Thig 2.8 — Verses of the Elder Abhayā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Twos

Verses of the Elder Abhayā

“Mother, I contemplated the body

from the soles of the feet

all the way to the top of the head,

seeing it as impure and fetid.

Dwelling in this way,

I uprooted all passion

and extinguished all heat:

I have become cool and quenched.”

The Elder Abhayā