Thig 1.4 — Verses of the Elder Tissā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Ones

Verses of the Elder Tissā

“Tissā, train yourself with discipline;

do not let bonds tie you down.

All bonds unbound,

walk in the world free from influences.”

The Elder Tissā