Eight Verses for Training the Mind

by Geshe Langri Thangpa

Verse 1: Always Hold Others as Dear and Precious

By thinking of all sentient beings
As more precious than a wish-fulfilling jewel,
For accomplishing the highest aim,
I will always hold them supremely dear.

Verse 2: Consider Myself as the Lowest among All

Whenever I am in the company of others,
May I regard myself as the lowest of all,
And from the depths of my heart,
Cherish others as supreme.

Verse 3: Avert Afflictions as Soon as They Arise

In my every action, I will watch my mind,
And the moment destructive emotions arise,
I will confront and avert them strongly,
As they will destroy both myself and others.

Verse 4: May I Cherish This Precious Treasure

Whenever I see beings who are wicked in nature,
Or those overwhelmed by negativities and suffering,
I will cherish them as something rare,
As though I had found a priceless treasure.

Verse 5: Accept the Loss on Oneself and Give the Victory to Others

Whenever someone out of envy,
Treats me unfairly with scolding, insults, and more,
May I accept the loss upon myself
And offer the victory to others.

Verse 6: View Those Who Harm us as Spiritual Teachers

Even when someone whom I have helped,
Or in whom I have placed great hopes,
Harms me very unfairly,
May I view that person as a true spiritual teacher.

Verse 7: Taking and Giving

In short, both directly or indirectly,
May I offer every happiness and benefit to all my mothers,
And secretly take upon myself,
All the harm and suffering of my mothers.

Verse 8: All Things Are Like Illusions

I will learn to keep all these practices,
Untainted by thoughts of the eight worldly concerns.
May I recognize all phenomena are like illusions,
And, without any clinging, gain freedom from bondage.