Thig 5.4 — Sundarīnandā

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thig5.4/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Verses of the Senior Nuns 5.4

The Book of the Fives

Sundarīnandā

“Nandā, see this bag of bones as

diseased, filthy, and rotten.

With mind unified and serene,

meditate on the ugly aspects of the body:

as this is, so is that,

as that is, so is this.

A foul stink wafts from it,

it is the fools’ delight.”

Reflecting in such a way,

tireless all day and night,

having broken through

with my own wisdom, I saw.

Being diligent,

rationally investigating,

I truly saw this body

both inside and out.

Then, growing disillusioned with the body,

I became dispassionate within.

Diligent, detached,

I’m quenched and at peace.