

## ***Eight Verses for Training the Mind***

*Verses by Geshe Langri Tangpa (1054-1123)*



### **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)!*