

Eight Verses of Mind Training

(Tib: Lojong Tsik-Ghay Ma)

- *Geshe Langri Thangpa*

1. With a determination to achieve the highest aim
For the benefit of all sentient beings,
Which surpasses even the wish-fulfilling gem,
May I hold them dear at all times.
2. Whenever I interact with someone,
May I view myself as the lowest amongst all,
And, from the very depths of my heart,
Respectfully hold others as superior.
3. In all my deeds, may I probe into my mind,
And as soon as mental and emotional afflictions arise,
As they endanger myself and others,
May I strongly confront them and avert them.
4. When I see beings of unpleasant character,
Oppressed by strong negativity and suffering,
May I hold them dear - for they are rare to find -
As if I have discovered a jewel treasure!

5. When others, out of jealousy,
Treat me wrongly with abuse, slander and scorn,
May I take upon myself the defeat
And offer to others the victory.

6. When someone whom I have helped
Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
May I regard him still as my precious teacher.

7. In brief, may I offer benefit and joy
To all my mothers, both directly and indirectly.
May I quietly take upon myself
All hurts and pains of my mothers.

8. May all this remain undefiled
By the stains of the eight mundane concerns.
And may I, recognizing all things as illusions,
Devoid of clinging, be released from bondage.

- Translated by Thupten Jinpa, PhD

From Lama Tsongkhapa's Final Lamrim Prayer

From my two collections, vast as space, that I have amassed
From working with effort at this practice for a great length of
time,

May I become the chief leading Buddha for all those
Whose mind's wisdom eye is blinded by ignorance.