

The Eight Verses for Training the Mind (Geshe Langri Thangpa)

- 1) With a determination to achieve the highest aim
For the benefit of all sentient beings
Which surpasses even the wish-fulfilling gem,
May I hold them dear at all times.
- 2) Whenever I interact with someone,
May I view myself as the lowest amongst all,
And, from the very depths of my heart,
Respectfully hold others as superior.
- 3) In all my deeds may I probe into my mind,
And as soon as mental and emotional afflictions arise-
As they endanger myself and others-
May I strongly confront them and avert them.
- 4) When I see beings of unpleasant character
Oppressed by strong negativity and suffering,
May I hold them dear-for they are rare to find-
As if I have discovered a jewel treasure!
- 5) When others, out of jealousy
Treat me wrongly with abuse, slander, and scorn,
May I take upon myself the defeat
And offer to others the victory.
- 6) When someone whom I have helped,
Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
May I regard him still as my precious teacher.
- 7) In brief, may I offer benefit and joy
To all my mothers, both directly and indirectly,
May I quietly take upon myself
All hurts and pains of my mothers.
- 8) May all this remain undefiled
By the stains of the eight mundane concerns;
And may I, recognizing all things as illusion,
Devoid of clinging, be released from bondage.