Thig 2.1 — Abhirūpanandā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 2.1

The Book of the Twos

Abhirūpanandā

Nandā, see this bag of bones as

diseased, filthy, and rotten.

With mind unified and serene,

meditate on the ugly aspects of the body.

Meditate on the signless,

give up the tendency to conceit;

and when you comprehend conceit,

you will live at peace.

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