



Eight Verses for Training (or Transforming) the Mind

Translation 1—*from Transforming the Mind* by His Holiness the Dalai Lama

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 and others -
May I strongly confront them 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.

Translation 2—*from Training the Mind* by His Holiness the Dalai Lama

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.

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.

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.

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

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.

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.

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

Translation 3—Provisional *Rigpa* translation

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.

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.

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.

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.

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.

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.

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.

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.