Thig 2.7 — Mittā (2nd)

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 2.7

The Book of the Twos

Mittā (2nd)

I rejoiced in the host of gods,

having observed the sabbath

complete in all eight factors,

on the fourteenth and the fifteenth days,

and the eighth day of the fortnight,

as well as on the fortnightly special displays.

Today I eat just once a day,

my head is shaven, I wear the outer robe.

I don’t long for the heavenly host,

for stress has been removed from my heart.