

## Verse 7

*Mātā yathā niyam puttam  
 Āyusā ekaputta-manurakkhe  
 Evampi sabba bhūtesu  
 Mānasam-bhāvaye aparimānam*

Just as a mother would protect her  
 only child with her own life,  
 even so, let him cultivate boundless thoughts  
 of loving kindness towards all beings.

	<u>Meaning</u>
<i>Mātā</i>	(A) mother
<i>yathā</i>	just like
<i>niyam puttam</i>	her son
<i>Āyusā</i>	with her life
<i>ekaputtam</i>	only child
<i>anurakkhe</i>	guard, protect
<i>Evam'pi</i>	even so, thus
<i>sabba</i>	all
<i>bhūtesu</i>	beings
<i>Mānasam</i>	(his) thoughts (full of loving kindness)
<i>bhāvaye</i>	maintain, cultivate
<i>aparimānam</i>	unbounded