



The Eight Verses for Training the Mind

Origin: The root text was composed by Kadampa Geshe Langri Tangpa (Tibet, 1054–1123).

The first seven verses of the Eight Verses for Training the Mind deal with the practices associated with cultivating the method aspect of the path such as compassion, altruism, aspiration to attain buddhahood, and so on. The eighth verse deals with the practices that are directed toward cultivating the wisdom aspect of the path.

Source: His Holiness The 14th Dalai Lama

www.dalailama.com/teachings/training-the-mind

Seeing all beings as precious and holding them dear

With a determination to achieve the highest aim

- 1 For the benefit of all sentient beings
Which surpasses even the wish-fulfilling gem,
May I hold them dear at all times.

Counteracting arrogance and developing respect

Whenever I interact with someone,

- 2 May I view myself as the lowest amongst all,
And, from the very depths of my heart,
Respectfully hold others as superior.

Examining the mind

In all my deeds may I probe into my mind,

- 3 And as soon as mental and emotional afflictions arise—
As they endanger myself and others—
May I strongly confront them and avert them.

Opening to people you find offensive

When I see beings of unpleasant character

- 4 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!

Accepting defeat and offering the victory to others

When others, out of jealousy,

- 5 Treat me wrongly with abuse, slander, and scorn,
May I take upon myself the defeat
And offer to others the victory.

Accepting hurt and seeing the person as a teacher

When someone whom I have helped,

- 6 Or in whom I have placed great hopes,
Mistreats me in extremely hurtful ways,
May I regard him still as my precious teacher.

Taking and giving (Tonglen)

In brief, may I offer benefit and joy

- 7 To all my mothers, both directly and indirectly,
May I quietly take upon myself
All hurts and pains of my mothers.

Becoming wiser about emptiness and dependent arising

May all this remain undefiled

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