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 dear.

Verse 2 Consider Myself as the Lowest Among All

Whenever I’m in the company of others,
I will regard myself as the lowest among 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 them strongly and avert them,
Since they will hurt both me and others.

Verse 4 May I Cherish This Precious Treasure

Whenever I see ill-natured people,
Or those overwhelmed by heavy misdeeds or suffering,
   I will cherish them as something rare,
   As though I’d found a priceless treasure.

Verse 5 Take Loss and Defeat Upon Myself

   Whenever someone out of envy
   Does me wrong by attacking or belittling me,
   I will take defeat upon myself,
   And give the victory to others.

Verse 6 View Those Who Harm Me As Spiritual Teachers

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

Verse 7 Secretly Take Upon Myself All Their Sufferings

   In brief, directly or indirectly,
   I will offer help and happiness to all my mothers,
   And secretly take upon myself
   All their pains and suffering.

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 things as like illusions,
   And, without attachment, gain freedom from bondage.

This lojong text was composed by Geshe Langri Tangpa, who is regarded as the emanation of Buddha Amitabha. Sarva Mangalam (May all be auspicious)!