Thag 2.26 — Puṇṇamāsa (2nd)

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Monks 2.26

The Book of the Twos

Chapter Three

Puṇṇamāsa (2nd)

I gave up the five hindrances

for the sake of sanctuary from the yoke.

I took Dhamma as a mirror

for knowing and seeing myself.

I examined this body,

all of it, inside and out.

Internally and externally

my body appeared hollow.