Eight Verses of Training the Mind

_by Geshe Langri Thangpa_

1. 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.

2. 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.

3. 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.

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

5. 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.

6. 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.

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

8. 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.

| Rigpa Translations. Revised 2012. |