Thig 5.5 — Verses of the Elder Nanduttarā

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Text

Verses of the Elder Bhikkhunīs

Chapter of the Fives

Verses of the Elder Nanduttarā

“I used to worship fire, the moon,

the sun, and the Devas.

I would go to the river ford

and descend into the water.

I took on many spiritual practices:

I shaved half of my head,

I set my sleeping place on the ground,

and ate no food at night.

At the same time I enjoyed jewelry and makeup,

I pampered this body

with baths and massages,

afflicted with longing to gratify the senses.

Eventually I acquired faith,

and went forth into homelessness.

After I accurately saw the body,

I uprooted sense-desire.

All states of existence have been cut off,

as well as desire and aspiration.

All bonds unbound,

I have attained peace of mind.”

The Elder Nanduttarā