

THE PALIVERSE PROJECT

The Universe of Buddha's Wisdom

The Triple Canon (Tipiṭaka)

The Canon of Discourses (Sutta Piṭaka)

5. The Collection of Minor Texts (5. Khuddaka Nikāya)

09. Verses of the Elder Nuns (09. Therīgāthāpāḷi)

1. The Book of the Ones (1. Ekakanipāto)

[Thig 1.1-18, PTS 123-125]



PaliVerse

5. The Collection of Minor Texts

09. Verses of the Elder Nuns

Homage to the Blessed One, the Worthy One, the Perfectly Enlightened One

In the Minor Collection

Verses of the Elder Nuns

1. The Book of the Ones

1. Verses of a Certain Elder Nun

1. "Sleep happily, little elder nun, wrapped in a robe you have made;
For your lust is calmed, like dried-up vegetables in a pot."

Thus a certain unknown elder nun, a nun, spoke this verse.

2. Verses of the Elder Nun Muttā

2. "Muttā, be freed from the mental bonds, like the moon from Rāhu's grip;
With a free mind, free of debt, enjoy your almsfood."

Thus the Blessed One repeatedly exhorted Muttā, the female trainee, with this verse.

3. Verses of the Elder Nun Puṇṇā

3. "Puṇṇā, be filled with qualities, like the moon on the fifteenth day;
With complete wisdom, shatter the mass of darkness."

Thus the Elder Nun Puṇṇā spoke this verse.

4. Verses of the Elder Nun Tissā

4. "Tissā, train in the training, let not the mental bonds overcome you;
Unbound from all mental bonds, wander in the world without mental
corruptions."

... The Elder Nun Tissā...

5. Verses of a Certain Elder Nun Tissā

5. "Tissā, engage in the teachings, let not the moment pass you by;
For those who have missed the moment grieve, consigned to hell."

... A Certain Elder Nun Tissā...

6. Verses of the Elder Nun Dhīrā

6. "Wise one, experience cessation, the happiness of the appeasement of

perception;
Attain Nibbāna, the unsurpassed freedom from bondage."

... The Elder Nun Dhīrā...

7. Verses of the Elder Nun Vīrā

- 7.** "A heroine with heroic qualities, a nun with developed faculties;
Bear your final body, having conquered Māra with his army."

... The Elder Nun Vīrā...

8. Verses of the Elder Nun Mittā

- 8.** "Having gone forth through faith, be one delighting in friends among friends;
Develop wholesome mental states, for the attainment of freedom from
bondage."

... The Elder Nun Mittā...

9. Verses of the Elder Nun Bhadrā

- 9.** "Having gone forth through faith, be one delighting in good among the good;
Develop wholesome mental states, the unsurpassed freedom from bondage."

... The Elder Nun Bhadrā...

10. Verses of the Elder Nun Upasamā

- 10.** "Upasama, cross the flood, the realm of Death so hard to cross;
Bear your final body, having conquered Māra with his army."

... The Elder Nun Upasamā...

11. Verses of the Elder Nun Muttā

- 11.** "Well released, truly well released am I, freed from three crooked things;
From the mortar, from the pestle, and from my humpbacked husband;
I am freed from birth and death, the conduit to existence has been uprooted."

... The Elder Nun Muttā...

12. Verses of the Elder Nun Dhammadinnā

- 12.** "One in whom desire has arisen, who has reached the conclusion, and who
would be pervaded by mind;
With consciousness unbound to sensual pleasures, is called an upstream-
goer."

... The Elder Nun Dhammadinnā...

13. Verses of the Elder Nun Visākhā

- 13.** "Practise the Buddha's teaching, which having done one does not regret;

Quickly having washed your feet, sit down on one side."

... The Elder Nun Visākhā...

14. Verses of the Elder Nun Sumanā

- 14.** "Having seen the elements as suffering, do not come again to birth;
Having removed desire for existence, you will live at peace."

... The Elder Nun Sumanā...

15. Verses of the Elder Nun Uttarā

- 15.** "I was restrained by body, by speech, or by mind;
Having uprooted craving with its root, I have become cool, quenched."

... The Elder Nun Uttarā...

16. Verses of the Elder Nun Sumanā Who Went Forth When Old

- 16.** "Sleep happily, little elder, wrapped in a robe you have made;
For your lust is calmed, you have become cool, quenched."

... The Elder Nun Sumanā Who Went Forth in Old Age...

17. Verses of the Elder Nun Dhammā

- 17.** "Having walked for almsfood, leaning on a staff, weak;
With trembling limbs, right there I fell to the ground;
Having seen the danger in the body, thereupon my mind was liberated."

... The Elder Nun Dhammā...

18. Verses of the Elder Nun Saṅghā

- 18.** "Having left the household, gone forth, having left son, cattle, and dear ones;
Having left lust and hate, and having become dispassionate towards
ignorance;
Having uprooted craving with its root, I am at peace, quenched."

... The Elder Nun Saṅghā...

The Book of Ones is concluded.



ABOUT THIS TRANSLATION

This translation is part of the PaliVerse Project - the first complete, unified English translation of the Pāli Canon together with its Commentaries (Aṭṭhakathā) and Subcommentaries (Tīkā), accompanied by interactive study tools. PaliVerse is an ongoing project. The AI translations are continuously improved through experts' revisions and feedback. This text is the latest translation as of the date of download.

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