

The Eight Verses on Training the Mind

--by Kadam Geshe Langri Thangpa Dorje Senge

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.*