

Eight Verses on Transforming the Mind

Geshe Langri Tangpa (1054-1123)

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.

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.

In all my deeds may I probe into my mind,
And as soon as mental and emotional afflictions arise—
As they endanger myself or others—
May I strongly confront and avert them.

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!

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.

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.

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.

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

Translated by Geshe Thupten Jinpa