

The “Verses of the Senior Monks” is a collection of about 1288 verses attributed to 264 of the senior monks alive in the Buddha’s time, or in a few cases, a little later. It is a pair with the Therīgāthā, the “Verses of the Senior Nuns”. These verses celebrate the joy of freedom and the life of meditation in the forest. Together these collections preserve the unique voices of hundreds of early practitioners.

The wisdom of the Buddha has been preserved in a vast ocean of ancient texts. SuttaCentral offers fresh translations of these texts in the world’s languages. Setting aside the boundaries of language and tradition, we let the Buddha speak for himself.



Verses of the Senior Monks

An approachable translation
of the Theragāthā

translated by
Bhikkhu Sujato

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