Thig 3.1 — Another Sāmā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 3.1

The Book of the Threes

Another Sāmā

In the twenty-five years

since I went forth,

I don’t know that I had ever found

serenity in my mind.

I had failed to find peace of heart,

or any control over my mind.

When I remembered the victor’s instructions,

I was struck with a sense of urgency.

Though subject to so many painful things,

I have, through my love of diligence,

reached the ending of craving,

and fulfilled the Buddha’s instructions.

This is the seventh day

since my craving dried up.