Thig 3.2 — Uttamā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 3.2

The Book of the Threes

Uttamā

Four or five times

I left my dwelling.

I had failed to find peace of heart,

or any control over my mind.

I approached a nun

in whom I had faith.

She taught me the Dhamma:

the aggregates, sense fields, and elements.

When I had heard her teaching,

in accordance with her instructions,

I sat cross-legged for seven days without moving,

given over to rapture and bliss.

On the eighth day I stretched out my feet,

having shattered the mass of darkness.