Thig 7.1 — Verses of the Elder Uttarā

English translation by Bhikkhuni Soma.
Source: https://suttacentral.net/thig7.1/en/soma
Source revision: da23a8afdd1be12267ecf4a0ff94af5187093702
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Verses of the Elder Bhikkhunīs

Chapter of the Sevens

Verses of the Elder Uttarā

“With a pestle,

young men pound grain.

As they nourish wife and children,

young men prosper.

Work your way through the teaching of the Buddha,

and you will have no regrets.

Quickly wash your feet,

and sit down to one side.

Once the mind

is well-collected and one-pointed,

review all formations

as alien, and not as yourself.”

“Upon hearing these words,

the instructions of Paṭācārā,

I washed my feet,

and sat down to one side.

In the first watch of the night,

I remembered my previous lives.

In the second watch of the night,

I purified the divine eye.

In the third watch of the night,

I destroyed this mass of darkness.

I emerged from that possessing the three knowledges:

I did as you instructed.

I now possess the three knowledges and am free from influences,

and will dwell revering you

just as the thirty Devas honor Indra,

unconquered in battle.”

The Elder Uttarā