

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)!