Thig 7.1 — Uttarā (2nd)

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 7.1

The Book of the Sevens

Uttarā (2nd)

“Taking a pestle,

young men pound grain.

Providing for partners and children,

young men acquire wealth.

Work at the Buddha’s bidding,

you won’t regret it.

Having quickly washed your feet,

sit in a discreet place to meditate.

Establish the mind,

unified and serene.

Examine conditions

as alien, not as self.”

“After hearing her words,

the instructions of Paṭācārā,

I washed my feet

and retired to a discreet place.

In the first watch of the night,

I recollected my past lives.

In the middle watch of the night,

I purified my clairvoyance.

In the last watch of the night,

I shattered the mass of darkness.

I rose up master of the three knowledges:

your bidding has been done.

I shall abide honoring you

as the Thirty gods honor Sakka,

undefeated in battle.

Master of the three knowledges, I am free of defilements.”