

NAMO BUDDAYA !.

Namo Tassa Bhagavato Arahato Samma Sambuddhassa !

Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !

THE SHORTED DISCOURSES OF THE BUDDHA.

The Theri Gatha – Section of sixteen Verses

The verses of Arahant Nun Punna

01.- [Maid Punna]- I am a maid who carries water, fearing punishment and the insults of my house owner, I have always gone down to the river to get water, even in the coldest of weather. I didn't want to get blamed for any error.

02.- But, Braahmin, who do you fear that makes you go down to the river every morning and evening? It is so cold that your body shivers.

03.- [Braahmin]- Puṇṇikā, why do you ask me this when you already know the answer? When I'm at the river, I'm washing away evil and performing wholesome deeds.

04.- Whoever young or old has committed any evil action (bad kamma / result of bad action) is able to be? Freed from evil by bathing in water.

05.- [Maid Punna]- Braahmin, you have no idea about the results of kamma. Who is the ignorant person who taught that you can be freed from evil by bathing in water? He doesn't know and doesn't see the results of kamma (action)

06.- Now listen. If your opinion is true, then all fishes, tortoises, frogs, turtles, water snakes, crocodiles And all water creatures will absolutely go to heaven.

07.- If your opinion is true, then all butchers, pig butchers, fishermen, animal butchers, thieves, hunters, murderers, executioners, and other evil doers are all able to be freed from their evil actions by bathing in water.

08.- If these rivers wash away the evil you previously did, then won't it wash away your merit (good kamma / result of good action) too? In that case you would be without merit too!

09.- Braahmin, every day you go down to the river fearing evil, don't you? In that case, just don't do bad things. Don't let the cold strike your skin!

10.- Oh wise girl! I had entered upon the wrong path, but you have guided me onto the noble path by rescuing me from this point less bathing. I will give you this piece of cloth as a gift.

11.- [Maid Punna]-'Keep the piece of cloth for yourself. I don't want it.If you are afraid of suffering, if suffering is unpleasant to you, do not commit evil actions either openly or in secret. But if you commit or

will commit evil actions, then there is no escape from suffering, even if you try to run away and hide from the result.

If you are afraid of suffering, If suffering is unpleasant for you, then go for refuge to the Buddha who has an unshaken mind, the Dhamma and the Sangha. Observe the precepts. These will definitely lead to your well-being.

12.- [Brahmin]- I will go for refuge to the Buddha who has an unshaken mind, the dhamma and the sangha. I will observe the precepts. These will definitely lead to my well-being,

13.- Previously, I was called Brahmabandu because I was born into the clan of braahmins. But now I am truly a Braahmin. I attained the Triple Knowledge. I achieved Nibbaana. I entered wholesomeness and I am washed clean.

These verses were said by Arahant nun Punna Bhikkuni

Sadu!. Sadu!!. Sadu!!!.

(Kiribathgoda Gnanananda Thero, The Voice Of Enlightened Nuns-The Therigatha)

The ten Unwholesome Actions

Bodily Actions

1. Killing living beings
2. Stealing or cheating
3. Being involved with wrong doing with regards to persons or things dear to others.

Verbal Actions

4. False speech
5. Divisive or hateful speech
6. Harsh speech
7. Useless speech

Mental Actions

8. Greediness

This is a person who is having full of desires. He has a strong greed to the wealth and properties of others. Always he wishes that may what belong to others be mine.

9. Ill-will or Anger

He has angry and hateful thoughts.

10. Wrong view or Wrong Understanding