Thig 3.2 — Verses of the Elder Uttamā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Threes

Verses of the Elder Uttamā

“Four times, five times,

I went outside.

I had not attained peace of mind

and I had no power over the mind.

I approached a bhikkhunī

whom I trusted.

She taught me the Dhamma:

the khandhas, elements, and sense domains.

I listened to her Dhamma,

followed her instructions,

and sat cross-legged for seven days,

dedicated to bliss and happiness.

On the eighth day I stretched out my feet,

having destroyed this mass of darkness.”

The Elder Uttamā