Thig 1.2 — Verses of the Elder Muttā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Ones

Verses of the Elder Muttā

“Muttā, free yourself from bondage,

like the moon from Rāhu’s grasp.

And with a liberated mind,

eat alms free of debt.”

Thus the Bhagavant often exhorts the trainee Muttā with this verse.