Thig 5.4 — Verses of the Elder Sundarīnandā

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Text

Verses of the Elder Bhikkhunīs

Chapter of the Fives

Verses of the Elder Sundarīnandā

“Nandā, see this body as diseased,

impure, and rotten.

Cultivate awareness of the unattractive,

with a well-collected, one-pointed mind.

As this is, so is that,

as that is, so is this.

Only fools enjoy

the vile smell of rotten winds.”

“I looked at it in this way

relentlessly, by day and by night,

saw it for myself with wisdom,

and had a breakthrough.

I heedfully investigated

the origin of things

to accurately see this body

inside and out.

Then I was disenchanted by the body,

and I became dispassionate.

Heedful, unbound,

I am quenched and at peace.”

The Elder Sundarīnandā