

Eight Verses for Training the Mind

Blo-sbyong tsig-brgyad-ma



Lojong - Langri Tangpa Dorje Senghe

Translated by Lama Zopa Rinpoche



Determined to obtain the greatest possible benefit from all sentient beings, who are more precious than a wish-fulfilling jewel, I shall hold them most dear at all times.





When in the company of others,
I shall always consider myself the lowest of all,
and from the depths of my heart
hold others dear and supreme.





Vigilant,
the moment a delusion appears in my mind,
endangering myself and others,
I shall confront and avert it without delay.





Whenever I see beings who are wicked
in nature and overwhelmed by violent
negative actions and suffering,
I shall hold such rare ones dear,
as if I had found a precious treasure.





When, out of envy,
others mistreat me with abuse, insults, or the like,
I shall accept defeat and
offer the victory to others.





When someone whom I have benefited
and in whom I have great hopes
gives me terrible harm,
I shall regard that person as my holy Guru.





In short, both directly and indirectly,
do I offer every happiness and benefit
to all my mothers.

I shall secretly take upon myself all their harmful
actions and suffering.





Undefined by the stains of the superstitions
of the eight worldly concerns,
may I, by perceiving all phenomena as illusory,
be released from the bondage of attachment.



