

# Eight Verses of Mind Training

*by Langri Tangpa Dorje Senge*



Determined to accomplish the highest welfare for all beings who excel the wish-fulfilling gem, I shall constantly hold them dear.

When accompanying anyone, I shall view myself as the lowest of all and in the depth of my heart, I shall hold others dearly as supreme.

Examining my own continuum throughout all actions, as soon as an emotional affliction arises, that endangers myself and others, by facing it I shall strictly avert it.

When seeing a being of wicked nature who is forced by violent wrongs and suffering, I shall hold dear this one so hard to find, as though discovering a precious treasure.

When others out of jealousy, treat me badly with abuse, insults and the like, I shall accept their harsh words and offer the others the victory.

When someone whom I have assisted and in whom I have placed great hope inflicts me with extremely bad harm, I shall view that one as my supreme spiritual friend.

In short, I shall offer benefit and bliss to all mothers in this life and in the future continuum, and secretly I shall take upon myself all the harms and sufferings of my mothers.

Also, having not defiled all these by the stain of preconceptions of the eight worldly dharmas and by perceiving all phenomena as illusory, free from attachment, I shall be released from bondage.