

Verse 8

*Mettañ ca sabba lōkasmim
Mānasam bhāvaye aparimānam
Uddham adho ca tiriyañ ca
Asambādham averam asapattam*

Let him cultivate boundless thoughts
of loving kindness towards the whole world —
above, below and all around,
unobstructed, free from hatred and enmity.

Meaning

<i>Mettañ ca</i>	(With) loving kindness (towards)
<i>sabba</i>	all (beings)
<i>lōkasmim</i>	in the world
<i>Mānasam</i>	thoughts
<i>bhāvaye</i>	maintain
<i>aparimānam</i>	unbounded
<i>Uddham</i>	above
<i>adho</i>	below
<i>tiriyañ [ca]</i>	[and] all around, in the middle
<i>Asambādham</i>	without barriers, unobstructed
<i>averam</i>	free from anger and malice
<i>asapattam</i>	free from enmity, without enemies