Thig 2.6 — Mettikā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 2.6

The Book of the Twos

Mettikā

Though in pain,

feeble, my youth long gone,

I climb the mountain,

leaning on a staff.

Having laid down my outer robe

and overturned my bowl,

sitting on a rock,

my mind was freed.

I've attained the three knowledges,

and fulfilled the Buddha's instructions.