Thig 5.8 — Verses of the Elder Soṇā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Fives

Verses of the Elder Soṇā

“I gave birth to ten children

from this same body.

Then when I was old and feeble,

I approached a bhikkhunī.

She taught me the Dhamma:

the khandhas, elements, and sense domains.

After I listened to her Dhamma,

I cut off my hair and went forth.

From training with her,

my divine eye was purified.

I know my past lives,

where I dwelt previously.

I cultivate objectless meditation

with a well-collected and one-pointed mind.

I was immediately liberated,

quenched because of non-grasping.

The five khandhas are fully understood,

they remain with roots destroyed.

What does it matter that I am decrepit?

There is now no coming back to any state of being.”

The Elder Soṇā