

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)

7. The Book of the Sevens (7. Sattakanipāto)

[Thig 7.1-3, PTS 141-142]



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5. The Collection of Minor Texts

09. Verses of the Elder Nuns

7. The Book of the Sevens

1. Verses of the Elder Nun Uttarā

- 175.** "Having taken pestles, young men pound grain;
Nourishing children and wife, young men gain wealth.
- 176.** "Strive in the Buddha's teaching, which having done one does not regret;
Quickly having washed your feet, sit down on one side.
- 177.** "'Having established the mind, fully focused, well concentrated;
Review activities as alien and not as self.'
- 178.** "Having heard her word, the instruction of Paṭācārā;
Having washed my feet, I sat down to one side.
- 179.** "In the first watch of the night, I recollected past births;
In the middle watch of the night, I purified the divine eye.
- 180.** "In the last watch of the night, I shattered the mass of darkness;
Possessing the threefold true knowledge, thereupon I arose, your instruction
has been fulfilled.
- 181.** Like the deities of the Thirty-three honour Sakka, unconquered in battle;
Having put her in front, I shall dwell, I am a possessor of the threefold true
knowledge, without mental corruptions."

... The Elder Nun Uttarā...

2. Verses of the Elder Nun Cālā

- 182.** "Having established mindfulness, a nun with developed faculties;
She penetrated the peaceful state, the stilling of activities, happiness."
- 183.** "With reference to whom are you shaven, you appear like a female ascetic;
Yet you do not approve of heresy, why do you wander about in sheer
delusion?"
- 184.** "Outside of this, heretics are dependent on views;
They do not cognise the Teaching, they are not skilled in the Teaching.
- 185.** "There is one born in the Sakyan clan, the Buddha without equal;
He expounded the Teaching to me, the transcendence of views.
- 186.** Suffering, the origin of suffering, and the overcoming of suffering;

The noble eightfold path, leading to the peace of suffering.

187. "Having heard his word, I dwelt delighted in the Dispensation;
The three true knowledges have been attained, the Buddha's teaching has
been fulfilled.

188. "Delight has been destroyed everywhere, the mass of darkness has been split
open;
Know thus, Evil One, you are defeated, O Death."

... The elder nun Cālā...

3. Verses of the Elder Nun Upacālā

189. "Mindful, with vision, a nun with developed faculties;
I penetrated the peaceful state, not practised by wretched persons."

190. "Why do you not approve of birth? One who is born enjoys sensual pleasures;
Enjoy sensual delights, do not be one who regrets afterwards."

191. "For one who is born there is death, the cutting off of hands and feet;
Murder, imprisonment and hardship, one who is born undergoes suffering.

192. "There is one born in the Sakyan clan, the Enlightened by himself,
unconquered;
He expounded the Teaching to me, the transcendence of birth.

193. Suffering, the origin of suffering, and the overcoming of suffering;
The noble eightfold path, leading to the peace of suffering.

194. "Having heard his word, I dwelt delighted in the Dispensation;
The three true knowledges have been attained, the Buddha's teaching has
been fulfilled.

195. "Delight has been destroyed everywhere, the mass of darkness has been split
open;
Know thus, Evil One, you are defeated, O Death."

... The elder nun Upacālā...

The Chapter of Sevens 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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