Thig 2.1 — Verses of the Elder Abhirūpanandā

English translation by Bhikkhuni Soma.
Source: https://suttacentral.net/thig2.1/en/soma
Source revision: da23a8afdd1be12267ecf4a0ff94af5187093702
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Verses of the Elder Bhikkhunīs

Chapter of the Twos

Verses of the Elder Abhirūpanandā

“Nandā, see this body as diseased,

impure, and rotten.

Cultivate awareness of the unattractive

with a well-collected, one-pointed mind.

Develop objectless meditation;

give up the underlying tendency toward conceit.

Once you fully understand conceit,

you will walk in peace.”

Thus the Bhagavant often exhorts the trainee Abhirūpanandā with these verses.