Thig 1.15 — Uttarā (1st)

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thig1.15/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Verses of the Senior Nuns 1.15

The Book of the Ones

Uttarā (1st)

I was restrained

in body, speech, and mind.

Having plucked out craving, root and all,

I’m cooled and quenched.