# Thig 1.10 — Upasamā

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thig1.10/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

## Text

Verses of the Senior Nuns 1.10

The Book of the Ones

Upasamā

Upasamā, cross the flood,

Death’s dominion so hard to pass.

When you have vanquished Māra and his legions,

bear your final body.