of shoe the horse was lost; and for want of a horse the man was lost.

Forwarned is forearmed.

Forgive and forget.

Fortune favours the brave.

From the sublime to the ridiculous is only one step.
Genius is an infinite capacity for taking pains.

Give credit where credit is due.

God helps those who help themselves.

Good fences make good neighbours.

Good talk saves the food.

Good things come to those who wait.

Great minds think alike.

Half a loaf is better than no bread.

Handsome is as handsome does.
Selected English Proverbs:

Hard cases make bad law.

Hard work never did anyone any harm.

Haste makes waste.

He that goes a-borrowing, goes a-sorrowing.

He who hesitates is lost.

He who laughs last laughs longest.

He who lives by the sword shall die by the sword.

He who pays the piper calls the tune.

Hell hath no fury like a woman scorned.
History repeats itself.
Home is where the heart is.
Honesty is the best policy.
If God had meant us to fly he’d have given us wings.
If life deals you lemons, make lemonade.
If the cap fits, wear it.
If the mountain won’t come to Mohammed, then Mohammed must go to the mountain.
If wishes were horses beggars would ride.

གལ་ཏྡེ་སྨོན་འདུན་རྟ་ཡྱིན་ན།.སྤང་པོ་རྣམས་ཀང་བཞོན་པར་བྱེད།

If you can’t be good, be careful.

གལ་ཏྡེ་སྤང་པོ་རྣམས་ཀང་བཞོན་པར་བྱེད་དགོས།

If you can’t beat them, join them.

གལ་ཏྡེ་ཁོང་ཚོ་ལས་རྒྱལ་མ་ཐུབ་ན་ཁོང་ཚོའྱི་མཉམ་དུ་ཞུགས།

If you can’t stand the heat get out of the kitchen.

གལ་ཏྡེ་ཚ་བ་བཟོད་ཀྱི་མྡེད་ན་ཐབ་ཚང་ནས་ཕྱི་ལ་ཐོན།

If you lie down with dogs, you will get up with fleas.

གལ་ཏྡེ་ཁྱི་དང་འགོགས་ན་ཁྱི་ཤྱིག་ལས་ཀྱིས་ཡོང༌།

If you want a thing done well, do it yourself.

གལ་ཏྡེ་ལས་ཀ་དྡེ་ལྡེགས་གྲུབ་དགོས་ན་རང་ཉྱིད་ཀྱིས་བྱོས།

Ignorance is bliss.

རྨོངས་པ་ནྱི་བདྡེ་བ་ཡིན།

Imitation is the sincerest form of flattery.

ལད་ཟོས་ནྱི་ཁ་ཞྡེ་གཉིས་མྡེད་ཀྱི་སྤྡེལ་ལོ་ཡིན།

In the kingdom of the blind the one-eyed man is king.

མྱིག་ལོངས་པ་ཡྱི་རྒྱལ་ཁམས་སུ།.མྱིག་གཅྱིག་པ་དྡེ་རྒྱལ་པོ་ཡིན།
In the midst of life we are in death.

In every life a little rain must fall.

It is best to be on the safe side.

It is better to give than to receive.

It is easy to be wise after the event.

It never rains but it pours.

It takes a thief to catch a thief.

It takes two to tango.

It’s better to travel hopefully than to arrive.

It’s no use crying over spilt milk.
It’s no use locking the stable door after the horse has bolted.

It’s the early bird that gets the worm.

It’s the squeaky wheel that gets the grease.

Interested in everything and committed to nothing.

Jack of all trades, master of none.

Keep your powder dry.

Killing two birds with one stone.

Laugh and the world laughs with you, weep and
you weep alone.

Laughter is the best medicine.

Least said, soonest mended.

Less is more.

Let bygones be bygones.

Let not the sun go down on your wrath.

Let the buyer beware.

Let the dead bury the dead.

Let the punishment fit the crime.

Life begins at forty.
Selected English Proverbs:

Life is just a bowl of cherries.

Life is what you make it.

Lightning never strikes twice in the same place.

Like father, like son.

Little things please little minds.

Live for today for tomorrow never comes.

Look before you leap.

Love is blind.

Love makes the world go round.

Love thy neighbour as thy self.
Make hay while the sun shines.

ཉྱི་མ་ཚ་སབས་རྩ་ཕུང་སོམས།

Make love not war.

སྐྱོད་ལམ་གྱིས་མྱི་བཟོ།

Man does not live by bread alone.

མྱི་བག་ལྡེབ་གཅྱིག་པུ་ལ་བརྟྡེན་ནས་མྱི་འཚོ།

Manners maketh man.

དགོས་འབག་དཔེ་ལྡེབ་གཅིག་པུ་ལ་བརྟྡེན་ནས་མྱི་འཚོ།

Many a true word is spoken in jest.

ཉིང་དངོས་རང་ཐོན་ལུང་དུ་མི་འཐད།

Many hands make light work.

ཞབ་དཔེ་ཞི་བཅོས་པུ་ལ་བརྟྡེན་ནས་མྱི་འཚོ།

Marriages are made in heaven.

པོ་ནང་སྒྲིག་ཐུང་དུ་བཟོ་སྐྱེད།

Marry in haste, repent in leisure.

དེ་བོའི་གཅིག་ཐུང་དུ་བཟོ་སྐྱེད།

Might is right.

ཕྲོ་ནང་སྒྲིག་ཐུང་དུ་བཟོ་སྐྱེད།

Mighty oaks from little acorns grow.
Selected English Proverbs:

Misery loves company.

སྐྱོ་གདུང་གྱིས་གོགས་ལ་དགའ།

Money doesn’t grow on trees.

ཤྱིང་སོང་སྡེང་དུ་པད་ཤག་མྱི་སྐྱེ།

Money is the root of all evil.

པད་ཤག་ནྱི་བྱ་བ་ངན་པ་ཡོངས་ཀྱི་རྩ་བ་རྡེད།

Money makes the world go round.

པད་ཤག་གྱིས་འཛམ་གྱིང་སོར་མོར་བཟོ།

Music has charms to soothe the savage breast.

རོལ་དབྱངས་ལ་ཀླ་ཀློའྱི་སྱིང་ཁམས་ཞྱི་བར་བྱྡེད་པའྱི་འོད་ཆ་ལན།

Necessity is the mother of invention.

དགོས་མཁོ་ནྱི་གསར་གཏོད་ཀྱི་མ་ཡུམ་རྡེད།

Never go to bed on an argument.

རྩོད་པ་ཞྱིག་ལ་བརྟྡེན་ནས་ཉལ་དུ་ནམ་ཡང་མ་འགོ།

Never judge a book by its cover.

དྡེབ་ཀྱི་རྒྱབ་ཤོག་ལ་བརྟྡེན་ནས་ཐག་གཅོད་ནམ་ཡང་མ་བྱྡེད།

Never put off until tomorrow what you can do today.

ད་རྱིང་བྱྡེད་ཐུབ་པ་དྡེ་སང་ཉྱིན་བར་དུ་དུས་འགངས་བྱྡེད་མྱི་རུང༌།

Never speak ill of the dead.
No man can serve two masters.

No news is good news.

No one can make you feel inferior without your consent.

No pain, no gain.

Nothing is certain but death and taxes.

Nothing succeeds like success.

Oil and water don’t mix.

Old soldiers never die, they just fade away.

Once a thief, always a thief.
Selected English Proverbs:

Once bitten, twice shy.

One hand does not make a clapping sound.

One half of the world does not know how the other half lives.

One hand washes the other.

One man’s meat is another man’s poison.

One law for the rich and another for the poor.

One swallow does not make a summer.

One size doesn’t fit all.

Only the wearer knows where the shoe pinches.
One year’s seeding makes seven years’ weeding.
Oppportunity never knocks twice at any man’s door.
Out of sight, out of mind.
Patience is a virtue.
Penny wise and pound foolish.
People who live in glass houses shouldn’t throw stones.
Practice makes perfect.
Practice what you preach.

ཁ་བཤད་ལག་ལྡེན་ལ་འཁྡེལ་དགོས།

Prevention is better than cure.

སོན་འགོག་ནྱི་གསོ་ཐབས་ལས་བཟང༌།

Pride goes before a fall.

མ་ཟགས་སོན་ལ་ཁྡེངས་པ་འགོ།

Procrastination is the thief of time.

གྱི་བཤོལ་ནྱི་དུས་ཚོད་ཀྱི་རྐུན་མ་རྡེད།

Put your best foot forward.

རྐང་པ་ཡག་ཤོས་དྡེ་མདུན་དུ་སྐྱོངས།

Revenge is a dish best served cold.

འཁོན་ལན་ནྱི་གང་མོར་ཞུས་ན་ལྡེགས་པའྱི་ཞལ་ལག་ཅྱིག་ཡྱིན།

Rome wasn’t built in a day.

རོམ་དྡེ་ཉྱི་མ་གཅྱིག་གྱི་ནང་ལ་བཟོས་མྡེད།

See no evil, hear no evil, speak no evil.

ངན་པ་མ་བལྟ།.ངན་པ་མ་ཉན།.ངན་པ་མ་སྨྲ།

Seeing is believing.

མཐོང་བ་ནྱི་ཡྱིད་ཆེས་པ་ཡྱིན།

Set a thief to catch a thief.

རྐུན་མ་བཟུང་བར་རྐུན་མ་ཐོངས།
Silence is golden.

Spare the rod and spoil the child.

Sticks and stones may break my bones, but words will never hurt me.

Still waters run deep.

Strike while the iron is hot.

Success has many fathers, while failure is an orphan.

Survival of the fittest.

Tell the truth and shame the Devil.
That which does not kill us makes us stronger.
སྲོག་མྱི་འཕྲོག་པའྱི་དངོས་པོ་དྡེས་ང་ཚོ་སོབས་ཆྡེར་གཏོང་གྱི་ཡོད།
The age of miracles is past.
ཆོ་འཕྲུལ་གྱི་དུས་རབས་དྡེ་འདས་ཚར་བ་རྡེལ།
The best defence is a good offence.
ཕྱིར་རྒོལ་ཡག་པོ་དྡེ་སྲུང་སྐྱོབ་བཟང་ཤོས་རྡེད།
The best things in life are free.
མྱི་ཚེའྱི་ནང་གྱི་དངོས་པོ་ཡག་ཤོས་དག་རྱིན་མྡེད་རྡེད།
The bigger they are, the harder they fall.
ཇྱི་ཙམ་གྱིས་ཆྡེ་བ་ཡོད་པ་དྡེ་ཙམ་གྱིས་ཤུགས་ཆྡེར་ལྷུངས།
The boy is the father to the man.
བུ་དྡེ་སྐྱད་སེས་བུའི་ཕ་རྡེད།
The cobbler always wears the worst shoes.
ལྷམ་བཟོ་བས་རྟག་ཏུ་ལྷམ་གོག་སྐྱོ་ཤོས་དྡེ་གོན་གྱི་རྡེད།
The customer is always right.
ཉོ་མཁན་རྣམས་རྟག་ཏུ་བདྡེན་པ་རྡེད།
The darkest hour is just before the dawn.
མུན་པ་ཐུག་ཤོས་དྡེ་ཐོ་རྡེངས་ཀྱི་སོན་དུ་ཡོད།
The end justifies the means.
དམྱིགས་ཡུལ་གྱིས་ཐབས་ལམ་ལ་བདྡེན་ཁ་སྡེར།.
The female of the species is more deadly than the male.

The fruit does not fall far from the tree.

The good die young.

The grass is always greener on the other side of the fence.

The hand that rocks the cradle rules the world.

The husband is always the last to know.

The longest journey starts with a single step.

The more the merrier.
Selected English Proverbs:

The more things change, the more they stay the same.

དངོས་པོ་རྣམས་ཇྱི་ཙམ་གྱིས་འགྱུར་བ་ཆྡེ་བ་དྡེ་ཙམ་གྱིས་རང་འཇགས་གནས།

The pen is mightier than sword.

སྙུག་གུ་ནྱི་ལས་ནུས་སོབས་ཆྡེ།

The price of liberty is eternal vigilance.

རྟག་ཏུ་བྱ་ར་བྱྡེད་པ་དྡེ་རང་དབང་གྱི་རྱིན་འབབ་རྡེད།

The proof of the pudding is in the eating.

ལྡེ་གུ་ཞྱིམ་དང་མྱི་ཞྱིམ་དྡེ་ཟས་ན་ཤྡེས།

The road to hell is paved with good intentions.

དམྱལ་བའྱི་ལམ་དྡེར་ཀུན་སོང་བཟང་པོའྱི་རྡོ་ཆལ་བཏྱིང་ཡོད།

The shoemaker’s son always goes barefoot.

ལྷམ་བཟོ་བའྱི་བུ་དྡེ་རྟག་ཏུ་རྐང་བརྡེན་མར་འགོ།

The way to a man’s heart is through his stomach.

སྐྱྡེས་པའྱི་སྐྱིད་ཁམས་ཀྱི་ལམ་དྡེ་གོད་ཁོག་བརྒྱུད་དྡེ་འགོ་དགོས།

There are more ways of killing a cat than choking it with cream.

ཞྱི་མྱི་གསོད་པར་འོ་མའྱི་ཀྱིའྱི་མྱིད་འགག་གཏོང་བ་ལས་གཞན་པའྱི་ཐབས་ལམ་མང་པོ་ཡོད།
There are none so blind as those that will not see.
སོ་མ་པ་ལྟ་བུའྱི་གནས་གཞན་མྡེད།

There are two sides to every question.
དྲྭ་བ་ཚང་མར་ངོས་གཉིས་རྡེ་ཡོད།

There’s a time and a place for everything.
གནད་དོན་ཚང་མར་ཡུལ་དང་གནས་སབས་རྡེ་ཡོད།

There’s an exception to every rule.
སྒྱིག་ཁྲིམས་ཚང་མར་དམྱིགས་བསལ་རྡེ་ཡོད།

There’s honour among thieves.
རྐུན་མ་ཕན་ཚུན་ལའང་བཀུར་བསྱི་ཡོད།

There’s more than one way to skin a cat.
ཞྱི་མྱི་པགས་པ་བཤུ་ཐབས་གཅྱིག་ལས་མང་བ་ཡོད།

There’s no place like home.
ད་ལྟ་འདྲ་བའྱི་དུས་ཚོད་མྡེད།

There’s no smoke without fire.
དེ་མེད་མྡེད་པར་དུ་བ་མྱི་ཡོང༌།

There’s no such thing as a free lunch.
རྐུན་མ་ཕན་ཚུན་ལའང་བཀུར་བསྱི་ཡོད།

There’s no time like the present.
ད་ལྟ་འདྲ་བའྱི་དུས་ཚོད་མྡེད།
There’s none so deaf as those who will not hear.
མྱི་ཉན་མཁན་ལས་གཞན་པའྱི་འོན་པ་སུ་ཡང་མྡེད།

There’s safety in numbers.
དང་ལོངས་ཀྱི་ནང་དུ་སྲུང་སྐྱོབ་ཡོད།

They that sow the wind shall reap the whirlwind.
ངོས་དུབས་མཁན་ཚོར་རླུང་འཚུབ་སྨྱིན་གྱི་རྡེད།

Those who do not learn from history are doomed to repeat it.
ལོ་རྒྱུས་ནས་བསབ་བྱ་མྱི་ལྡེན་མཁན་ཚོས་སྐར་ཟོས་བྱྡེད་རྒྱུ་ཉག་ཅྱིག་རྡེད།

Time and tide wait for no man.
དུས་ཚོད་དང་རྦ་རབས་ཀྱིས་སུ་ལའང་སྒུག་མྱི་སྲྱིད།

Time is a great healer.
དུས་ཚོད་ནྱི་འཚོ་བྱྡེད་ཆེན་པོ་ཞྱིག་རྡེད།

Time is money.
དུས་ཚོད་ནྱི་པད་ཤག་རྡེད།

Tit for tat.
ཇྱི་ལྟ་བུ་ལ་དྡེ་ལྟ་བུ།

To err is human, to forgive is divine.
ནོར་འཁྲུལ་བྱས་ན་མྱི།.དགོངས་པ་དག་ན་ལྷ།
Tomorrow never comes.
སང་ཉླིན་ནམ་ཡང་མྱི་ཡོང༌།
Too many cooks spoil the broth.
མ་བྱན་མང་ན་ཐུག་པ་འཕྲོ་བརག་གཏོང༌།
Two heads are better than one.
མགོ་གཉིས་གཅྱིག་ལས་བཟང་བ་ཡྱིན།
Two is company, but three is a crowd.
མྱི་གཉིས་གོགས་དང་མྱི་གསུམ་འཚང་ཀ་ཡིན།
Two wrongs don’t make a right.
ནོར་འཁྲུལ་གཉིས་ཀྱིས་འགྱིགས་པ་གཅྱིག་མྱི་བཟོ།
Variety is the spice of life.
སྣ་འཛོམས་ནྱི་མྱི་ཚེའྱི་སྨན་སྣ་ཡིན།
Virtue is its own reward.
དགྡེ་བའྱི་ལས་ནྱི་དྡེ་རང་གྱི་འབྲས་བུ་ཡིན།
Walls have ears.
རྩྱིག་པར་རྣ་བ་ཡོད།
Waste not want not.
དགོས་མཁོ་མྡེད་ན་འཕྲོ་བརག་མྡེད།
What can’t be cured must be endured.
གསོ་ཐབས་མྡེད་པའྱི་ནད་དྡེ་བསྲན་དགོས།
Selected English Proverbs:

What goes up must come down.

What’s sauce for the goose is sauce for the gander.

When in Rome, do as the Romans do.

When the cat is away the mice will play.

What the eye doesn’t see, the heart doesn’t grieve over.

Where there is a will there is a way.

While there is life there is hope.

Whom the Gods love die young.

Why keep a dog and bark yourself?
Wonders will never cease.

Worrying never did anyone any good.

You are never too old to learn.

You are what you eat.

You can lead a horse to water, but you can’t make it drink.

You can’t have your cake and eat it.

You can’t get blood out of a stone.

You can’t make a silk purse from a sow’s ear.

You can’t make an omelette without breaking some eggs.
You can’t make bricks without straw.
སོག་མ་མྡེད་པར་སོ་ཕག་བཟོ་མྱི་ཐུབ།

You can’t run with the hare and hunt with the hounds.
སྐོིན་འོག་བན་ཐར་ཁྱི་ར་རྒྱག་པ་དང་རྱི་བོང་གྱི་མཉམ་དུ་རྒྱུགས་རྒྱུ་གཉིས་ཀ་མཉམ་དུ་མྱི་ཡོང༌།

You can’t teach an old dog new tricks.
ཁྱི་རྒན་འཁོགས་ལ་རྩལ་གསར་པ་སོབ་མྱི་ཐུབ།

You can’t tell a book by looking at its cover.
དྡེབ་ཀྱི་རྒྱབ་ཤོག་ལ་བལྟས་ཏྡེ་བཟང་ངན་བརོད་མྱི་ཐུབ།

You catch more flies with honey than with vinegar.
ཚུའུ་ལས་སྦྲང་རྩིས་སྦྲང་བུ་མང་བ་བཟུང་ཐུབ།

Youth is wasted on the young.
གཞོན་ནུའྱི་ནུས་སོབས་གཞོན་པའྱི་སྡེང་དུ་རོགས།
Selected Hindi Proverbs:

Adhajal gagari chhalakat jae/

Andhon me kana raja/

Andhkaar ko kosne se betar dip jalana hain/

Ab pachtae hot kya jab chidiya chug gai khet/

Ant bhala to sab bhala/

Shak ke ilaj to hakim lukmaan ke pas bhi nahain tha/

Ek myan me do talvare nahain samatim/

Nach na jane angan teda/
Selected Hindi Proverbs:

Bandar kya jane adarak ka svad/

Dur ke dol suhane lagte hain/

Jab gidar ki mot ati hain to voh shahr ki taraf bhag ta hain/

Jal me rahekar magar se bair thik nahain/

Jo garajta hain vo barasate nahain/

Jitni lambi chadar ho utni pair felani chahie/

Jis dane pe jiska nam likha hain, vo dana vohi khaye ga/

Jiski lati usiki bhens/
অপনার নাম আগে আবে কাম।

আপনি হরে অধুনা কো মারে।

ইস হাথ দে ইস হাথ লো।

ওখালি মেইন সার দীয়া তো মুসালো সে ক্যা দারন।

প্রত্যাক্ষ্যায়া কো প্রমাণ কি আবশ্যাক্তা নাহইন।

সার সালমাত তো পাগ্ডী হাজার।

সাহো সুনার কি, এক লোহার কি।

সর সলমাত তো পাগ্ডী হাজার।

সারাই হেরে হোরাম হরে রং মূর্তি।

সো সুনার কি, এক লোহার কি।

সারাই হেরে হোরাম হরে রং মূর্তি।

সামুদায়িক তো কূলা মনসঃ কৃতজ্ঞ।
Selected Hindi Proverbs:

Sawan ke andhe ko sab hara hi hara nazar aata hain/

Jahan chah wahan raha/

Chor ki daari mein tinka/

Aage kuan peeche khahe/

Unchi dukan pheekay pakwaan/

Ulta chor kotwal ko dante/

Ek anaar sao bimaar/

Udham hi safalta ki kunji hain/

Bhagya sahasi ka sath deta hain/

Vivek bahaduri ka utam ansha hain/
Karya udham se siddh hote hain manorthon se nahain/

Sankalbh hi manusaya ka bal hain/

Menat, himmat aur lagan se kalpana saakaar hoti hain/

Muskaan prem ki bhasha hain/

Ahankaar chhore bina sachcha prem nahi kiya ja sakta/

Prasan karne ka upaya hain, swyam prasan rehna/

Ek gun samasat doshon ko dak leta hain/
Dusron se prem karna apne aap se prem karna hain/

शंकृत: यदि आप हमीशा अपने आप से प्रेम करना चाहते हैं

Samya mahaan chikitsak hain/

दुस्रा चिकित्सक से केवल चिकित्सा देना

Samya kisi ki pratichha nahi karta/

दुस्रा और अन्य से अंतर नहीं है

Ek jut chhipane ke liye das jut bolne parte hain/

हरा खोज तो दूसरे तो घरेलू अंदाजा देना

Bina guru ke gyan nahi hota/

अपनी शिक्षा की पर अपने तिलक बनाना

Aapki budhi hi aapka guru hain/

जिस शिक्षा शिक्षा नहीं लेंगे जिस तिलक निकलेगा

Jigyasa ke bina gyan nahi hota/

जो जिज्ञासा नहीं नहीं जिज्ञासा नहीं

Bina anubhab ke kora shabdik gyan andha hain/

उसकी आँख में तर्क सातना तर्क नहीं लगाता

Updesh dena saral hain, upaya batana katin/

पुराना नहीं हृदय नपकता हृदय नहीं लगता।
Terse and telling phrases:

རུུུ་དལྭེམ།
Ever noble.

ཀུན་ཤྡེས་གཅྱིག་འགགས།
All knowing, single blocked. (Jack of all trade, master of none).

དཀར་ཁྲྱི་ནག་སོང།
Ten thousand white one thousand black.

རྐུན་རྒྱབ་རྫུན་ལངས།
Thief backed by liar (liar backing thief).

ལྐུགས་པས་ལྕང་གཅོད།
The idiot cutting the poplar.
A desiring thirst for water.

Arising, abiding and cessation.

A blessing in disguise.

Measuring vomit with the hand.

Broken mouth, torn nose.

Tongue acquainted with mouth. (The tongue knows what is inside the mouth)

Non-dual mouth and heart. (Complete sincerity)

Released by the mouth, held by the teeth.

Sleeping dog provoked with stick.

Collaboration of dog and wolf. (Dog and wolf
going hand in hand)

seeing shadow as demon.

grabbing shadow by the palm.

pleasing the enemy, saddening friends.

sudden lightening strike.

telling the positive, explaining the negative.

applauding the positive, criticizing the negative.

keeping the foot on the head.

eyes fated to watch the head.

trampling over the fallen.
Great expanse empty center.

One back, two saddles.

Bad warp, rough weft.

Frills cut from the leather.

Uprooting the garlic.

Unheeding the advice.

Not me not he.

Seeing every deed as positive.

Knowing one, freeing all.

Red iron twisted by tongs.
Reciprocating Chang with water.

Joining the breakage, straightening the bend.

One hundred streams merging under one bridge.

Wherever the tip of water leads.

The threefold of religion, politics and economy.

Dharma, wealth, desire and liberation.

Mixing of fish and raddish together.

Day time star.

Discarding the dirt, adopting the essence.

Discarding the old, developing the new.
Horse’s head, sheep’s tail.

The horse galloped, the dust disappeared.

Tying the head of horse and yak together.

The trinity of view, meditation, and conduct.

Summoning the evil signs as auspicious.

Tiger and lion facing each other.

Losing the tip of rope (thread).

Threefold: listening, contemplation and meditation.

Covering the foul smell with earth.

Engaging in the union of bliss and emptiness.
Knowing the arrow, purchasing the bow.

Abandoning negative, developing positive.

Uniting in a single step.

One hundred illnesses, a single medicine.

Medicine targeting on the illness.

Free from illness and malignant spirit.

Uncertainty of death.

A bolt from the blue.

Needle right on the boil.
A lamp with depleted oil.

Giving out, taking in.

A group of four abundance.

Destabilizing the whole country or community.

Prostration and purification.

Lifting aloft from all corners.

A stone wrapped with fabric.

Hanging the dirty laundry in the air.

Airing dirty laundry in public. (English)

A collaboration of a wild-dog and a wolf.

Seeing a piece of mud as gold.
འབུག་ཆེས་ཆུང་ཟོས།
A big insect eating small insects.

འབྲུག་མགོ་སྦྲུལ་མཇུག
Dragon head, snake tail.

སྦྲུལ་མདུད་སྦྲུལ་བཤྱིགས།
Snake coil uncoiled by snake.

མྱིག་སྨན་མྱིག་ཕན།
Appreciated by others, happy self.
Eye medicine benefiting the eye.

Seen by the eyes, caught by the hands.

Shooting an arrow in the dark.

Fire burn cured by fire.

Vajracchedika sutra of Mon. (mdo gcod of Mon)

Freedom of expression.

Opposite rivalry of hot and cold.

A thorn wrapped in silk.

Putting cold over hot.

Pointing finger to show the hill. (Showing the mountain by pointing finger).
A fox’s smile disguised as a tiger’s.

Peace, happiness and stability.

Threefold: basis, path and fruition (result).

Seeing the whole by looking at the fringe.

Casting a shadow without form.

Consolidating all points of chisels together.

One receipt, one hundred receivables.

Using every possible means.

Brass disguised as gold.
Self determination.

Self interest, self love.

Self interest in mind.

Self illness, self cured. (self help)

Destroying others, betraying self. (Self betrayed, other destroyed).

No self, no other.

A scabbard fallen from the sky.

Hare startled by “Chal” sound.

A hare disguised as a stone.

Setting sun of the mountain.
Conjoining nine times of breakage.

At a cross road (square).

Developing the positive, preventing the negative.

Body, speech and mind.

Meat-soup dissolving into the meat.

Paper ruined by oil.

Air pumped paper. (Paper pumped by air).

Putting up prayer flags beneath the earth. (Stringing flags under the earth).
Resting in the mind as such.

Mind, expanse and instruction.

Threelfold analysis of burning, cutting and whetting.

A demon-possessed god.