

The Eight Verses of Mind Training (Lo jong Tsig gye ma)

by Langri Tangpa Dorje Senge

1. With the wish to achieve the highest aim, which surpasses even a wish-fulfilling gem, I shall train myself to at all times cherish sentient beings as supreme.
2. Whenever I interact with others, I will view myself as inferior to all, and I will train myself to hold others superior from the depths of my heart.
3. During all my activities I will probe my mind, and as soon as an affliction arises - since it endangers myself and others - I will train myself to confront it directly and avert it.
4. When I encounter beings of unpleasant character, and those oppressed by intense negative karma and suffering, as though finding a treasure of precious jewels, I will train myself to cherish them, for they are so rarely found.
5. When others out of jealousy treat me wrongly with abuse and slander, I shall train to take the defeat upon myself and offer the victory to others.
6. Even if one whom I have helped or in whom I have placed great hope gravely mistreats me in hurtful ways, I will train myself to view him as my sublime teacher.
7. In brief, I will train myself to offer benefit and joy to all my mothers, both directly and indirectly, and respectfully take upon myself all the hurts and pains of my mothers.

8. By ensuring that all this remains undefiled
from the stains of the eight mundane concerns,
and by understanding all things as illusions,
I will train myself to be free of the bondage of clinging.

Translation: Thupten Jinpa