

Eight Verses of Training the Mind

by *Geshe Langri Thangpa* (1054–1123) born in Central Tibet; founded Langthang monastery. The text is a summary of the Tibetan Buddhist *lojong* tradition of “mind training,” which is based largely on the teachings of the 10th century Indian Buddhist master Atisha.

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.

Commentary by His Holiness the Dalai Lama on the Eight Verses can be found at:
<https://www.dalailama.com/teachings/training-the-mind>