Thig 1.2 — Muttā (1st)

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 1.2

The Book of the Ones

Muttā (1st)

Muttā, be released from your yokes,

like the moon released from the eclipse.

When your mind is released,

enjoy your alms free of debt.

That is how the Buddha regularly advised the trainee nun Muttā with these verses.