Thig 5.5 — Nanduttarā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 5.5

The Book of the Fives

Nanduttarā

In the past I worshiped the sacred flame,

the moon, the sun, and the gods.

Having gone to a river ford,

I plunged into the water.

Undertaking many vows,

I shaved half my head.

Preparing a bed on the ground,

I ate no food at night.

I loved my ornaments and decorations;

and with baths and oil-massages,

I pandered to this body,

racked by desire for pleasures of the senses.

But then I gained faith,

and went forth to homelessness.

Truly seeing the body,

desire for sensual pleasure is eradicated.

All rebirths are cut off,

wishes and aspirations too.

Unyoked from all yokes,

I've found peace of mind.