Thig 7.3 — Upacālā

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Nuns 7.3

The Book of the Sevens

Upacālā

“A nun with faculties developed,

mindful, seeing clearly,

I penetrated that peaceful state,

which reprobates do not cultivate.”

“Why don’t you approve of rebirth?

When you’re born, you get to enjoy sensual pleasures.

Enjoy erotic delights;

don’t regret it later.”

“Death comes to those who are born;

and when born they fall into suffering:

the chopping off of hands and feet,

killing, caging, misery.

But there is one born in the Sakyan clan,

awakened and undefeated.

He taught me the Dhamma

for transcending rebirth:

suffering, suffering’s origin,

suffering’s transcendence,

and the noble eightfold path

that leads to the stilling of suffering.

After hearing his words,
I happily did his bidding.
I’ve attained the three knowledges
and fulfilled the Buddha’s instructions.
Relishing is banished in every respect,
and the mass of darkness is shattered.
So know this, Wicked One:
you’re beaten, terminator!”