



## 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.