

# Eight Verses of Training the Mind

*by Geshe Langri Thangpa*

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.



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