

**Eight Verses for Training the Mind**  
Geshe Langri Tangpa

*With the heartfelt desire and determination to attain enlightenment for the welfare of all living beings, who are more precious than a wish-fulfilling jewel for accomplishing the supreme goal, may I always cherish them and hold them dear.*

*Whenever I am with others may I think of myself as the lowest of all and from the very depths of my heart may I respectfully hold others as supreme*

*In all actions, may I closely examine my state of mind, and the moment a disturbing emotion or negative attitude arises, since this may cause harm to myself and others, may I firmly face and avert it.*


*Whenever I meet people of unpleasant character or those overwhelmed by negativity, pain or suffering, may I cherish and care for them as if I had found a rare and precious treasure difficult to find.*

*Whenever others, because of their jealousy, treat me badly with abuse, insult, slander, or in other unjust ways, may I accept this defeat myself and offer the victory to others.*

*When someone whom I have benefited or in whom I have placed great trust and hope, harms me or treats me in hurtful ways without reason, May I see that person as my precious teacher.*

*In brief, may I offer both directly and indirectly all help, happiness and benefit to all beings, my mothers, and may I secretly take upon myself all of their harmful actions, pain and suffering.*

*May I keep all of these practices undefiled by stains of the eight worldly concerns (gain/loss, pleasure/pain, praise/blame, fame/dishonor), and by recognizing the emptiness and illusory nature of all existing things, may I be liberated from the bondage of attachment and mistaken views of reality.*



# Eight Verses For Training The Mind

**Jin-Ying Zhang**



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