Thig 1.10 — Verses of the Elder Upasamā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Ones

Verses of the Elder Upasamā

“Upasamā, pass over the flood,

the sphere of death so difficult to cross.

Carry your last body,

having conquered Māra and his army.”

The Elder Upasamā