

The “Verses of the Senior Nuns” is a collection of about 524 verses attributed to 73 of the senior nuns alive in the Buddha’s time or a little later. Celebrating the bliss of freedom and the life of meditation, the verses are full of proud and joyous proclamations of the nuns’ spiritual attainments and their gratitude to other nuns as guides and teachers. The Therīgāthā is one of the oldest spiritual texts anywhere that records primarily women’s voices. It is a pair with the Theragāthā, the “Verses of the Senior Monks”.

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 NUNS

BHIKKHU SUJATO

Verses of the Senior Nuns

A friendly translation of the Therīgāthā

translated by

Bhikkhu Sujato

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