

Verse 9

*Tittham caram nisinno vā  
Sayāno vā yāvat'assa vigatamiddho  
Etam satim adhittheyya  
Brahma metam vihāram idha-māhu*

Whether standing, walking, seated  
or lying down, as long as he is awake,  
he should develop this mindfulness.  
This they say, is the divine abiding here.

Meaning

<i>Tittham</i>	(In whatever posture whether) standing
<i>caram</i>	walking
<i>nisinno [vā]</i>	seated [or]
<i>Sayāno</i>	lying down
<i>yāvat'āssa</i>	while he is
<i>vigatamiddho</i>	undrowsing, awake
<i>Etam</i>	this (loving kindness)
<i>satim</i>	mindfulness
<i>adhittheyya</i>	(he would) pursue
<i>Brahmam</i>	divine
<i>etam</i>	this
<i>vihāram</i>	abiding
<i>idham</i>	here (is)
<i>āhu</i>	they say