

**VERSE 8
= Sn 150**

**mettañ ca sabbalokasmim
mānasam bhāvaye aparimānam
uddham adho ca tiriyañ ca
asambādham averam asapattam.**

- Saddhatissa: Let his thoughts of boundless love pervade the whole world: above, below and across without any obstruction, without any hatred, without any enmity.
- Norman: and loving-kindness towards all the world. One should cultivate an unbounded mind, above and below and across, without obstruction, without enmity, without rivalry.
- Basham: Friendliness for the whole world,
All-embracing, he should raise in his mind,
Above, below, and across,
Unhindered, free from hate and ill-will.
- Rahula: Let one's thoughts of boundless love pervade the whole world—above, below and across—without any obstruction, without any hatred, without any enmity.
- Woodward: And let a man practise a boundless goodwill for all the world, above, below, across, in every way, goodwill unhampered, without ill-feeling or enmity.
- Ñānamoli:
(1) His thought of love for all the world
He would maintain unboundedly,
Above, below, and all around,
Unchecked, no malice with or foe,
- Ñānamoli:
(2) And so with love for all the world
Let him extend unboundedly
His heart, above, below, around,
Unchecked, with no ill will or hate.
- Dhammayut: With good will for the entire cosmos, cultivate a limitless heart:
Above, below, & all around, unobstructed, without enmity or hate.
- Gunaratana: One should cultivate for all the world
a heart of boundless loving-kindness,
above, below, and all around,
unobstructed, without hate or enmity.
- Khantipalo: extending from a consciousness sublime
upwards and downwards and across the world,
untroubled, free of hate and enmity.
- Aronson: He should cultivate an unlimited loving mind,
without obstruction, anger, or opposition
To the whole world
Above, below, and across.
- Narada: Let his thoughts of boundless love pervade the whole world—above, below and across—
without any obstruction, without any hatred, without any enmity.
- New Translation: