

VERSE 9
= Sn 151

tittham caram nisinno vā
sayāno vā yāvat' assa vigatamiddho,
etam satim adhittheyya,
brahman etam vihāram idha-m-āhu.

- Saddhatissa: Whether he stands, walks, sits or lies down, as long as he is awake, he should develop this mindfulness. This they say is the noblest living here.
- Norman: Standing, or going, or seated, or lying down, as long as one is free from drowsiness, one should practice this mindfulness. This, they say, is the holy state here.
- Basham: Standing, walking or sitting,
Or lying down, till he falls asleep,
He should remain firm in this mindfulness,
For this is the sublime mood.
- Rahula: Whether one stands, walks, sits or lies down, as long as one is awake, one should maintain this mindfulness. This, they say, is the Sublime State in this life.
- Woodward: Standing or moving, sitting or lying down, however he be, provided he be freed from sloth, let a man establish this mindfulness of goodwill. For this is what men call "the highest state."
- Ñānamoli:
(1) Standing or walking, seated too,
Or lying down the while undrowsing,
He would pursue this mindfulness:
This is Divine Abiding here, they say,
- Ñānamoli:
(2) Whether he stands, or sits, or walks,
Or lies down (while yet not asleep),
Let him such mindfulness pursue:
This is Holy Abiding here, they say.
- Dhammayut: Whether standing, walking, sitting, or lying down, as long as one is alert,
One should be resolved on this mindfulness.
This is called a sublime abiding here & now.
- Gunaratana: Whether standing, walking, or sitting,
lying down or whenever awake,
one should develop this mindfulness;
this is called divinely dwelling here.
- Khantipalo: And while he stands and while he walks and sits
or he lies down still free from drowsiness,
let him be intent on this mindfulness:
this is Divine Abiding here they say,
- Aronson: Standing, walking, sitting, or reclining,
He should be resolute in this mindfulness,
As long as he is free from fatigue.
Here this is called the sublime attitude.
- Narada: Whether he stands, walks, sits, or lies down, as long as he is awake, he should develop this mindfulness. This, they say, is the highest conduct here.
- New Translation: