Thig 3.7 — Selā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 3.7

The Book of the Threes

Selā

“There’s no escape in the world,

so what will seclusion do for you?

Enjoy erotic delights;

don’t regret it later.”

“Sensual pleasures are like swords and spears

the aggregates are their chopping block.

What you call erotic delight

is now no delight for me.

Relishing is banished in every respect,

and the mass of darkness is shattered.

So know this, Wicked One:

you’re beaten, terminator!”