

Sutta Bhara: Beban
(*Bhāra Sutta: The Burden*)
[Sutta Nipata 22.22]

At Savatthi. "Monks, I will teach you the burden, the carrier of the burden, the taking up of the burden, and the casting off of the burden. Listen & pay close attention. I will speak." "As you say, lord," the monks responded.

Sāvattthiyaṃ-

Bhārañca bhikkhave desissāmi bhārahārañca, bhārādānañca, bhāranikkhepanañca. Taṃ suṇātha sādhukaṃ manasikaretha bhāsissāmīti evaṃ bhanteti kho te bhikkhū bhagavato paccassosum: bhagavā etadavoca:

Di Savatthi. "Para bhikkhu, saya akan mengajarkan kalian tentang beban, pembawa beban, memikul beban, dan melepas beban. Dengarkanlah dan perhatikanlah dengan seksama. Saya akan mengutarakannya." "Baiklah, Bhagava," jawab para bhikkhu.

The Blessed One said, "And which is the burden?"

Katamo ca bhikkhave bhāro:

Bhagava berkata, "Dan apakah beban itu?"

'The five clinging-aggregates,' it should be said. Which five? Form as a clinging-aggregate, feeling as a clinging-aggregate, perception as a clinging-aggregate, fabrications as a clinging-aggregate, consciousness as a clinging-aggregate. This, monks, is called the burden.

pañcupādānakkhandhātissa vacanīyaṃ. Katame pañca: rūpūpādānakkhandho vedanūpādānakkhandho saññūpādānakkhandho saṃkhārūpādānakkhandho viññāṇūpādānakkhandho. Ayaṃ vuccati bhikkhave bhāro.

Itu adalah 'kelima *upadana khandha*.' Apakah kelima *upadana khandha* itu? Wujud (*rupa*) sebagai *upadana khandha*, sensasi (*vedana*) sebagai *upadana khandha*, persepsi (*sanna*) sebagai *upadana khandha*, *sankhara* sebagai *upadana khandha*, kesadaran (*vinnana*) sebagai *upadana khandha*. Para bhikkhu, inilah yang disebut beban.

"And which is the carrier of the burden?"

Katamo ca bhikkhave bhārahāro:

"Dan apakah pembawa beban itu?"

'The person,' it should be said. This venerable one with such a name, such a clan-name. This is called the carrier of the burden.

puggalotissa vacanīyaṃ, yo'yaṃ āyasmā evannāmo evaṃgotto, ayaṃ vuccati bhikkhave, bhārahāro.

Itu adalah 'orangnya.' Bhikkhu dengan nama tertentu, suku tertentu. Inilah yang disebut pembawa beban.

"And which is the taking up of the burden?"

katamañca bhikkhave, bhārādānaṃ:

"Dan apakah memikul beban itu?"

The craving that makes for further becoming – accompanied by passion & delight, relishing now here & now there – i.e., craving for sensual pleasure, craving for becoming, craving for non-becoming. This is called the taking up of the burden.

yāyaṃ taṇhā ponobhaviḥā nandirāgasahagatā tatra tatrābhinandinī seyyathīdaṃ: kāmataṇhā bhavataṇhā vibhavataṇhā. Idaṃ vuccati bhikkhave bhārādānaṃ.

Itu adalah rasa tak berkecukupan (*tanha*) yang memunculkan *bhava* – disertai *raga* dan *nandi*, mencari kesenangan di sana-sini – yakni mendambakan kesenangan indrawi (*kama-tanha*), ingin 'menjadi' sesuatu/ingin 'menjadi' sosok tertentu (*bhava-tanha*), menolak menjadi sesuatu (*vibhava-tanha*). Inilah yang disebut memikul beban.

"And which is the casting off of the burden?"

Katamañca bhikkhave bhāranikkhepanaṃ:

"Dan apakah melepas beban itu?"

The remainderless fading & cessation, renunciation, relinquishment, release, & letting go of that very craving. This is called the casting off of the burden."

yo tassāyeva taṇhāya asesavirāgaṇirodho cāgo paṭinissaggo mutti anālayo. Idaṃ vuccati bhikkhave bhāranikkhepananti.

Pudarnya (*viraga*) dan berhentinya (*nirodha*), ditinggalkannya, kentasnya, lepasnya dan bebasnya – secara menyeluruh dari *tanha* tersebut. Inilah yang disebut melepas beban.

That is what the Blessed One said. Having said that, the One Well-gone, the Teacher, said further:

Idamavoca bhagavā idam vatvā sugato athāparaṃ etadavoca satthā:

Itulah yang dikatakan Bhagava. Setelah berkata demikian, Sugata, Guru mengutarakan lebih lanjut:

*A burden indeed are the five aggregates,
and the carrier of the burden is the person.*

Bhārā bhavē pañcakkhandhā bhārahāro ca puggalo,

Beban adalah kelima *khandha*,
Dan pembawa beban adalah orangnya.

*Taking up the burden in the world is stressful.
Casting off the burden is bliss.*

Bhārādānaṃ dukhaṃ- loke bhāranikkhepanaṃ sukhaṃ.

Memikul beban dalam hidup adalah *dukkha*.
Melepas beban adalah *sukha*.

*Having cast off the heavy burden and not taking on another,
pulling up craving, along with its root, one is free from hunger,
totally unbound.*

Nikkhipitvā garuṃ bhāraṃ aññaṃ bhāraṃ anādiya,
Samūlaṃ taṇhaṃ abbuyha nicchāto parinibbuto.

Setelah melepas beban berat dan tidak memikul beban lainnya,
Mencabut *tanha* beserta akar-akarnya, seseorang bebas dari rasa tak
berkecukupan,
Sepenuhnya bebas.

*Sumber: "Bhāra Sutta: The Burden" (SN 22.22), translated from the Pali by Thanissaro Bhikkhu.
Access to Insight (Legacy Edition), 30 November 2013,
<http://www.accesstoinsight.org/tipitaka/sn/sn22/sn22.022.than.html>.*

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