Thig 3.7 — Verses of the Elder Selā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Threes

Verses of the Elder Selā

“There is no escape in the world,

so what will you do in seclusion?

Enjoy sensual pleasures,

do not regret it later.”

“Sensual pleasures are like the handle of an axe,

and one’s khandhas the executioner’s block.

The appealing sensual pleasures that you talk about

are no longer appealing to me.

In this way all fixation is annihilated,

and the mass of darkness destroyed.

Thus be aware, Wicked One,

Death—you are destroyed!”

The Elder Selā