

**THE EIGHT VERSES  
OF TRAINING (OR TRANSFORMING) THE MIND**  
*by Geshe Langri Thangpa*

**THREE TRANSLATIONS**

**TRANSLATION 1**

*from Transforming the Mind  
by His Holiness the Dalai Lama*

**TRANSLATION 2**

*from Training the Mind  
by His Holiness the Dalai Lama*

**TRANSLATION 3**

*provisional Rigpa translation*

**Verse 1. “Cultivate the View that All Beings are Extremely Kind”**

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.

By thinking of all sentient beings  
As even better than the wish-granting  
gem,  
For accomplishing the highest aim,  
May I always consider them precious.

By thinking of all sentient beings  
As more precious than a wish-fulfilling  
jewel  
For accomplishing the highest aim,  
I will always hold them dear.

**Verse 2. “In Particular, View Yourself as Lowly and Cultivate Respect for Others”**

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

Wherever I go, with whomever I go,  
May I see myself as less than all others,  
And from the depth of my heart  
May I consider them supremely precious.

Whenever I’m in the company of others,  
I will regard myself as the lowest among  
all,  
And from the depths of my heart  
Cherish others as supreme.

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**Verse 3. “Watch Your Mind and Drive Out Mental Afflictions”**

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

May I examine my mind in all actions  
And as soon as a negative state occurs,  
Since it endangers myself and others,  
May I firmly face and avert it.

In my every action, I will watch my mind,  
And the moment destructive emotions  
arise,  
I will confront them strongly and avert  
them,  
Since they will hurt both me and others.

**Verse 4. “Cherish as Hard to Find Those Who, In Their Misery, Commit Evil or Suffer Greatly”**

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 I see beings of a negative  
disposition  
Or those oppressed by negativity or pain,  
May I, as if finding a treasure, consider  
them precious,  
For they are rarely met.

Whenever I see ill-natured beings,  
Or those overwhelmed by heavy misdeeds  
or suffering,  
I will cherish them as something rare,  
As though I’d found a priceless treasure.

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**Verse 5. “Accept Such Loss as Being Blamed, Without Trying to Defend Yourself”**

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.

Whenever others, due to their jealousy,  
Reville and treat me in unjust ways,  
May I accept this defeat myself,  
And offer the victory to others.

Whenever someone out of envy  
Does me wrong by attacking or belittling  
me,  
I will take defeat upon myself,  
And give the victory to others.

**Verse 6. “Recognize One Who Harms You As More Kind Than One Who Helps You”**

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.

When someone whom I have helped  
Or in whom I have placed great hope  
Harms me with great injustice,  
May I see that one as a sacred friend.

Even when someone I have helped,  
Or in whom I have placed great hopes  
Mistreats me very unjustly,  
I will view that person as a true spiritual  
teacher.

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**Verse 7. “Give Help and Happiness To Others, and Take on Their Harm and Suffering”**

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.

In short, may I offer, both directly and  
indirectly,  
All joy and benefit to all beings, my mothers,  
And may I myself secretly  
Take on all their hurt and suffering.

In brief, directly or indirectly,  
I will offer help and happiness to all my  
mothers,  
And secretly take upon myself  
All their harm and suffering.

**Verse 8. “Remain Pure and Overcome Attachment to Illusory Objects”**

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.

May they not be defiled  
By the concepts of the eight mundane  
concerns,  
And aware that all things are illusory,  
May they, ungrasping, be free from  
bondage.

I will learn to keep all these practices  
Untainted by thoughts of the eight worldly  
concerns.  
May I recognize all things as like illusions,  
And, without attachment, gain freedom from  
bondage.