

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)

2. The Book of the Twos (2. Dukanipāto)

[Thig 2.1-10, PTS 125-127]



PaliVerse

5. The Collection of Minor Texts

09. Verses of the Elder Nuns

2. The Book of the Twos

1. Verses of the Elder Nun Abhirūpanandā

- 19.** "Afflicted, impure, putrid, see, Nanda, this body;
Develop the mind towards foulness, fully focused, well concentrated.
- 20.** "And develop the signless, abandon the underlying tendency to conceit;
Then through the full realisation of conceit, you will live at peace."

Thus the Blessed One repeatedly exhorted Abhirūpanandā, the female trainee, with these verses.

2. Verses of the Elder Nun Jentā

- 21.** "These seven factors of enlightenment, the path for the attainment of
Nibbāna;
All of them were developed by me, as taught by the Buddha.
- 22.** "For I have seen that Blessed One, this is the final body;
The cycle of birth and wandering is eliminated, there is now no more rebirth."

Thus the Elder Nun Jentā spoke these verses.

3. Verses of the Elder Nun Sumaṅgala's Mother

- 23.** "Well freed, well freed, I am truly well freed from the pestle;
My shameless husband, and even my sunshade-making, my pot smells like a
water-snake."
- 24.** "Both lust and hate I destroy with a 'crackle crackle' sound;
Having approached the root of a tree, 'Oh happiness!' I meditate in
happiness."

... The Elder Nun Sumaṅgala's Mother.

4. Verses of the Elder Nun Aḍḍhakāsi

- 25.** "As far as the Kāsi country, my toll was that much;
Having made that the price, the townspeople set me at half the price.
- 26.** "Then I became wearied of material form, and being wearied I became
dispassionate;
May I not transmigrate again and again through the round of rebirths;
The three true knowledges have been realised, the Buddha's teaching has
been fulfilled."

5. Verses of the Elder Nun Cittā

- 27.** "Although I am thin, sick and very weak;
Leaning on a staff I go, having ascended the mountain.
- 28.** "Having laid aside the double robe, and having turned over the bowl;
On the rock I steadied myself, having shattered the mass of darkness."

... The Elder Nun Cittā...

6. Verses of the Elder Nun Mettikā

- 29.** "Although I am afflicted, weak, with youth gone;
Leaning on a staff I go, having ascended the mountain.
- 30.** "Having laid aside the double robe, and having turned over the bowl;
Seated I was on a rock, thereupon my mind was liberated;
The three true knowledges have been attained, the Buddha's teaching has
been fulfilled."

... The Elder Nun Mettikā...

7. Verses of the Elder Nun Mittā

- 31.** "The fourteenth, the fifteenth, and the eighth of the fortnight;
And the extra holiday, well endowed with the eight factors.
- 32.** "I undertook the Observance, delighting in the group of gods;
Today, with one meal, shaven-headed, wrapped in the double robe;
I do not aspire to the group of gods, having removed anguish from the heart."

... The Elder Nun Mittā...

8. Verses of the Elder Nun Abhaya's Mother

- 33.** "Upwards from the soles of the feet, mother, downwards indeed from the top
of the hair;
Review this body of mine, impure, foul-smelling.
- 34.** "Dwelling thus, all lust has been uprooted;
The fever has been cut off, I have become cool, quenched."

... The Elder Nun Abhaya's Mother...

9. Verses of the Elder Nun Abhayā

- 35.** "Abhayā, the body is fragile, where worldlings are attached;
I shall lay down this body, fully aware and mindful.
- 36.** "By many painful states, for me who delights in heedfulness;

The elimination of craving has been attained, the Buddha's teaching has been fulfilled."

... The Elder Nun Abhayā...

10. Verses of the Elder Nun Sāmā

- 37.** "Four times, five times, I went out from the dwelling;
Not having gained peace of mind, not having control over my mind;
For me that was the eighth night, since when craving was uprooted.
- 38.** "By many painful states, for me who delights in heedfulness;
The elimination of craving has been attained, the Buddha's teaching has been fulfilled."

... The Elder Nun Sāmā...

The Book of Twos 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.

PDF Creation Date: 14 September 2026

HOW TO CITE

PaliVerse (2026). The Triple Canon. The Canon of Discourses. 5. The Collection of Minor Texts. 09. Verses of the Elder Nuns. 2. The Book of the Twos Retrieved from paliverse.org

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