Thig 2.8 — To Abhayā’s Mother From Her Daughter

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thig2.8/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Verses of the Senior Nuns 2.8

The Book of the Twos

To Abhayā’s Mother From Her Daughter

My dear mother, examine this body,

up from the soles of the feet,

and down from the tips of the hairs,

so impure and foul-smelling.

Meditating like this,

all my lust is eradicated.

The fever of passion is cut off,

I’m cooled and quenched.